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COLIN OATES JUDO: GROUNDWORK (PAPERBACK)



Colin Oates
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Oakamoor Publishing

Oakamoor Publishing, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Whether your sport is Judo, Brazilian Jiu Jitsu, Wrestling or MMA, the skill and art of Newaza (Groundwork) should be studied in depth. Colin Oates Judo: Groundwork highlights the basic drills required by the novice, to the more complex moves used by experienced groundwork practitioners. With the aid of over 180 photographs, this easy-to-read and practical book explains turnovers, hold downs, arm...

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