

Ju No Kata A Kodokan Textbook

Ju-No-Kata-Keiko Fukuda 2004-08-31 This book describes the history and importance of Ju No Kata—the science of what it takes to execute throws—to the study and practice of judo. It also serves as a semi autobiography of the author, Keiko Fukuda, who is the world's foremost authority on Ju No Kata. At the age of 90, she still practices her passion. Understanding Ju No Kata is essential for passing higher-rank tests and this book, imbued with Fukuda's wisdom, is comprehensive and definitive.

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Judo Kata-Llyr Jones Ph D 2016-09-14 The practice of judo katas has changed over time as a result of perceived purpose. The chapters in this anthology were written by seven authorities in judo history and practice. Their writings clarify the purpose of kata and thus its mode of practice and their place in competition. In 1926, a contest occurred in which thirty-seven of the finest judoka in Japan competed before the Emperor Hirohito. The first chapter by Robert W. Smith details the techniques utilized by each master and also compares their skills with today's judo practitioners. The next two chapters by Dr. Llyr Jones and Biron Ebell deal with the transmutation of judo over the decades. Both authors give ample support that the original guidelines have evolved into competitive sport resulting in a substantial decline in the number of adults practicing judo. Where does kata stand in judo practice today? Dr. Lance Gatling reports on The First Kodokan Judo International Competition (2007). He outlines the background of the competition, the competitors, the motivations for this competition, the historical development of judo katas, and their importance to the correct study of judo. Dr. Llyr Jones' next chapter has two objectives: to explain the purpose of kata in judo, and to critically evaluate the concept of kata championships. To achieve these objectives, Jones offers personal comments, observations from rare Japanese source material, as well as insight into the thinking of world-renowned judo experts. Linda Yiannakis provides two insightful chapters. Her first chapter presents a conceptual framework for examining principles of judo throwing techniques. The principles are classified as primarily structural, operational, or contextual in nature. In her second chapter, she points out that martial artists are acutely aware of the need to develop a sense of timing for the best possible moment to apply techniques in free play or contest. This chapter examines some critical features of patterns and rhythms in a variety of contexts and provides a few basic exercises for the development of awareness and use of rhythm, patterns, and timing in judo. Jones, Savage, and Gatling present an in-depth study into Kodokan Goshin-jutsu-a Kodokan judo exercise formally established in 1956 to teach the principles and techniques of self-defense against unarmed and armed attacks, and to meet modern lifestyle needs. Their chapter reviews the place of Goshin-jutsu among the Kodokan katas, and then summarizes the history its creation. A description of the exercise's structure and technical contents follows, along with an in-depth explanation of its principles and associated teaching and learning challenges. This also includes a review of the most reliable learning texts in Japanese, English and selected other Western languages. Kodokan Goshin-jutsu's performance aspects are considered next. An objective assessment of its practical self-defense effectiveness follows, before finally conclusions are drawn. The short final chapter by Dr. Jones is on Kodokan judo's Nage-no-kata (forms of throwing) and Katame-no-kata (forms of control). Their study helps facilitate the development of free practice (randori) skills. Many look at judo studies as including three dimensions: free-practice, competition, and forms. Kata practice is vital to the other two. If you are involved with judo, this anthology will deepen your purpose and inspiring your practice.

The Complete 7 Katas of Judo-Mikinosuke Kawaishi 1982 Describes the characteristics, objects, and principles of the various basic attack and defense movements of the martial art of judo

KODOKAN JUDO:THROWING TECHNIQUES-Toshiro Daigo 2005-06 Focusing on Kodokan judo, this book contains full descriptions of all 67 throws, with variations and practice guides. In addition, it details the origins of some techniques, using old and rare photos of Kano in action. It is suitable for all judo practitioners. The author was a 3-times Olympic Judo champion in his youth, and became the chief instructor of Kodokan - the official Judo headquarters. This book is the successor to the perennial bestseller Kodokan Judo', by the founder Jigoro Kano, and contains full descriptions of all 67 throws, with variations and'

Mind Over Muscle-[[[[[[2005-11-21 In 1882 Jigoro Kano (1860-1938) founded 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 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 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 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, "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 Games, judo has inspired young people of all nationalities, and Kodokan is universally recognized as the Mecca of Judo.

Judo Memoirs of Jigoro Kano-Brian N. Watson 2008-10 Based on a series of interviews that Jigoro Kano gave in his sixties, the book relates his creation and development of Kodokan judo during the period 1882 to 1928.

The Science of Judo-Mike Callan 2018-06-14 The Science of Judo is the first book to set out and discuss the science, coaching and history behind judo performance. Evidence-based and informed by the latest research, the book offers practical guidance on preparing athletes for high performance and understanding the core tenets of sport science underpinning it. Featuring contributions from world-leading experts, the book consists of chapters on all aspects of judo performance, including: The historical development of judo and its physical, intellectual and moral role Physical preparation for competition, coaching and training strategies Skill acquisition, talent identification and development Nutrition and lifestyle of judoka Performance analysis and biomechanics Injury epidemiology and prevention Special considerations for female and young judoka Clearly written and accessible, The Science of Judo provides upper-level students and researchers, and coaches and sport science staff working with judoka, with the most thorough and authoritative reference on sport science applied to judo currently available.

Judo kata-Tadao Inogai 2007 Cet ouvrage, devenu une véritable référence depuis de nombreuses années, présente les 8 formes classiques du Kodokan. Il accompagne le judoka pendant toute sa progression, de la ceinture blanche aux grades les plus élevés. Pour cette nouvelle édition, la présentation a été entièrement revue pour en améliorer encore la compréhension et l'esthétique. Grâce à des dessins très précis en deux couleurs et des explications claires, chaque kata est détaillé pour en permettre la mise en application immédiate. Complément incontournable de " Judo pratique " des mêmes auteurs, ce manuel intéressera également, par les valeurs traditionnelles qu'il véhicule, tout amateur d'arts martiaux authentiques.

The Judo Handbook-Roy Inman 2008-01-15 Explains the history, steps, and training of judo.

Judo, the Gentle Way-Alan Fromm 1982-01-01 Traces the history of judo, demonstrates basic practice routines, and examines the connection between meditation and the martial arts

THE CANON OF JUDO-Mifune/Kyuzo 2004-04 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 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 practice he never lost a match and was never thrown. This book is a totally revised edition. The original'

Judo Foundations-Miguel López sensei 2013-09-19 Judo, meaning "gentle way", is a modern Japanese martial art and combat sport, which originated in Japan in the late nineteenth century. Its most prominent feature is its competitive element, where the object is either to throw one’s opponent to the ground and immobilize by joint-locking the elbow or by applying a choke. In Judo Foundations, Miguel López sensei with his more than forty five years practicing judo nationally and internationally, is sharing his knowledge if the roots, philosophy, meaning of the judo techniques, and how to excel in judo while underscoring the importance of judo values and its essential role in society.

Judo Formal Techniques-Tadao Otaki 1990-11-15 A product of over twenty years of exhaustive research, Judo Training Methods is a comprehensive examination of the Japanese Judo. Written by martial arts authority Donn Draeger and judo champion and instructor Takahiko Ishikawa, it is an expert martial arts guide. Although the examples are geared toward judo, the training and conditioning methods set out are valuable for all martial artists and athletes, whatever their art or sport. Judo Training Methods is an "encyclopedia of judo" covering not only Judo techniques and training methods but also dojo etiquette, tournament rules, and promotion requirements. This illustrated judo book features over 1,000 photos and 200 conditioning exercises. A perfect introduction to Judo for beginners, the exercises in this classic text are also valuable conditioning exercises for football, basketball, track, swimming, wrestling, boxing, tennis, baseball, mixed martial arts and more! Chapters introduce readers to the principles and practice of Judo, including: Physical Judo Re-Examined Classification of Exercises and Muscle Groups Kinesiological Principles About Muscle Judo Training Advice Judo and Weight Training Judo Training Routines Preparatory Exercises Supplementary Exercises Compound Exercises Auxiliary Exercises

Mastering Judo-Masao Takahashi 2018-11-15 Immerse yourself in the art and sport of judo like never before in Mastering Judo. Gain a rich understanding of the philosophy, history, and practices that distinguish judo from other martial arts. Become more proficient in the techniques, tactics, and training necessary to rise through the ranks. Mastering Judo will add to your appreciation of the principles that distinguish the art in formal exercises (kata) and to your toughness and spontaneity in both freestyle fighting (randori) and competitive matches (shiai). Firmer grounding in the roots and wisdom of traditional judo practices will enhance your ability to use your body and your mind to the ultimate advantage when facing an opponent. Written by the Takahashi family, with more than 200 years of experience teaching, coaching, and competing in judo throughout the world, this resource crosses both generation and national boundaries in its approach and application.

Judo Formal Techniques-Donn F. Draeger 2019-06-21 Judo Formal Techniques is "The most detailed explanation of Judo that has ever been published" (The Japan Times). 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 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, 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 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 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, 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 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.

Jujutsu and Judo in the West-Michael DeMarco 2018-04-24 The late 19th century saw a dynamic growth of contacts between Western countries and the Far East. Along with the increase in travel came a wave of educational opportunities for Americans and Europeans to gain first-hand experience of living in countries such as China, India, and Japan. Likewise, adventurous individuals from the Orient made their way to the West. Scholars, politicians, and business people became experts in their adapted culture. Some learned the native language and became experts in their second culture, often writing and lecturing on a variety of topics, including martial traditions. By the early 20th century a number of Japanese jujutsu and judo instructors were teaching their exotic arts in Germany, Spain, the United Kingdom, and the United States. How were these instructors viewed by those in their host countries? What similarities and differences were seen between the Japanese combatives and the local traditions such as Catch-as-Catch-Can, Greco-Roman, and Pancrase wrestling, and styles of boxing? Chapters in this anthology present an excellent overview of the early days when jujutsu and judo took foothold in the USA and Europe, with particular emphasis on England and the influence of The Budokwai in London, which as noted on Wikipedia, is "the oldest Japanese martial arts club in Europe. It was founded in 1918 by Gunji Koizumi and initially offered tuition in jujutsu, kendo, and other Japanese arts. It was the first judo club in Europe." This anthology offers a historical view of how and why jujutsu and judo became living traditions in the West, and developed over the decades. There are six technical chapters by David Finch, well-known for his knowledge of judo and famed for his professional photography. The last chapter is a fitting finale presenting a comprehensive history and technical description of The Budokwai Kime-no-kata, a judo kata created during the earlier period of the institute. The fourteen chapters in this anthology—most from the Journal of Asian Martial Arts and a few newer writings—also discuss many of the leading practitioners of jujutsu/judo. As these arts adapted and transformed to Western countries, the purpose and modes of practice have also changed. This is important for all to study since knowledge of the past is vital for how these forms of combat and sport will evolve in the future.

The Way of Judo-John Stevens 2013-08-13 A martial arts biography of the legendary founder of judo, Jigoro Kano, and the colorful coterie of disciples who wanted to carry on his legacy Kodokan judo, one of the most well-known martial arts in the world today, was originated by Jigoro Kano (1860–1938), a martial artist and career educator who developed the art after studying several types of jujutsu, sumo, and Western wrestling. Openness and refinement were hallmarks of his personal and professional style, and he relentlessly searched for the best way to practice, teach, and perform techniques. This biography shows how Kano saw judo as a vehicle not just for self-defense, but for physical, spiritual, and moral development as well. His teachings clearly emphasize his ideal of judo as a way of self-cultivation that leads to physical health, ethical behavior, and ultimately a better society. Kano was a tireless activist who promoted the practical application of judo’s principles in all realms of life—in one’s personal behavior, for education, in work, for economic benefit, and in both the local and international political arenas. Kano’s students were a colorful, sometimes notorious bunch, and this book reveals how several went on to become famous—or infamous—in their own right. They include a prime minister of Japan, the leader of the Communist party in China, a famous novelist, a spy, high-level military leaders, and a media mogul, among many others.

Judo-Vladimir Vladimirovich Putin 2004 A guided tour of the art of self-defense is offered by Russian president Vladimir Putin, a judo expert. Photos & illustrations.

Encyclopédie technique, historique, biographique et culturelle des arts martiaux de l'Extrême-Orient-Gabrielle Habersetzer 2004 Déjà vendue à plus de 10 000 exemplaires, cette encyclopédie, unique au monde, est devenue une référence incontournable. Dans cette quatrième édition entièrement revue et enrichie, Gabrielle et Roland Habersetzer proposent plus de 1000 entrées inédites, de nouvelles illustrations et de nombreuses réactualisations de définitions existantes. Les techniques, les concepts, les histoires, les hommes, les écoles, les styles, le fond culturel au Japon, en Chine, à Okinawa, en Corée, en Inde, en Indonésie, en Birmanie, au Vietnam, en Malaisie, aux Philippines et en Thaïlande. Aikido, Aiki-jutsu, Bagua-quan, Batto-jutsu, Bersilat, Budo, Bo-jutsu, Bu-jutsu, Hapkido, laido, lai-jutsu, Jo-jutsu, Judo, Ju-jutsu, Juken-jutsu, Kalaripayat, Karaté, Kempo, Kendo, Ken-jutsu, Ko-budo, Kung-fu, Kyudo, Kyu-jutsu, Nin-jutsu, Nunchaku-jutsu, Okinawate, Penjak-Silat, Qi-gong, Quon-fa, Qwankido, Sai-jutsu, Shaolin-quan, Shorinji-kempo, Sumo, Taekwondo, Taji-quan, Tai-jutsu, Tode, Tonfa-jutsu, Vajramukti, Vovinam, Wushu, Yabusame, Xin-yi-quan, etc. Plus de 7700 termes référencés dans une œuvre exceptionnelle, indispensable à toute personne intéressée par les arts martiaux.

Secrets of Judo-Jiichi Watanabe 2011-12-20 The Secrets of Judo is a revealing Japanese martial arts manual that focuses primarily on the scientific principles at work in judo. It offers clear-cut explanations of the numerous techniques involved in throwing and grappling. In addition to the precise detailing of judo's physical aspects, this book provides insights into the psychological factors related to judo's underlying philosophy. The Secrets of Judo, a fascinating and valuable work since its original publication in 1959, sets out a comprehensive course to achieve maximum efficient use of mental and physical energy that remains as vital and fresh as when first recommended by Risei Kano, president of the Kodokan, on its original publication. This Judo guide features sections on: The Art and Science of Judo How Can Dynamics Be Applied to Judo? Three Principles for Practicing Judo Three Laws of Motion Kinds of Force Acting State of Force How to Practice Throwing How to Practice Grappling

WHFSC Grandmaster’s Council: a compendium of the world's leading Grandmasters-Bram Frank 2013-05 This a compendium of the world's greatest council of Grandmasters. These Grandmasters both past and present represent an amazing history of the martial arts. It contains their bios told as they want it heard and seen along with pictures past and present of these Grandmasters. The WHFSC World Head of Family Sokeship Council brings together Grandmasters and Sokes from every style of martial arts to a yearly meeting, with an awards dinner, Hall of Fame and seminars sessions given by the Grandmasters themselves. Included in the book are some of the upcoming masters in the martial arts.

Ginastica Natural-Alvaro Romano 2017-02-22 Alvaro Romano has a bachelor's degree in Physical education. He is a scholar of human Motion. Alvaro was one of the pioneers in the Development of workouts using only body Weight. For over 40 years, Alvaro has been working with top athletes and programs to Improve the quality of life.

Martial Arts of the World-Thomas A. Green 2010 This book is the most comprehensive and authoritative reference ever published on the wide range of martial arts disciplines practiced in cultures around the world.
* Includes the scholarship of 67 expert, international contributors
* Presents 30 images of martial arts in practice
* Offers bibliographic lists at the end of each section pointing to further reading in print and online
* Includes a comprehensive index in each volume

Martial Arts of the World: An Encyclopedia of History and Innovation [2 volumes]-Thomas A. Green 2010-06-11 This book is the most comprehensive and authoritative reference ever published on the wide range of martial arts disciplines practiced in cultures around the world.
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• Includes a comprehensive index in each volume

Judo Kodokan Review- 1961

Mastering Judo-Masao Takahashi 2005 Authored by the Takahashi family, who combine more than 200 years of experience teaching, coaching, and competing in judo, this book provides an in-depth description of judo history, culture, philosophy, techniques, tactics, training, and competition. 200 photos.

Born for the Mat-Keiko Fukuda 1973

The Fine Art of Jujutsu-Mrs Roger Watts 2018-10-16 This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. To ensure a quality reading experience, this work has been proofread and republished using a format that seamlessly blends the original graphical elements with text in an easy-to-read typeface. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

Judo Unleashed-Neil Ohlenkamp 2006-05-22 Hundreds of full-color throws and grabs make this the black belt of instructional judo books In Judo Unleashed, master coach Neil Ohlenkamp brings together the form, practice, and grace of this venerable sport in an all-inclusive handbook. From philosophical and technical foundations through advanced grappling and self-defense techniques, this authoritative guide, with 350 color photos, covers all the bases you need to refine your technique and gain a deeper understanding of this increasingly popular martial art.

Pauley’s Guide-Daniel C. Pauley 2009

The Kenpo Karate Compendium-Lee Wedlake 2015-01-13 The Kenpo Karate Compendium details the forms of American Kenpo as prescribed by the "Father of American Karate," Ed Parker. Author Lee Wedlake, 9th degree black belt, world-class instructor and competitor, brings his acclaimed training and teaching experience to bear in this unique resource for all who practice and teach American Kenpo and its offshoot systems. The American Kenpo system is taught worldwide and this reference will become a standard for thousands of Kenpo practitioners in various lineages. It will also serve as a stimulus for all martial artists by providing a sense of the logical framework of American Kenpo. Having collected the general rules of motion and the numerous fine points of Kenpo, the book is a standout in the genre.
• COMPREHENSIVE TREATMENT of the Kenpo Karate system provides a progression of teaching curricula for beginning, intermediate, and advanced students and instructors
• COVERS history, fundamentals, forms, solo and partner practice, and advanced technical skills
• INCLUDES over 450 black and white photos detailing forms and techniques
• SOMETHING FOR ALL STUDENTS, whether pursuing martial arts for health, competition, self-defense, or personal improvement
Table of Contents Introduction Preface Chapter 1: What the Beginner and the Black Belt Should Know Chapter 2: The Basics and Exercise Forms: Short and Long 1 and Short and Long 2 Chapter 3: The Intermediate Forms: Short Form Three and Long Form Three Chapter 4: Form Four Chapter 5: Form Five Chapter 6: Form Six Chapter 7: Form Seven Chapter 8: Form Eight Chapter 9: The Sets Now What? Legal viewpoint by Frank Triolo Capstone–The Thesis Form General rules of motion Recommended Reading About the Author

Black Belt- 1974-04 The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known marital arts figure in the world.

Advanced Nunchaku-Fumio Demura 1976 This volume includes variations of twirling and swinging, with two separate training kata for nunchaku. Fumio Demura is an expert in kendo, aikido, and kobudo. Dan Ivan is also a member of Black Belt's Hall of Fame.

The Way of Judo-John Stevens 2013-08-13 Kodokan judo, one of the most well-known martial arts in the world today, was originated by Jigoro Kano (1860–1938), a martial artist and career educator who developed the art after studying several types of jujutsu, sumo, and Western wrestling. Openness and refinement were hallmarks of his personal and professional style, and he relentlessly searched for the best way to practice, teach, and perform techniques. This biography shows how Kano saw judo as a vehicle not just for self-defense, but for physical, spiritual, and moral development as well. His teachings clearly emphasize his ideal of judo as a way of self-cultivation that leads to physical health, ethical behavior, and ultimately a better society. Kano was a tireless activist who promoted the practical application of judo’s principles in all realms of life—in one’s personal behavior, for education, in work, for economic benefit, and in both the local and international political arenas. Kano’s students were a colorful, sometimes notorious bunch, and this book reveals how several went on to become famous—or infamous—in their own right. They include a prime minister of Japan, the leader of the Communist party in China, a famous novelist, a spy, high-level military leaders, and a media mogul, among many others.

A Complete Guide to Judo-Roberto Ghetti 2017-07-15 Judo is a modern martial art that originated in Japan in 1882 and became an Olympic sport in 1964. This book provides a history of the discipline as well as detailed step-by-step instructions and accompanying photographs to help readers learn the positions and fundamental techniques. Formal exercises encourage students to practice what they have learned, keep track of personal progress, and improve their mastery of the discipline. The book also includes a glossary, a further reading section with books and websites, and an index.

Black Belt- 1972-01 The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known marital arts figure in the world.

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The Development of Judo in Britain-Brian Christopher Goodger 1981

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