

# Teach Yourself Judo

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introduction if you went into different judo clubs around the world you might find judo done in different ways, and if you asked the club teacher about this he would ...

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derived from his study of jujutsu, jigoro kano created judo as a martial sport usable for self-defense. in 1882, jigoro kano founded the kodokan judo

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learning judo at home is problematic. according to former olympic judo coach phil porter, judo is a sport fighting art, similar to wrestling. without live...

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what you need to teach yourself martial arts. there are three things you need if you are going to teach yourself martial arts, and a couple of secondary things you ...

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are there certain types of martial arts ... yourself to drive by watching formula one. do you know anyone at all who does martial arts? maybe a friend could teach ...