



Jiu Jitsu: The Ultimate Quick Start Guide To Dominate Jiu-Jitsu (Jiu Jitsu, Krav Maga, MMA)

George Silva

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Expertise in Jiu-Jitsu and Conquer the Ring!

While most hand to hand fighting arrangement deals with the underlying punching and kicking phases of combat, Jiu-Jitsu focuses on ground combat. This guide shows how to use Jiu-Jitsu to increase combat effectiveness! When you read *Jiu-Jitsu - The Ultimate Quick Start Guide To Dominate Jiu-Jitsu*, you'll learn the most effective and devastating techniques of Jiu-Jitsu:

- Jiu-Jitsu Origin and Philosophy
- Jiu-Jitsu Benefits
- Jiu-Jitsu Techniques
- Defensive and Submission
- Best Exercises for Practitioners
- White and Blue Belts
- Final Advice to Dominate
- andMore!

*This book is for any individual who needs to exceed expectations in Jiu-Jitsu and command the ring! **Jiu-Jitsu - The Ultimate Quick Start Guide To Dominate Jiu-Jitsu** is your essential guide to master the techniques of ground combat!* This book is a complete aide that covers the whole range of Jiu-Jitsu, let you catch and ace the systems of this art. This manual offers directions on each part of the world's best and great form of martial art. You'll find out about the center theory and strategies required, a legitimate outlook and activities to help you develop in Jiu-Jitsu! **What are you waiting for? Get your copy of *Jiu-Jitsu - The Ultimate Quick Start Guide To Dominate Jiu-Jitsu* today! You'll be so glad you did!**

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Pauline Jones:

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Benjamin Munk:

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