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Lesson 1 – Back Sweeps ?? / Ashi-waza Judo techniek - Ashi-waza  
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AVAILABLE ON SUPERSTAR JUDO Ashi-waza - Compilation  
ASHI WAZA (mouvements de jambes) : UV2 1ER DAN **3 fast  
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demonstrated by Misaki Iteya (JPN)* ~~Judo Ashi Waza (Foot  
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Uchi-mata - Basic principles *The Sneakiest Foot Sweep Anyone Can  
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Kodokan Throwing Techniques (Nagewaza)

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Ouchi Gari setup for Harai Tsurikomi Ashihiza guruma UV2 1er  
Dan : tous les mouvements. *KOSHI WAZA (mouvements de  
hanches) : UV2 1ER DAN* 60 judo techniques in 4 minutes  
(Tachiwaza and Newaza compilation - Matt D'Aquino)

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Judo Ashi Waza combination *Okuri Ashi Harai - Osoto Gari,*

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~~ORTUS.KZJUDO le perfectionnement des ashi-waza o uchi-gari~~  
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~~combinations~~ Judo - Ashi-waza compilation demonstrated by  
Misaki Iteya (JPN)\_2

Judo is best known as an Olympic combat sport whose highlights are spectacular throws, sometimes followed by devastating armbars or strangulations on the ground. But this is only one aspect of judo. Judo is also a system of self-defense, a system of physical education, and a philosophy. This book explores some of the different aspects of the way of gentleness, including its history, purpose, technical foundations, and cultural context.

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