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Owner May Have One You Can Borrow, Or You Can
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Brazilian Jiu-Jitsu Requirements - White To Blue Fundamentals-Tie The Belt-Break Fall-Technical Get Ups -Sprawl -Shrimp (5 Ways) Left Leg, Right Leg, Both Legs, Reverse, Side Shrimp On Elbow Or Hand -Sit Outs-Bridge -Leg Circles -Triangles-Double Shrimps & Tripple Shrimps -Figure 8 Drill
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