

On Jiu Jitsu

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Soma Jiu Jitsu Academy

February 9th, 2019 - Soma Academy is a Brazilian Jiu Jitsu academy under the instruction of 3rd Degree Brazilian Jiu Jitsu Black Belt Professor Matt Strack who received his black belt from 8th degree Master Pedro Sauer in 2006

Elite Jiu Jitsu " Brazilian Jiu Jitsu Newark De

February 10th, 2019 - Mitchell is a lead instructor at Elite Jiu Jitsu and is the 2nd American Black Belt under famed 8X World Champion Robson Moura With 15 years of experience Jeff Mitchell has an excellent teaching style

Brazilian jiu jitsu Wikipedia

February 9th, 2019 - Brazilian Jiu Jitsu focuses on getting an opponent to the ground in order to neutralize possible strength or size advantages through ground fighting techniques and submission holds involving joint locks and chokeholds On the ground physical strength can be offset or enhanced through proper grappling techniques

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