



Judo Heart and Soul

Hayward Nishioka

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In this collection of vignettes from the Black Belt Hall of Fame member (1968, Judo Competitor of the Year and 1977, Judo Instructor of the Year) and judo champion (Pan-American Games gold medal, AAU Nationals grand champion, National Masters champion), Hayward Nishioka shares memories of his glory days and explains how the positive qualities of judo practice and competition changed his life. He also gives you training tips and competition advice. Fully illustrated.

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