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Special Jiu-Jitsu Adapted Jiu-Jitsu RulesB. Standing Jiu-Jitsu Techniques • Break Falls Front, Side And Back. • Takedown Throwing And Being Thrown By An Opponent. 7.5 The Jiu-Jitsu Training Session Evaluation Of Skills Will Be Based On The Following Criteria: A. Concept Of Match B. Prediction Of The Opponent's Movemen May 12th, 2024TowARD Thè End Of Anchises' Speech In Thè Sixth ... Excudent Alii Spirantia Mollius Aera (credo Equidem), Uiuos Ducent De Marmore Uultus, Orabunt Causas

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Control Escape #2 (271) Guillotine Counter (May 8th, 2024.
BRAZILIAN JIU-JITSU WHITE BELT TO 1-STRIPE WHITEBRAZILIAN JIU-JITSU 4-STRIPE
GREEN BELT TO BLUE BELT Requirements: If Students Are At Least 14 Years Old,
They Must Move Up To White Belt Club Class, Which Is Held On Thursdays @ 7:30
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