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About the Author - Beginning Brazilian Jiu-jitsu (BJJ)

THE ULTIMATE GUIDE TO BRAZILIAN JIU-JITSU Rorion Gracie (top) choke hold gets the job done a lot faster, and with a lot less effort. Another thing missing from Gracie jiu-jitsu is adherence to Oriental etiquette and traditions. For example, in Gracie jiu-jitsu, nobody bows.

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