



Tomoe-nage (Judo Masterclass Techniques)

Katsuhiko Kashiwazaki

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Tomoe-Nage by Kashiwazaki Katsuhiko Kashiwazaki won his world title in 1981 with a unique version of the tomo-nage which he developed himself. In his exposition on the most aesthetic of judo throws, Kashiwazaki gives an absorbing analysis of the technique, looking at both the basic form and the new variations. The instruction is extremely clear and detailed.



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