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Freestyle Judo is a form of competitive judo practiced primarily in the USA, that retains techniques that have been removed from mainstream IJF rules. Freestyle Judo is currently backed by the International Freestyle Judo Alliance (IFJA). The Amateur Athletic Union (AAU) officially sanctions Freestyle Judo in the United States of America.

### **Judo - Wikipedia**

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the basics of Judo from you. Pay particular attention to the "œpoint to watch"• as these points are very important to protect members from injury during class and to insure their Judo skills are properly developed. Curriculum: Week 1, Classes 1&2 (beginners warm up with rest of class) Time spent A. History of Judo including the history of ...

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