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Jiu-Jitsu University is a must-read for any serious judo, jiu-jitsu, or Brazilian jiu-jitsu enthusiast: if you're a neophyte, the book serves as an excellent supplement to your live jiu-jitsu course; if you're a veteran, Jiu-Jitsu University will challenge many of your existing pre-conceptions and take your grappling to a new level.

Jiu-Jitsu University by Saulo Ribeiro - Goodreads

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Saulo Ribeiro is a Brazilian Jiu-Jitsu champion. Ribeiro, along with his jiu-jitsu achievements, is a lawyer and judge and now head instructor at the world-famous University of Jiu-Jitsu based in San Diego, CA. Kevin Howell is a political science professor based in Huntington Beach, CA.

Jiu-Jitsu University: Ribeiro, Saulo, Howell, Kevin ...

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Rener Gracie - Wikipedia

We teach a modern form of the traditional Japanese martial art Jiu-Jitsu known as Shorinji Kan, which simply described is: A

system of defensive techniques, which use an attacker's momentum against them. It is traditionally based - with spectacular established locks, strikes and throws adapted for the modern day.

Renner Gracie - Wikipedia

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