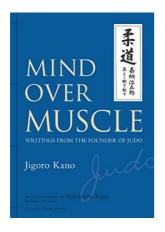
Download Kindle

MIND OVER MUSCLE: WRITINGS FROM THE FOUNDER OF JUDO



Kodansha USA. Hardcover. Book Condition: New. Hardcover. 160 pages. Dimensions: 7.5in. x 5.5in. x 0.8in.In 1882 Jigoro Kano (1860-1938) founded Kodokan Judo at Eishoji Temple in Tokyo. It was the culmination of a lifelong devotion to the jujutsu of the past, which he reorganized while taking great care to retain its classical traditions. Historically, martial arts were practiced only by the elite in Japan. Kano, a renowned educator as well as a sportsman, is credited with popularizing the martial arts,...

Download PDF Mind Over Muscle: Writings from the Founder of Judo

- Authored by Jigoro Kano
- · Released at -



Filesize: 8.32 MB

Reviews

A whole new e-book with a brand new viewpoint. It is amongst the most incredible book i actually have read. Your lifestyle period will likely be convert as soon as you complete looking over this book.

-- Alexys Wyman

This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dr. Easton Collier DVM

Related Books

- The Mystery on the Oregon Trail Real Kids, Real Places
- The Mystery at Mount Vernon Real Kids, Real Places
- The Case of the Hunchback Hairdresser Criss Cross Applesauce
- The Day I Forgot to Pray
 Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts
- Fitness, Nutrition and Values