

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.: 40

Lecture Title

JUDO - II

References

ARMLOCKS- Judo Master Class Techniques by Neil Adams Ippon Books, ISBN
095718455-2-7

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

Internet Links

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

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

www.judoinfo.com/techjudo.htm20