

Brazilian Jiu Jitsu: The Ultimate Guide To Beginning BJJ

By Jeff McCall

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Brazilian jiu-jitsu (BJJ ; Portuguese: jiu-jitsu brasileiro) is a martial art, combat sport, and a self defense system that focuses on grappling and especially ground

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Jan 30, 2014 he won t receive a black belt in jiu-jitsu. Urijah Faber won t receive black belt in
jiu-jitsu with win at UFC 169. Rani Yahya, Jeff

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