

Zen Jiu Jitsu White To Blue

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Saulo Ribeiro - six-time Brazilian Jiu-Jitsu World Champion - is world-renowned for his functional jiu-jitsu knowledge and flawless technique. In Jiu-Jitsu University , Ribeiro shares with the public for the first time his revolutionary system of

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grappling, mapping out more than 200 techniques that carry you from white to black belt.

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Zen Jiu Jitsu - Kindle Publishing Package: 30 Day Protocol + White to Blue + BJJ Over 40 by Oliver Staark English | August 16, 2013 | ISBN: N/A | ASIN: B00ELVCUUW | 275 pages | EPUB | 0.63 Mb

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