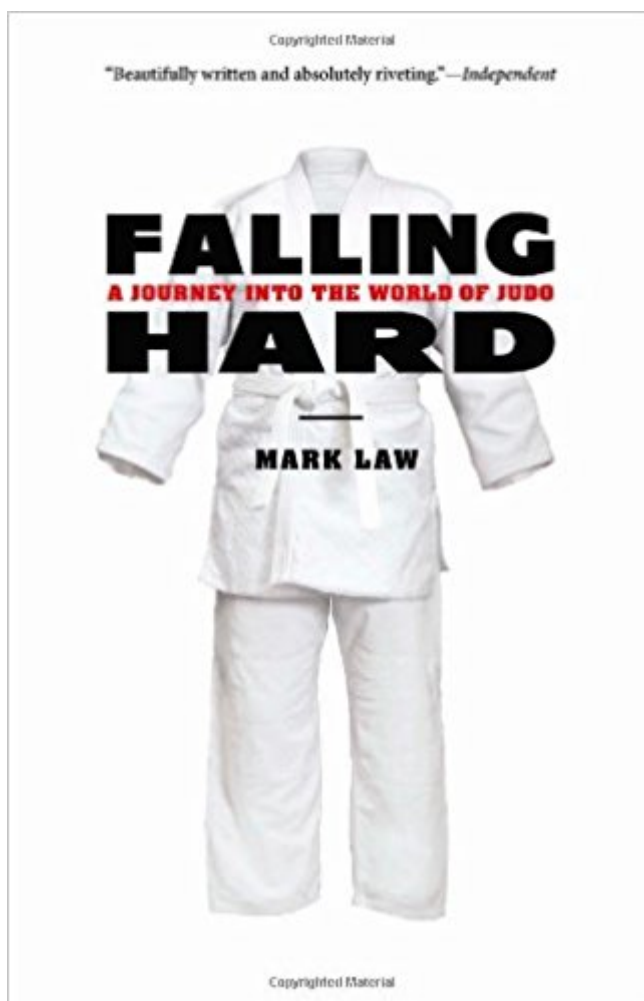


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# Falling Hard: A Journey Into The World Of Judo



## Synopsis

On his fiftieth birthday, British journalist and self-described "indolent sportsman" Mark Law decides to take up judo on a whim and ends up getting hooked on the sport. *Falling Hard* is Law's love letter to judo—the culture, drama, history, and practice. With journalistic zeal, he delves deeply into the sport's history and lore, and interweaves his own judo experiences with the development of judo in Japan, the life and vision of its founder Jigoro Kano, the export of judo to the West, the emergence of women in the sport, and detailed descriptions of competition on the world championship and Olympic levels. Law's account is as much for the sports writing fan and armchair enthusiast as for the judo practitioner. With humor and skill, he describes grueling training sessions and matches (including his own), famous Olympic bouts, and legendary rivalries between judo players and national teams, and he speculates on the future of the sport.

## Book Information

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## Customer Reviews

"This is a must-read for every judo enthusiast." "Jimmy Pedro, two-time Olympic Bronze medalist, four-time Olympian, World Judo Champion "Beautifully written and absolutely riveting." "Independent

Mark Law is a former feature writer and commissioning editor for the British newspapers *The Times*, *the Mail on Sunday*, and *the Daily and Sunday Telegraph*. He is also the founding editor of *The First Post* ([thefirstpost.co.uk](http://thefirstpost.co.uk)), the online news magazine. He lives in London, England.

I can only recommend this book to those of you who have not already purchased Mark Law's previous book on the subject of judo, THE PYJAMA GAME. You see this book and that one are in fact the same book with different titles and a different cover design. And in truth, I feel totally ripped off since there was no indication that this was a revised edition. So I hope this stops anyone else from making the same mistake I made. Once again it's a great book on the subject of judo. But there is no reason to buy the same book twice. To read a review of this book simply go to my review of the PYJAMA GAME, A JOURNEY INTO JUDO since this book is no more than a revised edition. As for myself I can now send this book to some fellow judoka as a gift.

I loved it. It was interesting to read about the history and get some great bouts to chase down on YouTube. The book started off great and tapered off towards the end. Some how I suspect Mark didn't know how to end it. I know how I'd liked the book to have ended (remember it's not a work of fiction) but it just left me hanging. Still, it's worth your time if you're interested in martial arts history.

I loved this book for the history of it. The author had the ability to bring you into the various historical figures. Great read for Judo fans, also touches upon some Jiu-Jitsu history, when Judo reaches the Gracie family.

I enjoyed this book very much, and I found it to be very inspiring. It inspired me to go out and take a Brazilian Jiu-Jitsu class I had been thinking about taking.

A terrific book which gives really valuable perspective on Judo- it's beginnings, philosophy, significant players, history, events, humor, and personal insights of a 40-something beginner in the sport- Highly recommended for any level or interest!

The blurb on the front of the book is not lying -- the prose is shockingly good, not something I expected given the material. This book is a love song to Judo that is part history, part journalism, and part autobiography. Anyone with even a slight interest in Judo or Jujitsu (yes, that means you Gracie followers too) would do well to pick it up. Highly recommended.

Great book! For beginners and advanced alike will enjoy this book. A lot of stories that most Judoka

can relate to. Unique in the way that most books describe techniques, this book tell stories about the journey in Judo! Bravo & Kudos to Mark for sharing and caring about Judo!VerthePitbull

Just okay. Reading it my interest waned. Not too exciting. Take my review with a grain of salt as I didn't read the whole book though.

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