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CH Cherryholmes

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Jiu-Jitsu University Saulo Ribeiro, 2008-11-17 Saulo Ribeiro six time Brazilian Jiu Jitsu World Champion is world renowned for his functional Jiu Jitsu knowledge and flawless technique In Jiu Jitsu University Ribeiro shares with the public for the first time his revolutionary system of grappling mapping out more than 200 techniques that carry you from white to black belt Illuminating common Jiu Jitsu errors and then illustrating practical remedies this book is a must for all who train in Jiu Jitsu Not your run of the mill technique book Jiu Jitsu University is a detailed training manual that will ultimately change the way Jiu Jitsu is taught around the globe **Jiu-jitsu university** ,2021 100 Things You Don't Wanna Know

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