

Tai Otoshi and Uchi Gari Attacks: The Trevor Leggett Collection

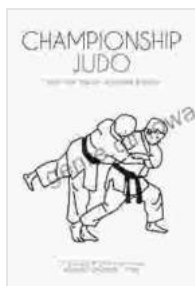
For seasoned judo practitioners and aspiring grapplers, mastering the techniques of Tai Otoshi and Uchi Gari is paramount to success on the mats. These intricate throwing maneuvers require a combination of skill, timing, and precision. With over three decades of experience at the highest levels of judo competition, Trevor Leggett has become synonymous with these techniques. Now, through his exclusive collection, you can gain unparalleled insights into his championship-winning arsenal.

Trevor Leggett's Tai Otoshi and Uchi Gari Attacks is a comprehensive guide that covers every aspect of these throws. With detailed explanations, step-by-step instructions, and crystal-clear illustrations, this book will lead you on a journey of technical mastery. Whether you're a seasoned competitor or a novice grappler, Leggett's expertise will help you refine your technique and unleash the full potential of these powerful throws.

- **Tai Otoshi (Body Drop):** Master the art of dropping your opponent onto their back by manipulating their balance and exploiting the power of gravity.
- **Uchi Gari (Inner Reaping):** Learn how to skillfully reap your opponent's leg, unbalancing them and executing a clean throw.
- **Variations and Combinations:** Expand your throwing repertoire with variations of Tai Otoshi and Uchi Gari, as well as their seamless combination for maximum impact.

- **Effective Grip Strategies:** Discover the secrets of gripping techniques that provide optimal control and leverage for successful throws.
- **Footwork and Positioning:** Understand the crucial role of footwork and positioning in setting up and executing these throws effectively.

Trevor Leggett's Tai Otoshi and Uchi Gari Attacks is more than just a collection of techniques. It's an invaluable tool that will empower you to:



CHAMPIONSHIP JUDO: Tai-Otoshi and O-Uchi-Gari Attacks (The Trevor Leggett Collection Book 1)

★★★★★ 5 out of 5

Language	: English
File size	: 9080 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 97 pages
Lending	: Enabled

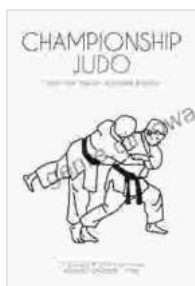


- Enhance your understanding of judo's biomechanics and leverage principles
- Develop a sharper eye for opportunities to execute these throws
- Increase your success rate in competitions and improve your overall grappling prowess
- Gain a deeper appreciation for the art of judo and its rich traditions

"Trevor Leggett's book is an essential guide for anyone who wants to improve their Tai Otoshi and Uchi Gari attacks. His detailed explanations and clear illustrations make it easy to learn these techniques and incorporate them into your own judo practice." - Yasuhiro Yamashita, Olympic Gold Medalist and 10-time World Champion

"Trevor Leggett is one of the most respected judo coaches in the world. His knowledge and expertise are evident in this book. I highly recommend it to anyone who wants to learn more about Tai Otoshi and Uchi Gari attacks." - Kayla Harrison, Olympic Gold Medalist and Two-time World Champion

Whether you're an aspiring judoka or an experienced competitor, Trevor Leggett's Tai Otoshi and Uchi Gari Attacks is an investment in your grappling journey. Free Download your copy today and unlock the secrets to mastering these iconic throws.



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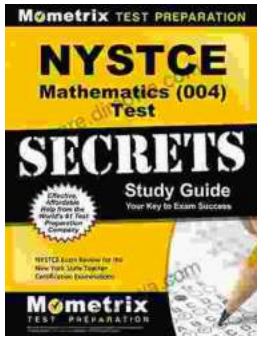
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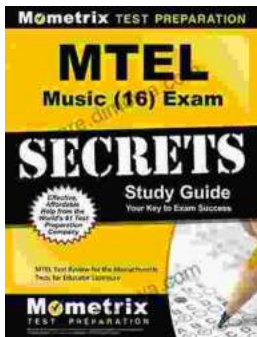
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