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X- guard : for brazilian jiu- jitsu, no gi

for Brazilian jiu-jitsu, no gi grappling, and mixed martial wishing to compete in jiu-jitsu tournaments, no-gi grappling Erich Krauss & Glen Cordoza.

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Marcelo Garcia, winner of five Brazilian jiu-jitsu world championships and a man many feel is the best pound-for-pound submission grappler of all time, unveils the

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X-Guard: For Brazilian Jiu-jitsu, No Gi Grappling, and Mixed Martial Arts by Marcelo Garcia, Glen Cordoza, Erich Krauss, Eric Hendrikx Paperback, 260 Pages, Published

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X-guard: For Brazilian Jiu-jitsu, No Gi Grappling, Erich Krauss, 9780977731503 Glen Cordoza is a professional mixed martial arts fighter and co-author of Muay

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