

GAME TRAINING IN JUDO.

Methods of teaching captures.

Film 2. GAME TRAINING IN JUDO.



Film 1. Methods of teaching captures.



This is a collection of two films on children's judo. The first film shows how to conduct a game session with a ball and at the same time carry out warm-up exercises, fight, learn a ground fighting technique, that is, carry out a full-fledged training session. Children age 5-7 years. The second film is designed for athletes of a higher class. Age of athletes 10-12 years. The main topic of this lesson is learning to capture.

<https://kfvideo.ru/>

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