

Biomechanics In Judo: Analysis of Ipponseoi-nage technique

By Dharmendra Narwaria, Pardeep Kumar, Arun Singh Rathore



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Ippon-seoi-nage is one of the best and popular technique which is oftenly use by the judokas in the game of judo during the competition. This particular work may help the coaches, teachers, players etc. in bio-mechanical understanding of the skill which may further help them in the improvement of skill. This work may also help the researchers in understanding and conducting further researches in this area.



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Editorial Review

About the Author

Mr. Dharmendra Narwaria is presently pursuing doctorate degree from LNUPE, Gwalior (India). He has obtained B.P.Ed and M.P.Ed from the same University and cleared Junior Research Fellowship exam conducted by UGC in India. His areas of interest includes sports bio-mechanics, sports training and fitness.

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