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KODOKAN JUDO'S EARLY YEARS A Brief History of How Judo Started**The Art of Judo Episode 1 Judo Training - Kodokan Japan Kodokan Judo Japan 2016 VLOG 9: The Kodokan Judo World HQ** Kodokan Judo The Essential Guide
Today, the concepts and techniques of judo taught at the Kodokan are the ones originally devised by their creator and collected together in this book. Covering everything from the fundamental techniques to prearranged formal exercises for both men and women, the book offers detailed explanations of how techniques are combined in two types of practice: randori (free practice) and kata (the practice of forms).

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