
The Long-lost "bible of judo" is back in print after almost 30 years. Judo's origins date back to ancient times, and through the course of its long history it has evolved into one of Japan's most renowned heritages, assimilating many aspects of Japanese culture. In recent years, Judo has acquired heightened popularity, both in Japan and around the world, as a martial art and a path to spiritual enlightenment. Kyuzo Mifune (1883-1965) began Judo as a junior middle-school student, and in 1945 was awarded the rank of 10th dan. known as the "God of Judo," he was so famous that, in referring to him, the words "10th dan" alone sufficed. Legend has it that in his sixty years of practice he never lost a match and was never thrown. This book is the completely revised edition of Canon of Judo, originally published in 1960. It is said the book played a big role in founding the International Judo Federation, and in helping Judo to become an Olympic sport in 1964. Shortly before his death Mifune revised his work, and this new edition includes these revisions, as well as a completely new translation of the original. It also contains a completely new layout. With around 1,000 photos of the author and his students, and detailed, thorough explanations of the techniques, The Canon of Judo is the only book of its kind to provide such a comprehensive guide to the various techniques and the spirit of Judo. It will be an indispensable resource for all Judo practitioners.

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Learn the complete repertoire of wazas of judo”hand throws, hip throws, leg throws, back and side throws, holding, strangling and armlock techniques”from this authoritative.

Winning on the Mat Judo, Freestyle Judo and Submission Grappling, Steve Scott, 2011, Sports & Recreation, 428 pages. Judo is many things to many people, but at its core, judo is a combat sport. This book offers an in-depth analysis of how to win at the sport of judo and how to make your judo.


Illustrated Kodokan Judo , KEКdan Sha, Tokyo, 1964, Jiu-jitsu, 293 pages. .


A Breath Of Fresh Air , James Moclair, Jul 17, 2013, Sports & Recreation, 252 pages. A journey starts with the first step and your martial arts career starts when you first step into a Dojo (martial arts training hall). My book will help people of all ages who.


My Judo - Volume 1, Mick Cutajar, Reference.

Judo; techniques and tactics (contest Judo), Eric Dominy, 1969, Sports & Recreation, 181 pages. A guide to the techniques of classical Kano which also offers individual instruction based upon stature, strength, and weight.

Judo, Barnaby Chesterman, Bob Willingham, 2005, Juvenile Nonfiction, 32 pages. Discusses the history and techniques of judo, including holds, strangles, and standing throws.


Miscarriage, Medicine & Miracles Everything You Need to Know about Miscarriage, Bruce Young (M.D.), Amy Zavatto, 2008, Health & Fitness, 334 pages. Examines the common reasons for miscarriage, including abnormal anatomy, illnesses and diseases, and toxic agents, and discusses how each of these factors can be solved to have.


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Environment, Energy and Economy; Strategies for Sustainability, Kaya, Y., Yokobori, K., 1997, Business & Economics, 381 pages. This book deals with short-term and long-term issues associated with directions of economic development in developing as well as industrialized countries. It examines various

The Talmud, Volume 2, Adin Steinsaltz, 1989, Religion, 384 pages. Includes some of the most frequently studied pages in the entire Talmud, deals with questions of ownership and responsibility for other people's property.

It's Not Over Yet, J. J. Michael, Jul 3, 2007, Fiction, 272 pages. A mysterious healer with ancient secrets. A deadly game of deception and betrayal. A frantic hunt for truth and love. From outer appearances, Lindy Lee has it all: a successful Thomas rolls to the rescue after some mischievous monkeys let the animals loose from a visiting circus. Boys ages 3 to 7 will love this early reader featuring their favorite.

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The right to dream, Gaston Bachelard, 1971, Art, 215 pages
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The Vitamin Book, Harold M. Silverman, Joseph Romano, Gary Elmer, Dec 23, 2009, Health & Fitness, 512 pages. America's Most Reliable Vitamin Guide...Completely Updated! We've all heard about the miraculous curative and preventive powers of vitamins, minerals, and herbal remedies.

NowZen Beyond All Words A Western Zen Master's Instructions, Wolfgang Kopp, 1996, Philosophy, 97 pages. This book contains a selection of dharma talks given by master Wolfgang Kopp at the Tao Ch'an center in Wiesbaden, Germany. His energy-packed words of shocking openness are

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This book has been written to provide community nurses with basic and topical practical information on various aspects of nutrition, to help in the provision of comprehensive
Problems in criticism of the arts readings, Holley Gene Duffield, 1968, Philosophy, 284 pages
Les amoureuses du temps passé photographs, Deborah Turbeville, 1985, Photography, 93 pages
Traveling to Ulster to consider marriage to a wealthy Protestant, Fortune Lindley instead falls for the man’s brother, the rebellious and disinherited Catholic. Original.
Thirteen-year-old Ricky, the Mexican American son of a former Drug Enforcement Agency man, tries to avenge his mother’s murder by crossing over into Mexico to steal a high-tech.
Managing Your Mind and Mood Through Food, Judith J. Wurtman, Margaret Danbrot, Nov 1, 1986, Health & Fitness, 275 pages. This guide explains how eating the right foods at the right times can alleviate stress and depression and can promote vigor and productivity.

Biochemistry and molecular biology of plant-pathogen interactions, Phytochemical Society of Europe, 1991, Science, 291 pages. The many recent developments in plant sciences have important practical implications, particularly in the area of food production. This volume contains the proceedings of an Mifune/Kyuzo 4770029799, 9784770029799 Husband Material, Rita Rainville, Jul 15, 2011, Fiction, 192 pages. THE LAST MAN SHE'D MARRY! Libby Cassidy knew from experience that Matt Flint wasn't husband material and marriage was definitely on Libby's mind. Oh, his long, hard body and The PGA's first million dollar winner, Curtis Strange, offers a complete step-by-step course in golfing fundamentals for golfers at all levels. Today's most aggressive player.

Paddle Beads, O. Ross McIntyre, Aug 18, 2010, Biography & Autobiography, Ross McIntyre and his wife Jean spent 40 years together paddling the great wilderness rivers of North America. Paddle Beads is Ross "s inspirational and moving memoir of those.

Philosophical Issues, Epistemology, Ernest Sosa, Enrique Villanueva, Nov 30, 2004, Philosophy, 536 pages. This Volume contains main papers from a conference on epistemology and, in addition, especially invited papers on that topic. The volume contains twenty-three substantial.

200 Crochet Blocks For Blankets, Throws and Afghans, Jan Eaton, Jan 1, 2005, Afghans (Coverlets), 128 pages. Choose from 200 beautiful block designs and learn different ways of joining them to make blankets and throws that are both functional and decorative. From Art Deco geometric.

This is not just another book for single women! This in-depth study on the biblical Ruth reveals the characteristics that every woman of God should develop. Learn how you can. In Mourning for the Bridegroom, Dana Candler explores the suffering we endure until Jesus returns, giving both language and practical application for all believers who are.
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Shadows on the land an economic geography of the Philippines, Robert E. Huke, 1963, Philippines, 427 pages
Dallas The Complete Story of the World’s Favorite Prime-Time Soap, Barbara A. Curran, Jan 1, 2005, Performing Arts, 460 pages. Few shows become a blockbuster success or define their era as Dallas did.
Ameliorating Mental Disability Questioning Retardation, Alfred A. Baumeister, , Psychology, 419 pages. This book grows out of the optimistic view that mental retardation can be treated. It views mental retardation primarily as a behavioral problem. A child is diagnosed as retarded.

Black Box, N. Faith, 1997, Aeronautics, 185 pages

Fudge, Charlotte Towner Graeber, Sep 15, 1989, Dogs, 123 pages. Chad’s parents agree to let him take the puppy, Fudge, on a trial basis if he takes care of her.

THE CANON OF JUDO: Classic Teachings on Principles and Techniques Mifune/Kyuzo This anthology of short stories by Conrad presents an array of settings from London and France to Malaysia and Africa. As the protagonists suffer from different anxieties and.

Poems & Thoughts, Kamini Gujral, Rajender Gujral, Sep 1, 2004, Poetry, 87 pages. The writings in this collection pay tribute to the life and energies of Gunjan Gujral, an aspiring poet who died in her youth. Her intelligence, confidence, creativity

Man is Vox! Barracudae, John Ira Thomas, 2003, Fiction, 116 pages


One of today's hottest praise and worship songs in an authentic, versatile choral arrangement strongly reinforcing God's holiness. With more than 300,000 copies sold of her five previous thrillers, Ellis has a strong following among teen readers of this very successful genre. In this literal "cliff-hanger. In graphic novel format, describes the history surrounding the tensions between the American colonies and Britain, which eventually led to the massacre in Boston on March 5, 1770.

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Just Around the Corner Initiation Talks Between Master and Disciple, Bhagwan S. Rajneesh, Osho, Krishna Prem (Swami.), Krishna Prabhu (Swami.), Jan 1, 1984, Spiritual life., 181 pages
Challenging Immigration and Ethnic Relations Politics Comparative European Perspectives, Ruud Koopmans, Paul Statham, 2000, Political Science, 443 pages. 'This book is one of the better contributions to the field of the politics of immigration and ethnic relations. It will prove invaluable reading for political scientists."

Into Darkness: Short Stories and Whatever Vol. 1, José Ignacio Quiñones, Fiction. Into Darkness: Short Stories and Whatever is a series of weird literature that includes short stories, flash fiction, poetry and one chapter excerpts from five actual novels.

Archimedes' Revenge The Joys and Perils of Mathematics, Paul Hoffman, 1988, Mathematics, 294 pages
One dollar death, Richard Barth, 1982, Fiction, 220 pages
Liberalism and the House of Lords, the story of the veto Battle 1832-1911, Harry Jones
Annual Report, Bangor and Aroostook Railroad Company, 1900, Transportation
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Praying with Confidence Aquinas on the Lord's Prayer, Paul Murray, Paul Murray OP, Oct 28, 2010, Religion, 128 pages. An entirely fresh approach to The Our Father, Jesus's own prayer, through the eyes of one of the greatest saints, Thomas Aquinas. Spinoza, Roger Scruton, 1997, Philosophy, 54 pages. Ostracized by the Jewish community in Amsterdam into which he was born, Spinoza developed a political philosophy that set out to justify the secular State, ruled by a liberal. A Chance to Say Yes, Tina Murray, 2008, Fiction, 304 pages. At a crossroads in his career, box-office megastar Heston Demming returns to his Naples, Florida hometown to rethink his life. When he runs into his old high-school sweetheart. "Train crashes cause, on average, a handful of deaths each year in the UK. Technologies exist that would save the lives of some of those who die. Yet these

Smart Business, Social Business A Playbook for Social Media in Your Organization, Michael Brito, Jul 7, 2011, Business & Economics, 272 pages. This book will help organizations evolve into a fully collaborative social business. It serves as a step by step playbook to achieve organizational change, process efficiencies
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Empire and apocalypse postcolonialism and the New Testament, Stephen D. Moore, 2006, Religion, 160 pages. In Empire and Apocalypse Stephen Moore offers us the most complete introduction yet to the emergent field of postcolonial biblical criticism. It includes an indispensable in

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The ex-girlfriend, Alexandra Campbell, Apr 27, 2000, Fiction, 499 pages Despite the great benefits of the Hyadeans' alien technology to Earth, Roland Cade soon discovers the dark side of the alien presence when a conflict erupts that could destroy. In How to Make it in the New Music Business, author Robert Wolff welcomes you to today's new high-tech digital universe by taking you to school. In 13 lessons, Wolff teaches.
Wealth of Nations, Adam Smith, 2001, Economics, 524 pages
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Surface wave filters design, construction, and use, Herbert Matthews, 1977, Science, 521 pages

The LNCS series reports state-of-the-art results in computer science research, development, and education, at a high level and in both printed and electronic form. Enjoying. In a wide-ranging and richly illustrated book, the authors begin by tracing the ways ornament has been used over the last five centuries, the rules of decorum and etiquette. Intended for students who already have a basic knowledge of economics, this book is written from the perspective of someone who wishes to learn about the financial management.

Butterfly, Louise Spilsbury, Jan 1, 2005, Juvenile Nonfiction, 24 pages. A simple introduction to the life cycle of the butterfly offers brief explanations of each stage in its development.

Wolfe Tone, Marianne Elliott, 2012, Biography & Autobiography, 494 pages. Theobald Wolfe Tone (1763-1798) was the founder of Irish Republican nationalism. As such his political ideas and the circumstances of his life and early death have become

Bringing Heaven Down to Earth Connecting This Life to the Next, Nathan L. K. Bierma, 2005, Religion, 199 pages. This book introduces a vision for daily living that addresses what we confess to hope for but usually don't: eternal life in heaven. We have been misled by historical

International Law in the Post-Cold War World Essays in Memory of Li Haopei, Haopei Li, Sienho Yee, Tieya Wang, 2001, Law, 529 pages. Centering on the theme of 'progressiveness', this powerful volume offers important new perspectives on the history, theory and practice of international law. Covering topics

Paradiso Diaspora, John Yau, Jun 27, 2006, Poetry, 112 pages. More information to be announced soon on this forthcoming title from Penguin USA.

Dragon's Egg and Sun and Moon Move House, Hannie Truijens, 1992, Readers (Elementary), 16 pages. New Way, renowned for its phonic focus and success with generations of children, has always been committed to a balanced phonic approach.


Here are real tools and techniques for counting carbs correctly. New chapters cover how to build a personal carb count database, carb counting for insulin pump users, a

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