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The jiu jitsu journey: leg locks - typepad

As I have suggested here on The Grumpy Grappler before (see here, here, and here), I think that leg locks are all too often neglected by jiu jitsu practioners (often

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Professor Roy Harris is a 5th degree black belt in Brazilian Jiu Jitsu, from beginners to champions, Ultimate Martial Arts; Affiliates F.A.Q.

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Jeff mccall (author of paragliding freedom)

Jeff McCall is the author of Paragliding Freedom (3.60 avg rating, 5 ratings, 1 review, published 2012), Beginning Judo (3.33 avg rating, 3 ratings, 0 re

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