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June 1st, 2020 - at the end of an hour long binge i had was a proud owner of a new judo website and a funky old newaza book called higher judo groundwork the first print ran in 1952 and it had apparently bee quite rare but luckily enough it had be reprinted in 2010 in paperback'

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'*customer reviews higher judo groundwork*

May 22nd, 2020 - the book explains the ground fighting techniques of jud? which are the basis of brazilian jujutsu bjj and bjj is a dominant form of ground and submission work within mixed martial arts mma given the immense popularity of mma and the desire of fighters to hone their technique to the utmost it s a good time to bring this half century'

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