

# A B BANDS for Wrestling and Judo Training

By Thomas Connolly, M.D.

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**T**he use of elastic rubber bands to improve pulling power and to aid in the grappling arts is not a new concept. They have been around for years. I can recall having an elastic band as a teenager for use in

training for the High School Nationals in Judo, suggested to me by my teacher, Mr. Kyu Ha Kim of Pittsburgh, now a 9th degree black belt. They were used for years by the Japanese and the Korean Judo teams.

Andrey Brenner, however, has put together these bands in a system of entry/pulling movements which virtually duplicate many wrestling and judo throw motions. They can be mounted anywhere and with his videotape, become part of a