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By Hearing Any Instruction From Their Teacher.

Submission - Submission Is A Technique That Chokes A

Joint Of Opponent Which Makes It Impossible To

Continue The Fight. If Any Player Does The Submission,

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Japanese Ju Jitsu That Was Developed In Brazil During

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Ways) Left Leg, Right Leg, Both Legs, Reverse, Side
Shrimp On Elbow Or Hand -Sit Outs-Bridge -Leg Circles
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Or Co Divisions To Accommodate Competitors. 11)
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BELT Brazilian Jiu-Jitsu 1-STRIPE WHITE BELT TO
2-STRIPE WHITE BELT POSITIONS Page Butterfly Guard
(144) ESCAPES & COUNTERS Elbow Escape From
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