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Although this book is in the Teach Yourself series it is anticipated that the vast majority of people who buy it will join a Judo club and learn their Judo as it were 'with the book in one hand'. Nevertheless the individual in some remote spot may learn a lot from it.

Teach Yourself Judo | BestJudo.com

The three main things you need to teach yourself Martial Arts is a good Martial Art, a good teacher, and a good student. We can assume that you are going to be a good student, set aside time every day, and stick to the program you come up with.

How to Teach Yourself Martial Arts - Monster Martial

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How to Teach Yourself Martial Arts (with Pictures) - wikiHow

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Judo (Teach Yourself): Syd Hoare: 9780340247860: Amazon

Outlines judo both as sport and as training in mental and physical development, with information on the history and philosophy of judo and on preparation for competition.

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Teach Yourself Judo is also one of the cheapest so you can't go wrong. Read more. 15 people found this helpful. Helpful. Comment Report abuse. Amazon Customer. 5.0 out of 5 stars Great Judo book! September 9, 2004. Format: Paperback. Hoare Sensei really did a great job with this book. He covers throws, chokes, pins, conditioning, and self defense.

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