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THIS STRATEGY
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~~ILLEGAL IN CLASH~~
~~OF CLANS!! TOP~~
PLAYER LOGS IN
FOR THE FIRST TIME
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Town Hall 1 to 12 in
ONE VIDEO! Clash of
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Impossible Base

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Update*

10 Things You Didn't

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Know About Clash of
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Secrets to Upgrade Your
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~~Troops Level~~ When To

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~~Queen Walk Explained -~~

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this book focuses solely

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counters of throwing

combinations At 136

pages it does an

excellent job of giving

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experience 13 years a

solid base from which to

create their own

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At 136 pages, it does an
excellent job of giving

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Judoka with some
experience (1-3 years) a
solid base from which to
create their own
combinations.

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The author, a world
champion in judo
competition,
demonstrates throws,
holds, pins, turnovers,
grabs, and
entanglements, and
discusses the finer
points of mat work

In 1882 Jigoro Kano
(1860-1938) founded

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Kodokan Judo at Eishoji Temple in Tokyo. It was the culmination of a lifelong devotion to the jujutsu of the past, which he reorganized while taking great care to retain its classical traditions. Historically, martial arts were practiced only by the elite in Japan. Kano, a renowned educator as well as a sportsman, is

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credited with
popularizing the martial
arts, and in particular,
judo, among people in
all levels of society.

When he was young,
Kano studied jujutsu, a
martial art practiced in
Japan since feudal
times, which involved
throwing, hitting,
kicking, stabbing,
slashing, choking,
bending and twisting

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limbs-and defenses

against these attacks.

After years of studying,
he realized that although

many different jujutsu

techniques were taught,

there was no one core

value holding them

together. Kano

identified an all-

pervasive principle- to

make the most efficient

use of mental and

physical energy-and

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combined only those techniques in which this principle was correctly applied into modern judo. "Ju" means gentleness or giving way. "Do" means principle or the way. Judo, therefore is the Way of Gentleness, which implies that first giving way leads to ultimate victory. The Kodokan is literally,

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"the school for studying the Way." This book is a collection of Kano's essential teachings, selected and compiled from his wealth of writings and lectures spanning a period of fifty-one years. Today the International Judo Federation has 187 member countries and regions. As an official sport of the Olympic

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Games, judo has inspired young people of all nationalities, and Kodokan is universally recognized as the Mecca of Judo.

This book is the totally revised edition of Canon of Judo. It is said that the original book played a big role in founding the International Judo Association and in

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helping Judo become an Olympic sport in 1964.

Kyuzo Mifune

(1883-1965) began Judo as a child, and in 1920

was awarded the highest possible rank of 10th dan - the only man ever to reach this height.

Called the 'god of judo', he was so famous that '10th-Dan' replaced his name! Legend has it that in his sixty years of

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practice he never lost a match and was never thrown. This book is a totally revised edition. The original

Judo Formal Techniques is "The most detailed explanation of Judo that has ever been published" (The Japan Times). A

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A comprehensive training manual to the basic "free practice" forms of Kodokan Judo (the Randori no Kata), the book provides essential instruction in the throwing and grappling kata (Nage no Kata and Katame no Kata) that every Judo practitioner needs to master. The authors are two of the world's top

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instructors—Donn F. Draeger and Tadao Otaki. Both were instructors at the Kodokan Judo Institute in Tokyo—the headquarters of international Judo, which was founded by the creator of the martial art, Jigoro Kano.

Draeger, considered by many to be the first non-Japanese Budo master,

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was an authority on Asian martial culture who held high ranks and teaching licenses in several martial arts. He was a prolific writer and was the first non-Japanese Judo instructor at the Kodokan. Otaki was not only a successful Judo instructor but also a university professor who was widely praised

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for his research on the role of Judo in education. Draeger and Otaki based their text on Jigoro Kano's published and unpublished personal writings.

Recapturing the original spirit and intent of the essential Judo kata, they are presented in the standard Kodokan versions as refined by generations of

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practitioners. Richly illustrated with over 1,000 photos and drawings, Judo Formal Techniques offers complete step-by-step instructions for the roles of both training partners. In addition to the core techniques of throwing and grappling, it explains the important transitional movements as well as grips, stances,

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and postures. First introduced as an Olympic sport at the 1964 Tokyo Olympics, Judo is returning to its home city on the world stage at the 2020 Olympics. Practiced by more than 20 million people worldwide, Judo is only expected to continue growing in popularity. A new foreword by Judo

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instructor Neil
Ohlenkamp sheds light
on the book's lasting
importance as the
classic "Kata bible" for
Judo students and
instructors alike and an
indispensable resource
for all martial arts
practitioners.

Improve
communication, resolve
conflicts, and avoid the

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A Guide To
most common
conversational disasters
through simple, easily
remembered strategies
that deflect and redirect
negative behaviour.

Verbal Judo is the
martial art of the mind
and mouth that can
show you how to be
better prepared in every
verbal encounter. Listen
and speak more
effectively, engage

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people through empathy
(the most powerful word
in the English
language), avoid the
most common
conversational disasters,
and use proven
strategies that allow you
to successfully
communicate your point
of view and take the
upper hand in most
disputes.

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This is a new release of
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edition.

"Attack Proof" goes
beyond typical self-
defense and martial arts
to teach people how to
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"it" "actually" "is." The
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"Attack Proof" covers
essential tactics,
including more than 20

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new drills that focus on balance, body unity, and footwork. This book presents you with critical information for confronting violence.

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