



TIMO KORPIOLA

JUDO

ROAD TO CHAMPION

ASSISTANT AND PHOTOGRAPHS BY PETER MICKELSSON

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Timo Korpiola

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Assistant and photos

Peter Mickelsson

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ROAD TO CHAMPION

JUDO TECHNIQUES USED BY WORLD CHAMPIONS AND OLYMPIC GOLD MEDALLISTS

This work contains over 1,500 images illustrating all the key throwing and grappling techniques used by top international competitors.

It is based on the analysis of over one thousand techniques that resulted in an ippon in major international tournaments since 2000.

The book comprehensively presents training guidelines for judoka aspiring to reach the top, which judo instructors and coaches can utilise in their daily judo practice.

The purpose of this new type of judo book is to provide the necessary sport-specific tools for those aiming for judo success and achieving their competition goals — the road to becoming a champion.

Lawyer TIMO KORPIOLA (6th dan, born 1945) has had a successful international career as a lawyer and has also excelled in judo, which he began practising in 1960. He is one of Finland's first international-level competitive judoka. He represented Finland in the European and World Championships six times between 1963 and 1971. He is the only person in the world to have won his country's (Finland's) championship in every weight category, an achievement recorded in the Guinness Book of World Records in 1983. Timo, along with his brother Kyösti, authored the book "Tie mustaan vyöhön" (Road to the Black Belt), published in 2010.

Journalist and photographer PETER MICKELSSON (6th dan, born 1958) is a multiple-time Finnish Judo Championship medallist. He became a student of Timo and Kyösti Korpiola (7th dan) in 1973 and under their guidance, in 1974, was selected for the national team and also became a student of Jorma Kivinen (8th dan). From the teachings of these mentors, Peter has had numerous fruitful discussions with the author of this book over the years, and from these conversations, the idea for this work was born.



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