



Judo Nage-no-kata: Throwing Techniques

Ute Pfeiffer, Guenther Bauer

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This book is aimed at providing the newcomer to Kata as well as the Kata club instructor with up-to-date lessons for use on the mat without any other preparation. Nage-no-Kata - the forms of throwing - deals with throwing techniques used in Judo. The Kata are divided into five groups and each of these has three throwing techniques to be completed on both sides of the body. An introduction covers general matters such as the layout of the mat, your body posture, moving, the grip and many other items. The next section includes the descriptions of the throws as well as the transition to the next follow-up throw. Each of the throws is clearly described using text and numerous photos in sequence of movements on four consecutive pages. The important points of each throw are highlighted using circles to clarify each point. Starting with the greeting and ending with the final bow, all the picture sequences depict a practically unbroken chain of movements for the Nage-no-Kata.

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