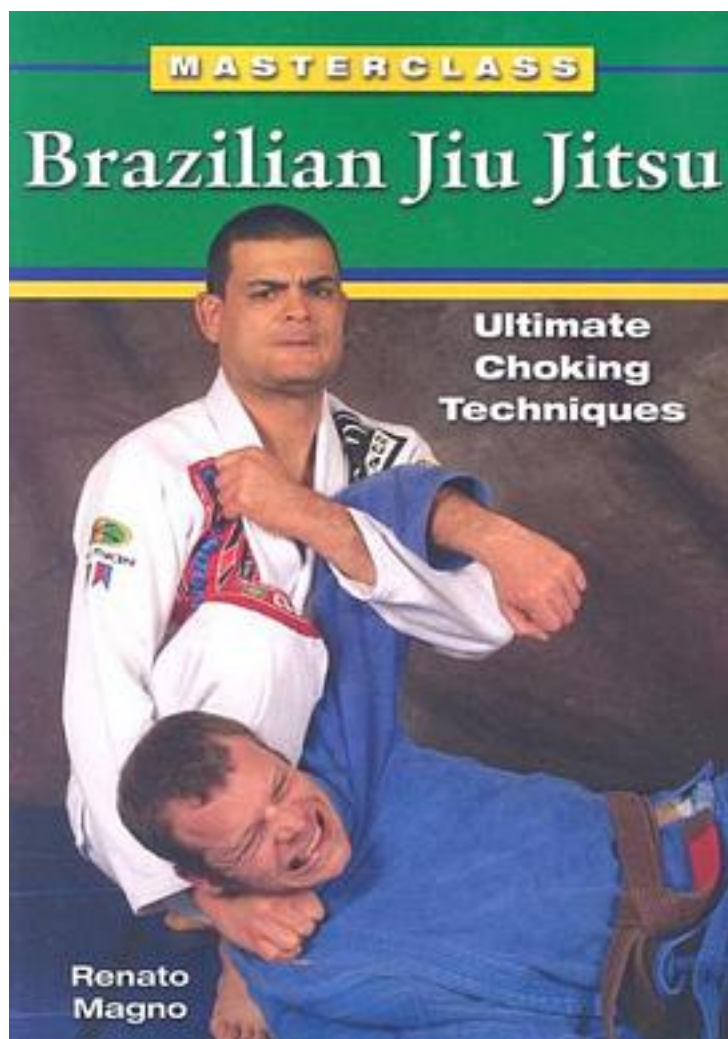


Masterclass Brazilian Jiu Jitsu



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Included in this book are the most important criteria to learn to develop the important

techniques of armlocks as used in the art of Brazilian Jiu Jitsu. Master Arrivabene shares with the reader the knowledge he has gained through personal experience in the elite of BJJ competition. This book has a great deal to offer to all grappling students, from beginner to black belt level; it also is a unique and enjoyable way to learn about the true and devastating armlocks techniques of Brazilian Jiu Jitsu.

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