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January 8th, 2020 - higher judo groundwork moshe feldenkrais i found a pdf of this 1952 classic a while back on this site which appears to be a french language website archive of various written works in several languages i believe this work is now public domain so i hope having this reference will be useful to many of you'

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May 29th, 2020 - if the groundwork at your judo club is the same as the groundwork at your bjj club i d be very worried about your bjj club judo groundwork is a subset of bjj groundwork but bjj groundwork contains a much greater range of techniques than judo'

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June 3rd, 2020 - the short answer is yes the longer answer is yes for real world applications and a slightly weaker yes for cross discipline sparring people often plain about how ridiculous it is that only a few seconds seem to be allotted to ground fightin'

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