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The Original Kodokan Judo Tournament Rules H. Irving Hancock and Katsukuma Higashi, The Complete Kano Jiu-Jitsu (Judo), (New York: Dover Publications, 1905) 1. Each contestant shall wear coat and belt. 2. A contestant shall be deemed to have been defeated when his two shoulders and hips shall have touched the floor, provided that said contestant shall have reached this position on the

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bookshelf of all those interested in this craft. Many of the earliest books, particularly those dating back to the 1900s and before, are now extremely scarce and increasingly expensive.

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The ability to execute techniques with full force is a key differentiator between a Kodokan Judo / Kano Jiu-Jitsu school and the average Jiu-Jitsu school. Repetitive practice at full speed with full completion of the technique develops better form and requires more skill and conditioning for both the person executing the technique, as well as, the person being practiced upon.

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