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## Jiu Jitsu

By World Jiu Jitsu Federation

Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Jiu Jitsu, World Jiu Jitsu Federation, Designed for both the active participant and the passive enthusiast, this is a guide to jiu jitsu. It features information, photographs and illustrations to explain the core skills, tactics and rules of the game. There are photographs of the top players, and this second edition is updated to include developments in the rules and regulations. The volume is part of a series which seeks to help readers get more out of their chosen sport or game.



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