



# Jiu Jitsu : The Official World Jiu Jitsu Federation Training Manual (White to Green Belt)

*Robert Clark*

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**Jiu Jitsu : The Official World Jiu Jitsu Federation Training Manual (White to Green Belt)** Robert Clark

In this manual, the author demonstrates hundreds of techniques including warm-up exercises, courtesy rituals, how to fall safely and a wide range of skills that students must learn and aim to perfect to ensure progress in this martial art.

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