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second book of a series. In JUDO PRINCIPLES OF NEWAZA, Anton Geesink continued his 1967 seminal argument "that 'Ne-waza' was being unjustly left out in the cold by many judokas" (p. 7).

**Judo principles: Ne-  
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Anton:  
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Part 1 of 3 Ne-Waza  
*Page 6/22*

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compilations. This one is about interesting pinning techniques and slick turnovers in Judo. Hope this shows that Judo is not only about t...

## **Judo Ne-Waza compilation (Pinning techniques) - YouTube**

Husband and wife team Euan Burton and Gemma Gibbons present the principles behind Kumi kata,

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Tachi waza and transition into Ne waza. If you want a clear understanding of the fundamentals of judo, this is not to be missed. Gibbons is a former Olympic medalist and Burton is a multiple World and European medalist.

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## **Principles of Judo Technique - waza | Judo Info**

There may be  
confusion with  
Japanese judo terms  
such as Katame waza  
versus Ne waza.

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Katame waza are all grappling techniques that can be used on the mat, and standing up, that include chokes and joint locks. Ne waza is a subset of techniques that refer to on the mat techniques that include pins, chokes and joint locks.

## **Judo Techniques**

Waza is based on the fundamental principle of Judo that is,

"Maximum Efficient

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Use of Mind and Body".  
The theories of Tsukuri  
and Kake are  
expressing the  
principle from Waza's  
viewpoint. Tsukuri is  
made up of Kuzushi  
which means to  
destroy your  
opponent's posture or  
balance, and "holding  
yourself ready" to  
make your attack  
easier.

**The Purpose of Judo**  
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## **Judo Ne-Waza**

The name Judo was chosen because it means the “gentle or yielding way”. It was introduced into the Olympic Games in 1964 and is practiced by millions of people throughout the world today. It is best known

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for it's spectacular  
throwing techniques  
but also involves  
considerable grappling  
on the ground utilizing  
specialized pins,  
control ...

## **Ground (Grappling) Techniques | Judo Info**

The fundamental  
principles are the same  
even if the domain of  
combat (standing vs  
ground) has changed.

As opposed to pre-

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WW2 judo, the modern version of sport-based Judo has entirely eliminated atemi-waza or striking techniques. As such, katame-waza (the grappling category of technique) and ne-waza (the domain of combat that takes place on ...

## **Katame Waza vs Newaza • What's the Difference? - Welcome ...**

It was also stated that

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the ratio of tachi-waza to ne-waza should be between 70% to 80% for kyu grades and 60% to 70% for dan grades. In 1916, additional rulings were brought in to further limit kansetsu waza with the prohibition of ashi garami and neck locks, as well as do jime. These were further added to in 1925.

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