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jiu jitsu is a form of ground fighting

that focuses on grappling techniques

such as joint locks chokeholds throws

sweeps and submission holds it is a self defense system that teaches

practitioners how to use leverage and technique to control an opponent on the ground

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techniques unlike other forms of martial arts that involve striking bjj

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control half guard is a ground position

where you are lying to your

from the mat to the octagon how

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