



Oak Lawn Park District Judo Club

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Beginner Syllabus

oaklawnjudo.com/docs/Syllabus-2025-Beginner.pdf



Advanced Syllabus

oaklawnjudo.com/docs/Syllabus-2025-Advanced.pdf



Kodokan Kids Syllabus

oaklawnjudo.com/docs/Syllabus-2025-Kodo-Kids.pdf



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facebook.com/OakLawnJudoClub



YouTube

youtube.com/channel/UC-OFEnM4m6bGJoFJ3DGu4bA



SmoothComp

smoothcomp.com/en/club/35829



Beginner Syllabus Videos

youtube.com/playlist?list=PLd-9ULDsbnNdZUX_MPufgjq3umxvRbrnW



Advanced Syllabus Videos

youtube.com/playlist?list=PLd-9ULDsbnNeNu8RBBmmUtoUXXGAsH0LX



Kodokan Kids Videos

youtube.com/playlist?list=PLd-9ULDsbnNesmrGwu6Vlq0iqBs2VD324



Judo Tutorials

youtube.com/playlist?list=PLd-9ULDsbnNdsyE828Kdmsp4Yh2gM3P_c



In-House Tournament

youtube.com/playlist?list=PLd-9ULDsbnNdtZKTslR66OEtIAULKec2w



Instagram

instagram.com/explore/locations/259920817455237/oak-lawn-park-district-judo-club



TikTok

tiktok.com/@oaklawnjudo



Club Website

oaklawnjudo.com



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