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Was Innovated To Allow A Smaller, Weaker Person To
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Suggested References: • Gracie May 5th, 2024
Special Jiu-Jitsu Adapted Jiu-Jitsu Rules
B. Standing Jiu-Jitsu Techniques • Break Falls Front, Side And Back. •
Takedown Throwing And Being Thrown By An
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Of Skills Will Be Based On The Following Criteria: A.
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