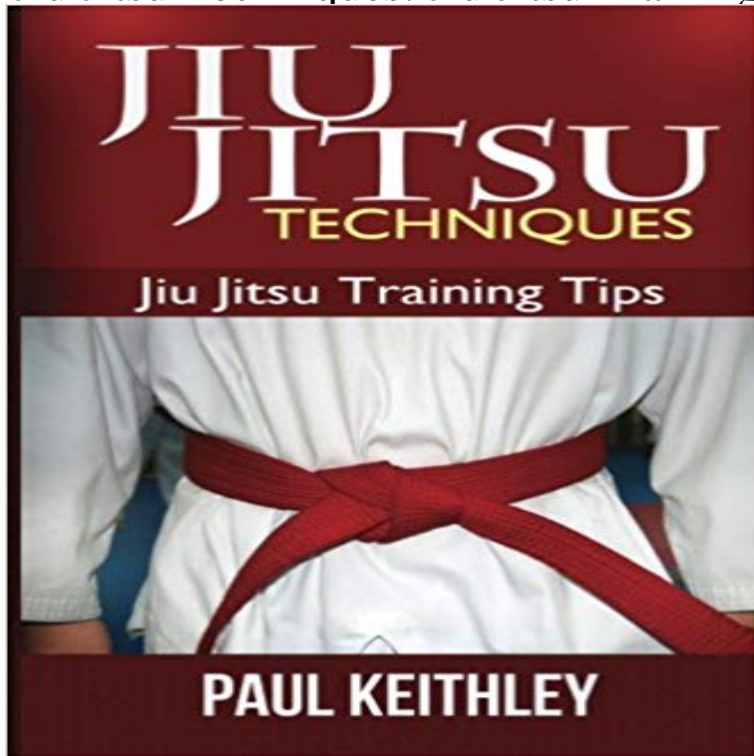


## Jiu Jitsu Techniques: Jiu Jitsu Training Tips



Jiu jitsu is said to be one of the best martial arts techniques that may either be used for self defense or for mixed martial arts competitions. This sport originated in Japan as a close combat method of defeating an opponent and over the years, different styles and techniques were developed from the sport. One of the most popular forms is Brazilian jiu jitsu which is itself a sport and a self defense style.

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