



Nage no Kata

By Goertz, Volker

Book Condition: New. Publisher/Verlag: Weinmann | Die 15 Grundwürfe des Judo | Das Fachbuch über die 15 Grundwürfe des Judo beschreibt die formvollendeten Bewegungen von Angreifer und Verteidiger in allen Einzelheiten. Volker Goertz (5. Dan) erläutert dem Leser diese Modellbeispiele wirksamer Wurftechniken mit ihren eindrucksvollen Bewegungsabläufen - die Hohe Schule der Judowürfe - präzise und ausführlich. | Format: Paperback | 120 gr | 45 pp.



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