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Tadao Otaki. *Techniques For
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The vast array of judo techniques
has branched out into three
distinct categories: throwing
techniques, grappling techniques,

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and striking techniques. Of these, throwing techniques (nage-waza) represent some of the most dynamic and compelling aspects of this world-famous martial art.

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Filipino "Pangamot" is a form of
competitive judo and mixed

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martial arts practice where practitioners invite opponents to use an eskrima stick in throwing, grappling, and sparring practice. The most well-known Pangamot training hall is the World Doce Pares Headquarters in Cebu City, Philippines.

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Judo is designed for one on one fight, and one opponent can always come behind your back.
#2 - Another con is a vulnerability of Judo to low kicks, jabs, and straight punches. Just

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take a look the fight between Mirko Cro Cop and Hidehiko Yoshida. Judo fighter needs to be close to creating some damage to your opponent.

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Pinning --Strangulation and
choking --Joint locks.
Responsibility: Neil Ohlenkamp.

Judo unleashed (Book, 2006)
[WorldCat.org]

The Techniques of Judo (Tuttle
Martial Arts) by Shinzo Takagaki.

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empty unknown parameter: For
|coauthors= External links. Video
of uchi mata sukashi and other
techniques recorded at the World
Judo Championships in Munich,
2001. (in German)

Uchi mata sukashi - Wikipedia

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Ohlenkamp, Neil (2006), Judo Unleashed: Essential Throwing & Grappling Techniques for Intermediate to Advanced Martial Artists, Maidenhead: McGraw-Hill;

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randori no kata (reprint ed.),
Clarendon, Vermont: Tuttle
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Judo - Wikipedia

It then demonstrates the
essential judo techniques:
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