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<http://www.worldcat.org/title/jiu-jitsu-the-official-world-jiu-jitsu-federation-training-manual-blue-belt-to-brown-belt/oclc/28149369>

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Oct 20, 2013 Brazilian jiu jitsu is considered a vital skill Combining strength training with Brazilian jiu jitsu skills training and conditioning training

<http://www.livestrong.com/article/495166-brazilian-jiu-jitsu-strength-training/>

Jiu Jitsu: White Belt to Green Belt: The Official -

Jiu Jitsu: White Belt to Green Belt: The Official World Jiu Jitsu Federation Training Manual: New Official Training Syllabus for Beginner to Green

<http://www.amazon.co.uk/Jiu-Jitsu-Official-Federation-Training/dp/0713634030>

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<http://www.jtsstrength.com/articles/2011/09/21/become-a-nightmare-excerpt-from-the-juggernaut-jiu-jitsu-physical-preparation-manual/>

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10th Planet Jiu- Jitsu - Wikipedia, the free -

10th Planet Jiu-Jitsu is a non-traditional system of Brazilian Jiu-Jitsu developed by Eddie Bravo. Victory Belt Publishing released three manuals training

http://en.wikipedia.org/wiki/10th_Planet_jiu_jitsu

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Japanese Jiu Jitsu Training Manual Our Philosophy - Complete Jiu Jitsu | MMA Training Center

<http://pdf33.osfui.com/japanese-jiu-jitsu-training-manual-sqdgkgq.pdf>

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<http://www.barnesandnoble.com/w/brazilian-jiu-jitsu-alexandre-paiva/1115231071?ean=9781462910007>

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<http://www.amazon.it/Jiu-Jitsu-Official-Federation-Training/dp/0713634030>

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<http://www.amazon.com/Brazilian-Jiu-Jitsu-A-Training-Manual/dp/1861267592>

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<http://www.gracieacademy.com/gst.asp>

BJJ Training Manual - Jiu- Jitsu Blog for BJJ -

A BJJ Training Manual from the first American Jiu Jitsu World Champion BJ Penn. A BJJ Training Manual from the first American Jiu Jitsu World Champion BJ Penn.

<http://bjjgrappling.com/bjj-training-manual/>

General FAQ - Goshin Jitsu -

It is fair to say that certain arts tend to specialize in different areas of martial arts training. For instance, sport jiu-jitsu,

<http://www.goshinjitsu.org/home/faq-1>

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Jan 22, 2008 A little practise before taking our yellow belt exam

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