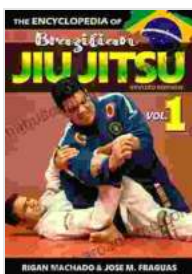


The Ultimate Guide to Brazilian Jiu Jitsu: Encyclopedia of Brazilian Jiu Jitsu Volume 1

Brazilian Jiu Jitsu (BJJ) is a martial art that focuses on grappling and submission techniques. It is a highly effective self-defense system, and it is also a popular sport. The Encyclopedia of Brazilian Jiu Jitsu Volume 1 is the perfect resource for anyone who wants to learn more about BJJ.



Encyclopedia of Brazilian Jiu Jitsu: Volume 1

by Michael Andre-Driussi

★★★★☆ 4.1 out of 5

Language : English

File size : 43409 KB

Text-to-Speech : Enabled

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- * Step-by-step instructions for all the major BJJ techniques
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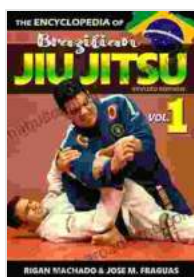
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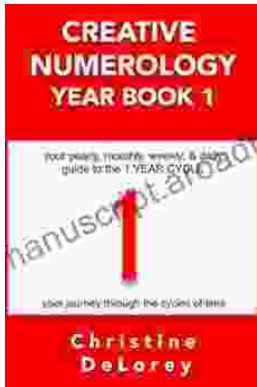
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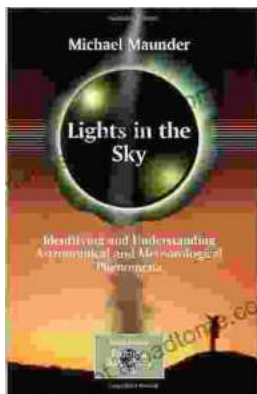
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