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judo in terms of popularity and effectiveness despite its
growing popularity brazilian jiu jitsu still doesn't have
the same widespread understanding of its history
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arts'"brazilian jiu jitsu the ultimate guide to brazilian jiu
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beginners start up they're usually aware that they need
a gi but what they often learn along the way is that there
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jiu jitsu brasileiro is a self defense martial art and bat
sport based on grappling ground fighting and
submission holds it focuses on the skill of controlling one
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often thought of as the spiritual home of brazilian jiu
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has now found its way across the globe rio still remains
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