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an excellent update in the teach yourself series of the very good book written by Eric Dominy of the London Judo society. The LJS was brought by Sensei Hoare from Sensei's Dominy and Chew in the mid 1980s which gives this book extra relevance historically.

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Select a basic judo move or concept, preferably one that doesn't require a partner. Good starting points include forward and rear ukemi, rear and side breakfalls, chops, stances and footwork drills. Focus on one move at

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How to Teach Yourself Martial Arts (with Pictures) - wikiHow

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The most accepted opinion is that No. Judo cannot be trained (not even the basics of it) without formal instructions from an experienced instructor / judoka. The underdog opinion is that it is technically possible to do so, just in a more error-prone, dangerous, and cumbersome

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manner.

Is it practical (or even possible) to self-learn Judo? : judo

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There are a few essential punches you will need to learn to attack... 2.
Practice kicking. (15 minutes) Ten repetitions of any kick will suffice in strengthening your legs. Focus beyond the... 3. Start sparring. (15+

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minutes) ...

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Judo involves a large amount of practice with people your own size and weight and at various skill levels. A dojo allows you to train with others,

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and for an instructor to correct your techniques and give you tips along the way. The theory and principles of judo could be learned online, but the practical side is learned primarily in a dojo.

How to Do Judo (with Pictures) -

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Teach Yourself Judo by Eric Dominy.
The English Universities Press, 1957
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