



# Tomoe-nage (Judo Masterclass Techniques)

*Katsuhiko Kashiwazaki*

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**Tomoe-nage (Judo Masterclass Techniques)** Katsuhiko Kashiwazaki

Tomoe-Nage by Kashiwazaki Katsuhiko Kashiwazaki won his world title in 1981 with a unique version of the tomeo-nage which he developed himself. In his exposition on the most aesthetic of judo throws, Kashiwazaki gives an absorbing analysis f the technique, looking at both the basic form and the new variations. The instruction is extremely clear and detailed.

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