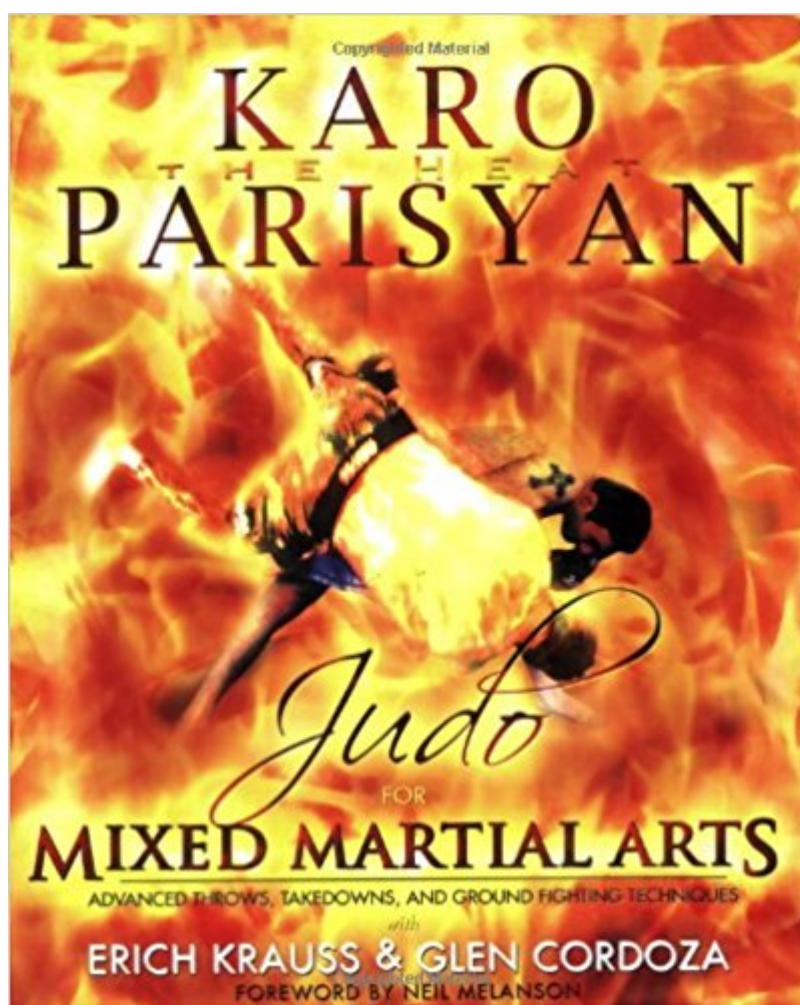


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# Judo For Mixed Martial Arts: Advanced Throws, Takedowns, And Ground Fighting Techniques



## Synopsis

In Judo for Mixed Martial Arts, world renowned judoka and UFC fighter Karo Parisyan unleashes the secrets of how to toss an opponent eight feet into the air and then finish him with a bonebreaking submission the moment he hits the ground. Covering thirty of the most practical throws and more than sixty submissions, this book is guaranteed to become the bible amongst MMA fighters.

## Book Information

Paperback: 250 pages

Publisher: Victory Belt Publishing; Original edition (July 15, 2008)

Language: English

ISBN-10: 097773157X

ISBN-13: 978-0977731572

Product Dimensions: 9 x 11 inches

Shipping Weight: 2.6 pounds

Average Customer Review: 4.5 out of 5 stars 35 customer reviews

Best Sellers Rank: #284,484 in Books (See Top 100 in Books) #44 in Books > Sports & Outdoors > Individual Sports > Mixed Martial Arts #619 in Books > Sports & Outdoors > Individual Sports > Martial Arts #4040 in Books > Health, Fitness & Dieting > Exercise & Fitness

## Customer Reviews

Karo Parisyan is a black belt in Judo and Brazilian Jiu-Jitsu. He is currently a fighter in the Ultimate Fighting Championship. Erich Krauss is a professional Muay Thai kickboxer who has trained and competed in Thailand. He has written or co-authored fifteen books, including Wrestling for Fighting: The Natural Way. Glen Gordoza is a professional mixed martial arts fighter and co-author of Mixed Martial Arts: The Book of Knowledge.

I'm biased in my opinion but this book its a good window into Karo's life. Talks about his various championships he has attained, his personal struggles, and of course the moves. If you are into wrestling, it is a good way to blend your moves. A lot of the other reviews are right....would like more stuff though. I am satisfied with my purchase. It also seem like the prices are going up, so buy one before they hit \$100 or \$150 :/

This is a good book, provided that you have a solid foundation in judo. I think you would have a lot of difficulty learning many of the techniques contained in the book unless you have some

experience as a judo player. The photos and descriptions do a great job of explaining how to execute the techniques. If you have some experience as a judo player and are looking for some MMA techniques or just some "no-gi" techniques, this is a great place to start.

This book is great for its purpose, which is to show guys how to pull of judo throws in mma and in no-gi situations. Karo Parisyan shows what he does best, for intermediate judo players who have a basic understanding of the throws and want to adapt them to no-gi, this is must have. While "Judo for MMA" has its strengths, it also has its weaknesses and in some ways feels like a rushed product.1) Beginners to Judo might not fully understand what is going on with the techniques.2) No instruction on proper falling for the person being thrown. I don't know anybody who would let you practice throws on them without you letting them also practice throws on you.3) No information on about how to use the cage, which is absolutely crucial for setting up Judo throws in MMA fights.4) Many filler techniques that just take up pages and that Karo Parisyan probably has never used in his fights(i.e. rolling kneebar, calf crush, not saying they are not good techniques). Every other book I have by Victory Belt is made almost entirely of techniques actually used by the fighters in their fights and examples given of the time they've used it in competition. I personally don't consider this the best book for beginners to Judo because I believe that it is best for someone interested in learning judo to first learn it in the context of the sport of Judo, by taking a Judo class, as oppose to trying to learn it for mma or no-gi without a clear understanding of the principles. The reason why I say this, is because Judo throws have so much subtle technique and so many intricate parts, that they need to be taught, learned, and practiced at a slow pace. This explains why Judokas traditionally train with and compete in the gi, because the added friction forces them to perfect technical and complex throws that they would have otherwise discarded if they were exclusively wrestling shirtless with all the sweat and slipperiness. Once the judo practitioner perfects these throws in the gi, his body remembers the movement when he takes the gi off. A better introduction to judo for complete beginners is "Guerilla Jiu Jitsu" by Dave Camarillo or "Judo Unleashed" by Neil Ohlenkamp, both of which happen to be books that teach you how to throw with the gi. In addition, Dave Camarillo's book teaches you how to fall, which absolutely important. "Judo Unleashed" is great overall introduction to actual sport of Judo. Of course, the best way to learn Judo is to join a local Judo club that hopefully has good instructor who has a creditable lineage, knows how to prepare guys for competition, knows how to slow down the training for beginners, and who respects you and your decision to cross-train in other arts(i.e. MMA or BJJ). While in the end, "Judo for mma" has a lot of great techniques that useful for MMA and no-gi fights, especially the throw setups that

counter wrestling takedowns and throw setups off of the standing kimura. I personally use some of these techniques myself when I see the opening for them when I grapple without the gi. I recommend this book, just not for the completely novice.

Excellent book would recommend to anyone wanting to add a few moves to their game

Karo is almost a tragic story. He was at the top but then fell swiftly from grace. Were it not for his extensive sharing of his beautiful technique, we would never have been able to extract the true significance of his genius. This book is an encyclopedia of bone crushing Judo/Hayastan techniques. It is worth its weight in bronze.

Very good book . Karo has a very unique style. A lot of the moves in this book you won't find in other books. Easy to understand.

Great guide for those schooled in Judo who want to add no gi to their game. As usual you can't learn Judo from a book (or any other art really), but if you have a grappling or Judo base, the techniques in this book are awesome. There are tons of pics which help immensely, and Karo shows the proper grips and such which bridge the gap between gi and no gi Judo. Easy to pick up the techniques and teach to others if you already have the gi Judo up your sleeve.

This book is a steal for the price. I have been grappling for a few years now and still haven't seen throws from these angles or some new subs. I have already taken people down and submitted them with the cobra choke! I suggest you get this book before someone who's got it puts you in one of these holds!

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