

# Vital Judo: Throwing Techniques By Tetsuya Sato;Isao Okano

**By Tetsuya Sato;Isao Okano**

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Tetsuya Sato and Isao Okano, Vital Judo, Isao Inokuma and Nobuyuki Sato, Best Judo, Kodansha International, Judo Formal Techniques,

(with Tetsuya Sato) Okano, Isao " Vital judo : Okano, Isao: Sato, Tetsuya, " Vital judo : Throwing techniques", Tokyo,

Judo Motivation - Isao Okano. He was very fast and precise in throwing (SEOI-NAGE, KOUCHI-GARI) (with Tetsuya Sato) by him.

Throw Choke Lock Pin Punch Kick Tap. the throwing and being thrown, judo Isao Okano readings Tetsuya Sato Vital Judo physical culture

" A guide to Judo throwing techniques ", Tokyo, Japan, Nihon Kogyo Tetsuya, " Vital judo : Throwing techniques ", Tokyo, Japan, Japan Publications, 1973

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