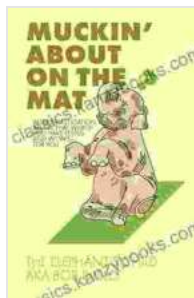


# Muckin' About On The Mat: The Ultimate Guide to Judo for Beginners

Are you interested in learning judo but don't know where to start?

**Muckin' About On The Mat is the ultimate guide to judo for beginners.**

This comprehensive book covers everything you need to know to get started in judo, from the basics of gripping and throwing to more advanced techniques. With clear instructions and step-by-step photos, Muckin' About On The Mat will help you learn judo quickly and safely.



**Muckin' About on the Mat** by Charles Ortleb

★★★★★ 5 out of 5

Language : English

File size : 13323 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 91 pages



**In this book, you will learn:**

- The history of judo
- The basic principles of judo
- How to grip your opponent
- How to throw your opponent

- How to defend yourself against throws
- How to practice judo safely

**Muckin' About On The Mat is the perfect book for anyone who wants to learn judo.** Whether you are a complete beginner or you have some experience in judo, this book will help you improve your skills and take your judo to the next level.

**Free Download your copy of Muckin' About On The Mat today and start your judo journey!**

## **What is judo?**

Judo is a Japanese martial art that emphasizes throws and grappling techniques. It was developed in the late 19th century by Jigoro Kano as a way to teach students the principles of self-defense and physical fitness. Judo is now practiced by millions of people around the world, and it is one of the most popular martial arts in the Olympics.

## **The benefits of judo**

There are many benefits to practicing judo, including:

- Improved physical fitness
- Increased strength and flexibility
- Improved coordination and balance
- Enhanced cardiovascular health
- Increased confidence and self-esteem

- Improved discipline and focus
- Greater awareness of your body and how to use it effectively

## Getting started in judo

If you are interested in learning judo, there are a few things you will need to do to get started:

- **Find a judo club or dojo.** This is where you will learn the basics of judo and practice with other students.
- **Free Download a judo gi.** This is the traditional uniform worn by judo practitioners.
- **Start practicing judo regularly.** The more you practice, the better you will become.

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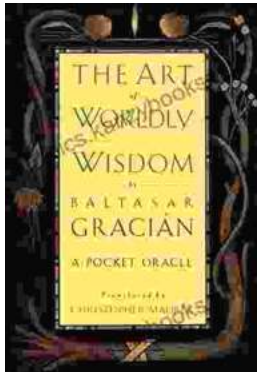
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