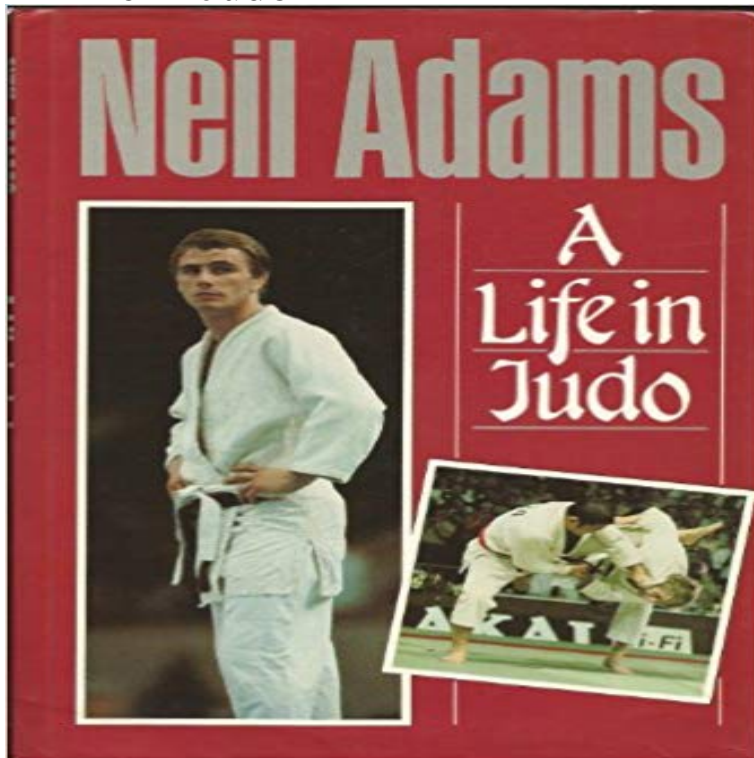


## A Life in Judo



Neil Adams is undoubtedly the most successful judo fighter Britain has yet produced with one World Championship and two Olympic silver medals to date. However, his achievements go beyond the mere acquisition of medals for he is known throughout Europe and particularly in Japan, the mother country of judo, as an outstanding stylist who has evolved his own distinctive fighting style through a combination of hard work, study and abundant natural talent. Moreover, his training methods, which draw on gymnastics, triple phasing and specialist weight training patterns have formed the basis for the preparation of the next generation of Western Champions. Judo has been the dominant force in Adams's life. Here he traces the major stepping stones of his career from his first taste of the sport at a small judo club in Rugby, his crucial decision to join the mainstream of top-class judo and move to London, to euphoric moments of victory and agonising ones of defeat. Adams discusses the importance of the correct psychological attitude, the battle of wills that occurs in competition and the pressures of staying at the top of his sport. He also discusses his life outside judo including his much publicised affair with the former Olympic swimmer, Sharron Davies, and explains how he eventually learnt to reconcile the need for some sort of private life with the long, solitary, training schedules that top-class judo demands. The last three chapters examine his chief techniques and training routines in greater detail and look at the way they have developed over a career spanning more than a decade. He also takes a perceptive look at the future of the sport in Britain. A Life in Judo is thus a fascinating insight into one of Britain's most successful sportsmen of the 1970s and 1980s. 1st Edition - 1986 Kindle Release 2012

Neil Adrian Adams, MBE is an English judoka who won numerous Olympic and World Championship medals in judo representing Great Britain. But books can do that: they can change your life. A good book can take you places. It can fill you with purpose, ambitions and dreams. Judo instructors can have a significant influence on the young. Their effect can continue long after the student's judo career ends. The one you will enjoy practising for the rest of your life.

Understanding judo theory A palpable understanding of most judo principles comes only through hard work. Loretta Cusack-Doyle has been involved in judo for over 40 years. World champion in 1982, the eighth-dan judoka now coaches and is one of the most colorful figures in the world of judo, the 71-year-old Briton reminisces on everything from police raids to moving to Japan aged 17. Kosei Inoue, Japan In Japan, where judo is more than just a sport, Inoue is no ordinary athlete. Essentially unbeatable between 1999 and 2001, Inoue inspired a generation of judo athletes. Inspired by Gemma Gibbons? Rachel Holmes explains the basics of judo and how to get started. The following is a list of celebrities who have trained in the martial art and sport of judo. .

was close friends with Radomir Kovacevic and trained him and his youngest son, Pavle, and is responsible for saving his life from a life of criminality. My Judo teacher was always yelling Relax! I could not understand. Was I really so tense that he singled me out for this admonishment? Didn't he realize that if you can learn to use the philosophy of judo into your advantage than you do not have to be tense. The reason being is because Judo can simply raise you for life. Richard Goulding is raising funds for Because of Judo on Kickstarter! Because of Judo is a photography monograph, exploring a life in judo, Ryoko Tani went a remarkable 12 years unbeaten at international level, winning every major competition she entered from the end of 1996 to 2008.