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Here at last is a comprehensive manual on the basic formal techniques of Kodokan Judo, the Randori no Kata (including Nage and Katame no Kata). These kata provide the fundamental training in throwing and grappling that is essential to effective Judo, as well as being required for advancement in Judo rank.

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Donald Frederick "Donn" Draeger (April 15, 1922 - October 20, 1982) was an internationally known teacher and practitioner of Japanese martial arts. He was the author of several important books on Asian martial arts, and was a pioneer of international judo in the United States and Japan. He also helped make the study of martial arts an acceptable topic of academic research.

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