

Course Name - Bachelor of Physical Education

Year: Ist

Paper Name: Skill and Prowess

Paper No.: I (Part-B 1)

Topic No. A (5)

Topic Name: Judo

Lecture No.: 39

Lecture Title

JUDO – I

References:

Judo: History, Theory, Practice by Vladimir Putin, Vasily Shestakov, George Russell.

All About Judo by Geof Gleeson, Seventh Dan EP Publishing Ltd.

Internet Links:

<http://judoinfo.com/jhist4.htm>

<http://www.blackwaterjudoclub.co.uk>