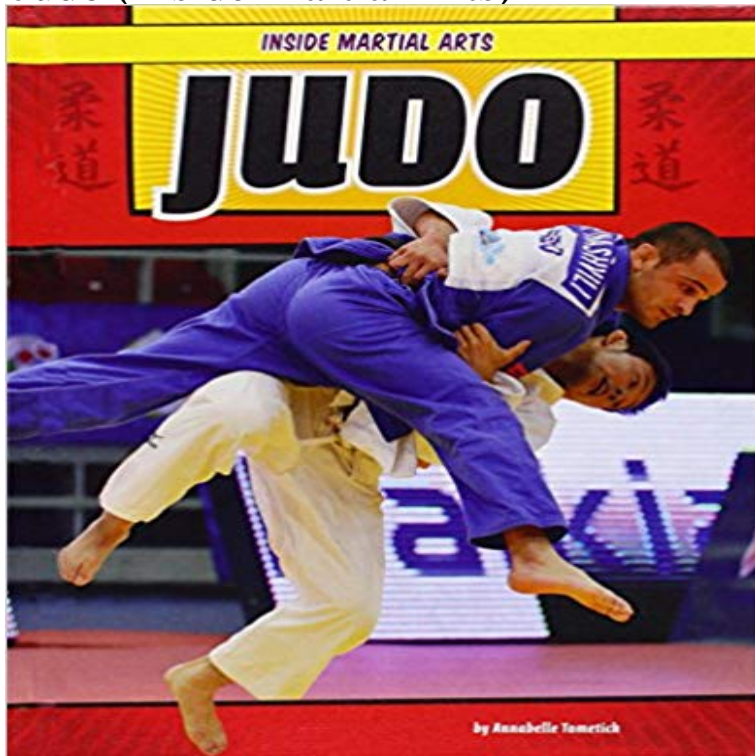


## Judo (Inside Martial Arts)



Judo meaning gentle way has a main goal of getting the opponent to the ground and immobilizing them. Learn about Judo's history, moves, training, and more with this title. Complete with a photo diagram, informative sidebars, and glossary. SportsZone is an imprint of Abdo Publishing Company.

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