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standpoint, there is a huge section, mostly focused on submissions, and with video material to make each one crystal clear.

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Rorion Gracie (top)
choke hold gets the

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job done a lot faster, and with a lot less effort.

Another thing missing from Gracie jiu-jitsu is adherence to Oriental etiquette and traditions. For example, in Gracie jiu-jitsu, nobody bows. "That's a part of Japanese culture," Rorion

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Gracie Says.

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Raymond Horwitz

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also honor pins as
a way to win a
match.

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...

Boy was I
disappointed when
I got this. I love
grappling,
wrestling, Bjj, and
judo. I decided I

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wanted to learn some sambo after watching Khabib Nurmagomedov in the UFC. The "ultimate guide" is far from it. 64 pages of words. The only picture is on the cover. The author believes that a few links to YouTube videos was satisfactory for

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his readers.

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