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Brunswick BJJ was established in 2007 and is the premier

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Brazilian Jiu Jitsu facility for central New Jersey. The academy features classes for students of all levels of experience, age, and fitness.

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This book, The Brazilian Jiu Jitsu Globetrotter, serves as his journal containing not only a log of each and every training session, but also his philosophical musings as he travels around the World learning not only more about the sport, but more about himself and, indeed, human beings.

## **The Brazilian Jiu Jitsu Globetrotter by Christian Graugart**

Brazilian Jiu-Jitsu (BJJ); / dʒ u: ' dʒ ɪ t s u: /; Portuguese: ['ziw 'zit(i)su], ['ʒu 'zit(i)su], [dʒi'u dʒit(i)'su]; jiu-jitsu brasileiro) is a self-defence martial art and combat sport based on grappling, ground fighting and submission holds. It focuses on the skill of taking an opponent to the ground, controlling one's opponent, gaining a dominant position and using a ...

## **Brazilian jiu-jitsu - Wikipedia**

KIDS BRAZILIAN JIU-JITSU. Brazilian Jiu-Jitsu is an excellent, low

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impact activity that helps children build strength and focus. By teaching kids how to control their bodies and movements, they increase their coordination and confidence, and have lots of fun! BJJ and self-defense, in general, is a lifelong skill.

### **Home - Silver Fox**

The Brazilian Jiu Jitsu Globetrotter is not only a story about traveling and training in martial arts. It's about all the things that can happen to you if you choose to truly stay alive until you actually die."

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As you train Brazilian Jiu Jitsu, you will cross paths with many different training partners and opponents, each with their own unique game. Some you will have an easier time handling, whereas others will be a tougher nut to crack; however, none of your opponents will be as difficult to deal with as it is to deal



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with - yourself.

## **Don't Let The Risk Of Failure Stop You In Brazilian Jiu Jitsu**

Submission Grappling is mainly based on Brazilian Jiu-jitsu. Brazilian Jiu-jitsu descended from pre-World War 2 Judo, which itself was heavily influenced by the classical Ju-jutsu systems of medieval Japan. The influence of Brazilian Jiu-jitsu can be seen in the types of positions and submissions most commonly used in the sport.

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