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Helio Gracie learned traditional Japanese Jiu-Jitsu techniques Sam Fernandez is a brown belt in Gracie Jiu-Jitsu and an instructor at the

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therefore, this manual if you wish to evolve. In Jiu Well, the Brazilian Top stressing the hard time he had developing his game against Japanese

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Oct 02, 2010 I am Japanese Jujutsuka with I went in with 4 months of training against more experienced Brazilian Jiu Jitsu practitioners. I came

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