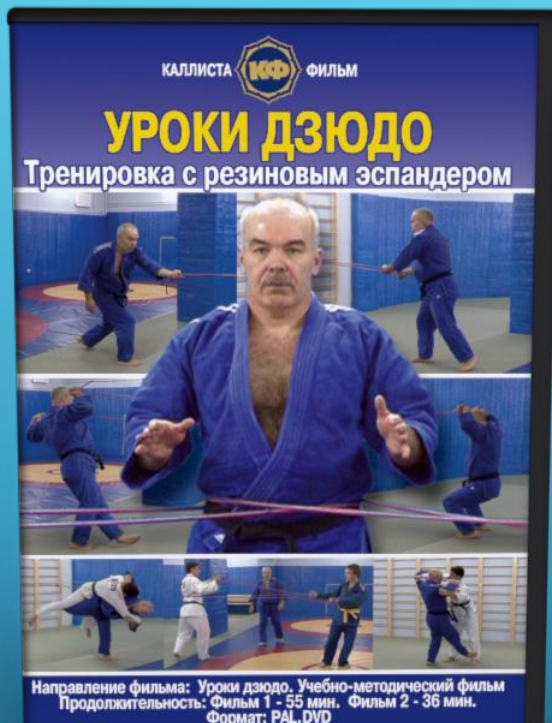


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JUDO LESSONS. TRAINING WITH THE RUBBER CHEST EXPANDER. EXERCISES AT HOME.



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Here is a collection of two films on important and interesting topic: Training with rubber expanders. The first film was made in the form of lessons and is divided into 8 parts. Topics include:

- Lesson 1. How to take the "expander". First assignment. Initial mistakes.
- Lesson 2. Exercises to the seoi-nage and tai-otoshi methods.
- Lesson 3. Exercises to the tomoe-nage, sasae-tsurikomi-ashi, kouchi-gari.
- Lesson 4. Exercises with expanders in one hand.
- Lesson 5. Exercises to the seoi-otoshi, kata-guruma, soto-makikomi.
- Lesson 6. Dress Up the expander to a partner.
- Lesson 7. Dress Up the expander itself.
- Lesson 8. Working with "expanders" in the movement.

Besides the above techniques in the film you will see the exercises to tai-otoshi, osoto-gari, ippon-seoi-nage, ura-nage, o-goshi, kosoto-gake. Total 60 exercises, on which you can create new tasks. The main theme of the film is to show the possibilities and variety of exercises with expanders. In the film, you can find tips for the initial training with the "expanders". You can find exercises for one, two or more sportsmen.



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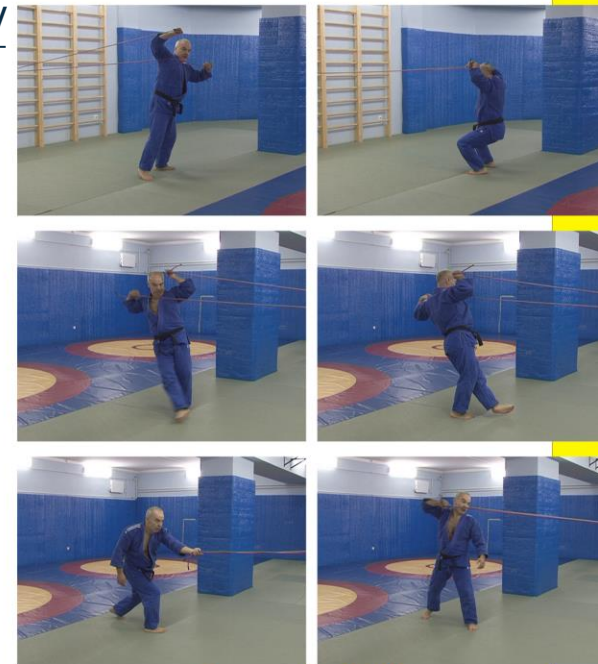
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