

HIGHER JUDO: GROUNDWORK BY MOSHE FELDENKRAIS

Moshe Feldenkrais

Founder of the *Feldenkrais Method*

Forewords by Michel Brousse,
Dennis Leri, and Moti Nativ

Higher Judo



Groundwork

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Review

“It’s how Feldenkrais addresses the deeper benefits of Judo practice that elevates Higher Judo from just a good book to a classic.”—Dennis Leri, from the foreword

About the Author

Moshe Feldenkrais (1904–1984) was a distinguished scientist, physicist, and engineer. After suffering a crippling injury, he began an intense study of the relationship between bodily movement and healing that culminated in the Feldenkrais Method®.

Judo master Gunji Koizumi was the founder of the Budokai and a pioneer of judo in Europe.

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Dr. Moshe Feldenkrais is best known for pioneering the somatic therapy that bears his name. Less well known is that he was also one of the earliest European practitioners of the martial art of judo and wrote a number of influential texts on the subject. Primary among these is *Higher Judo*, first published in 1952 and now reprinted with a new foreword that offers useful context and elaborates on Feldenkrais' comprehensive—and still timely—approach to the martial art and to the body.

Judo was a natural choice for Feldenkrais's fascination with body/mind exploration and how to promote optimal functioning through awareness. In *Higher Judo*, he presents judo as the art of using all parts of the body to promote general health, and as part of the "basic culture of the body." He reveals judo's potential for creating a sense of rhythm of movement and improving mental and physical coordination. *Higher Judo* covers specific movements and positions—the astride position, the six o'clock approach, falling techniques—in both the text and the clear line drawings. Even more importantly, it shows how such groundwork can help practitioners develop their mental and physical awareness to their full potential.

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Most helpful customer reviews

8 of 8 people found the following review helpful.

A masterpiece.

By J. Slade

Definitely my favorite judo book on groundwork. Some early chapters discuss theory & philosophy, much like a Gleason judo book would. The bulk of the book is a very good & well-systematized discussion of groundwork tactics and principles. The tactical/situational presentation differs from many other judo books, which tend to present "catalogs" of techniques, maybe with 2-step (2-technique) combinations. Feldenkrais shows (showed) longer chains of techniques, more along the lines of what I've seen in some books on Brazilian Ju-Jitsu.

With the (very good) line drawings, he discusses tactics & principles in a way that suggests how the student can expand beyond the confines of what's within the book.

Doesn't have the beautiful photos like Kashiwazaki's "Fighting Judo" does, but this is a better organized/systematized book for students of groundwork than "F.J.," or the Masterclass books that address newaza. (Keep in mind that this book includes techs. that are now illegal in judo, so the M'class books, especially "Armlocks," have the advantage of relevance to modern competition.)

4 of 4 people found the following review helpful.

Advanced Study of Judo

By Edgar

This is a must for the advanced or advancing Judoka. Thirty years out of date but still full of good information on coaching, first aid and techniques. Very well written.

2 of 2 people found the following review helpful.

Low impact judo, great exercise for all the body

By Ole Andersen

All the techniques I learnt over 25 years in judo and ju-jitsu, and more. Analysing even the simple techniques like this improves all techniques and spatial awareness. Co-ordination is improved enormously for young and old alike. With this groundwork even the unfit can change their lives, improve co-ordination, spinal movement, awareness of what we can actually do with every part of the body. It means a better future and more longevity for me, I am in no doubt about that. Every muscle in the body can be re-enlivened with groundwork training to improve walking, posture and well being.

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