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Grappling refers to techniques, maneuvers, and counters applied to an opponent in order to gain a physical advantage, such as improving relative position, escaping

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When Jason Scully asked if there were any current members who would be willing to write up an honest review of his Grappler s Guide website, I jumped at the

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Although the sport and art of grappling is currently mostly a male activity, many female readers have commented on how important it is for women to learn to grapple

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The clinch is a standing grappling position used to wear down and inflict damage against elusive opponents. The proximity of the fighters in this position makes

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The blueprint to what makes grappling work. An effective step-by-step grappling book for martial artists, wrestlers, students and instructors.

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This bjj blog documents my obsession with jiu-jitsu & grappling in general. Topics include: advice, gear reviews, & concepts for improving your skills.

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Their guide and instruction for techniques is explained in a clear and articulate manner and their programs are organized in order for everyone to succeed. NJ

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The Life of Jason Scully. Jason's BJJ/Grappling YouTube Channel; BJJ for Charity; BJJ and Grappling Products. Grapplers Guide Membership Community;

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You're training in a sport that, at its core, consists of two human beings rolling around trying to submit one another. This all seems very simple, and you don't

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Jason Scully - Brazilian Jiu Jitsu Black Belt How to Train BJJ and Grappling for a Long Time - Grapplers Guide Soapbox - Duration: 12 minutes. by Jason Scully.

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Discover the Grappling dummy tools and techniques needed to become a better, more complete fighter

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Before you step into the ring of Def Jam FIGHT for NY, you better have a good understanding of the controls of the game. And though everything may seem simple on the

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