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DAN ANDERSON SIFU

### **articles on brazilian jiu pdf**

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.

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

The Brazilian jiu-jitsu ranking system is a means of signifying a practitioner's increasing levels of technical knowledge and practical skill within the art of Brazilian jiu-jitsu. Colored belts that are worn as part of the uniform are awarded to the practitioner. While the ranking system's structure shares its origins with the judo ranking system and that of all colored martial arts belts ...

### **Brazilian jiu-jitsu ranking system - Wikipedia**

Si plusieurs organismes et fédérations proposent de larges variantes du règlement pour la pratique du jiu-jitsu brésilien ou discipline analogue de grappling en compétition, les règles édictées par l'International Brazilian Jiu-Jitsu Federation (IBJJF) s'imposent en préférence depuis les années 1990 et le développement de ce sport à travers le monde.

### **Jiu-jitsu brésilien - Wikipedia**

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