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Mon, 08 Oct 2018 07:32:00 GMT - Upholding the premise that most of the advantage of a larger, stronger opponent comes from superior reach and more powerful strikes, both of which are mitigated when grappling on the ground, Brazilian jiu-jitsu emphasizes getting an opponent to the ground in order to use ground fighting techniques and submission holds involving joint-locks and chokeholds.

Brazilian jiu-jitsu - Wikipedia -

Mon, 08 Oct 2018 15:24:00 GMT - Renzo Gracie (Portuguese: [R^E