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oral tradition for its primary sources and privileges Dakota language in the text Waziyatawin Angela Wilson both a historian and a member of the Dakota Nation demonstrates the value of oral history in this bilingual presentation and skillful analysis of the stories told by the Dakota elder Eli Taylor 1908 99 Taylor lived on the Sioux Valley Reserve in Manitoba Canada and was adopted into Wilson's family in 1988 He agreed to tell her his story and to share his accounts of the origins history and life ways of the Dakotas In these pages he tells of Dakota history the United States Dakota Conflict of 1862 Dakota values and the mysterious powers of the world Wilson gracefully contextualizes and complements Taylor's stories with a careful analysis and distillation of the narratives Additionally she provides an overview of Dakota history and a substantial critique of the use of oral accounts by mainstream historians By placing Dakota oral tradition within the academic discipline of history this powerful book illuminates the essential connections among Dakota language history and contemporary identity

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web aug 5 2021 for example if you wanted to develop muscular endurance or work capacity 2 undulating periodization aka non linear periodization undulating periodization also referred to as non linear periodization involves varying the stimulus on a daily dup or weekly wup basis dup daily undulating periodization

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patterns of each exercise the competency or technical skill increases

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web mar 23 2022 undulating periodization is a type of training where volume and intensity go up and down either weekly or daily within the training period weekly undulating periodization wup changes the volume and intensity week to week and daily undulating periodization dup adjusts the volume and intensity daily between training