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The Gracie
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Realizing that the key to global dissemination of pure Gracie Jiu-Jitsu was the development of a formalized curriculum, Ryron and Rener Gracie dedicated several years to organizing all the techniques

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in the most
logical sequence
based on their
simplicity and
usefulness in
combat.

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levels of
experience, and
we welcome
enquiries from
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the Japanese
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simple,
practical self-
defence in a

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safe and friendly environment. Our club has a core membership of around 30, and while our main contingent comes from the university's student body, we also welcome local community members.

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Sheffield Jiu
Jitsu Club Our
club practises
Jiu Jitsu, a
traditional
Japanese martial
art which uses
throws, locks

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and strikes as self-defence against one or more attackers. We defend against a variety of attacks including punches, body grabs, and weapons.

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Saulo Ribeiro is a Brazilian Jiu-Jitsu champion. Ribeiro, along with his jiu-jitsu achievements, is a lawyer and judge and now head instructor at the world-famous

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University of
Jiu-Jitsu based
in San Diego,
CA. Kevin Howell
is a political
science
professor based
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Ribeiro Jiu-
Jitsu is a
martial arts
style based on
Brazilian Jiu-
Jitsu (BJJ). In
1995, Saulo
Ribeiro received
his black belt

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and began to building of the Ribeiro Legacy all over the world. Soon after, he was joined by his brother, Xande Ribeiro and together the Ribeiro Brothers have become the most accomplished

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brothers in the
history of the
...

**Ribeiro Jiu
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International
Brazilian ...**

Jiu Jitsu is a
martial art
which developed
in Feudal Japan
during the 15th

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Translating roughly as "the gentle art" the core of Jiu Jitsu is the principle of using an attacker's force against them rather than confronting it directly. Jiu Jitsu originally

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University as a
method of
unarmed combat
against armed
and armoured
samurai.

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number 6 is more
for historical
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Formed in 1995 by the merger of two associations with broadly the same aims, the association exists to serve their members; enabling them to develop their skill in jiu jitsu.

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and teaches
effective self-
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environment.

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Gracie

University Rener
is best known
for his

abilities as a
Gracie jiu-jitsu
instructor and
his role in

popularizing jiu-
jitsu using web-
based distance

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programs. He started teaching Gracie jiu-jitsu when he was 13 years old and six years later assumed head instructor duty at the Gracie Jiu-Jitsu Academy with his brother, Ryron.

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We teach a modern form of the traditional Japanese martial art Jiu-Jitsu known as Shorinji Kan, which simply described is: A system of defensive techniques,

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which use an
attacker's
momentum against
them. It is
traditionally
based - with
spectacular
established
locks, strikes
and throws
adapted for the
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Saulo
Ribeiro—six-time
Brazilian Jiu-
Jitsu World
Champion—is
world-renowned
for his
functional jiu-
jitsu knowledge
and flawless
technique. In
Jiu-Jitsu
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Ribeiro shares

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with the public
for the first
time his
revolutionary
system of
grappling,
mapping out more
than 200
techniques that
carry you from
white to black
belt.

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In recent years, the grappling arts have proven to be the most effective form of combat in mixed martial arts (MMA) and no-holds-barred (NHB) competitions. Above all others, the Gracie brand of

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jujitsu has
become
recognized as
the preeminent
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in unarmed
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Renzo Gracie—ins
tructor;
competitor; and
champion of
numerous
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the moves that made the author the most feared competitor in BJJ circles and now one of the most sought-after instructors. Jiu-Jitsu or Jujutsu came into prominence in the early 90's when jiu-jitsu

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expert Royce
Gracie won the
first, second,
and fourth
Ultimate
Fighting
Championships
against much
larger opponents
who were using
other styles
such as boxing,
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while fighting
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opponent's
wrist, elbow,
and shoulder
using his most
ruthless
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arm bars, kimura
locks, Americana
locks, and
omaplata locks.
And to ensure

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your offense
never gets shut
down, Penn
unveils your
opponent's most
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defenses, and
then teaches you
how to
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into secondary

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level.

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being a White

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and easiest way
to break down
and simplify the
many and varied
ideas,
philosophies and
combinations in
the Brazilian
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arsenal. For
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jitsu most white

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belts need to fully understand the concepts, but it can be VERY confusing! Here is a short list of a few of the questions students ask, that are covered in depth: What is the guard and how do we utilize it best?

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What options do we have from guard? Why is posture and distance important? The mount is a powerful position but how do I get there? ... And when I do get there, how do I stay there? >Zen Jiu

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Jitsu - White to
Blue Answers
these Questions
and Many More...
It covers, Core
Principles,
Drilling
techniques,
Choosing a
School,
Technique
Concepts,
Tactical
Considerations

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and more. It even includes some technique chains and Maps for the white belt to try when doing specific training or sparring. >Don't forget every black belt started out as a white belt. This manual also

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