



# Biomechanics In Judo: Analysis of Ippon-seoi-nage technique

*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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