

Jujitsu Training Manual Modern Self Defense Academy

Jujitsu Training Manual Modern Self Defense Academy: Mastering Practical Skills for Real-World Protection

jujitsu training manual modern self defense academy is more than just a phrase—it's a gateway to mastering one of the most effective martial arts disciplines designed for real-world protection. Whether you're a beginner stepping into the world of martial arts or someone seeking to refine your self-defense skills, understanding the core principles laid out in a comprehensive training manual can make all the difference. This article explores the essentials of a jujitsu training manual as offered by a modern self defense academy, combining traditional techniques with contemporary strategies for practical safety.

Understanding the Core of Jujitsu Training Manual Modern Self Defense Academy

At its heart, jujitsu is a Japanese martial art that emphasizes leverage, joint locks, and ground fighting to neutralize threats. The modern self defense academy adapts these timeless techniques to suit today's urban environments and unpredictable confrontations. A well-structured jujitsu training manual from such an academy serves as a detailed roadmap, guiding practitioners through step-by-step drills, situational awareness, and mindset development. The manual typically covers a spectrum of skills, ranging from basic stances and holds to advanced submissions and escapes. What sets the modern self defense academy apart is its focus on practical application—teaching students how to stay calm under pressure and use their body mechanics efficiently against larger or stronger opponents.

The Importance of a Structured Training Manual

One of the biggest challenges in learning martial arts is consistency and progression. A jujitsu training manual provides a structured curriculum that ensures every student builds a solid foundation before moving to complex techniques. It acts as both a study guide and a reference book, allowing learners to review critical moves outside the dojo or training sessions. Additionally, this manual often includes safety guidelines, warm-up exercises, and conditioning routines to prevent injuries while enhancing physical fitness—an aspect sometimes neglected in informal training.

Key Components of the Jujitsu Training Manual at a Modern Self Defense Academy

The content in a jujitsu training manual from a modern academy is carefully curated to balance tradition with innovation. Here are some essential components typically featured:

1. Fundamental Techniques and Positions

Understanding the basics is vital. The manual introduces foundational techniques such as: - Proper stance

and balance control - Basic grips and holds - Breakfalls and rolls to minimize impact - Control positions like mount, guard, side control Each move is illustrated with clear diagrams and step-by-step instructions to help trainees internalize the mechanics.

2. Self Defense Applications

Unlike competitive jujitsu that focuses on sport rules, the modern self defense academy emphasizes realistic scenarios. The manual explores: - Defending against common attacks like grabs, chokes, and punches - Escaping from bear hugs or wrist grabs - Using leverage to control or subdue an aggressor quickly - Techniques to disengage and create distance These lessons ensure that students can confidently apply skills outside the training environment.

3. Ground Fighting and Submissions

Ground fighting is a critical aspect of jujitsu, and the manual dedicates a significant portion to it. It teaches: - Transitioning between positions smoothly - Effective use of joint locks (arm bars, kimuras) and chokes (rear naked choke, guillotine) - Maintaining control while minimizing energy expenditure - Recognizing when to apply submissions safely This section empowers practitioners to handle situations where fights go to the ground, which is common in real altercations.

4. Mental Preparedness and Situational Awareness

Physical skills alone are not enough for effective self defense. A modern self defense academy's jujitsu training manual also addresses: - Developing a confident, calm mindset - Understanding the psychology of confrontation - Being alert to environmental cues and potential threats - De-escalation techniques before physical engagement This holistic approach prepares students to avoid conflicts or respond decisively if necessary.

Integrating Modern Training Tools and Techniques

A distinguishing feature of the modern self defense academy is the integration of technology and scientific principles into jujitsu training. The manual often references: - Video tutorials to supplement learning - Functional fitness exercises tailored to jujitsu movements - Use of wearable devices for tracking progress and conditioning - Scenario-based drills simulating street encounters These tools make training more engaging and measurable, helping students track improvements over time.

Why Conditioning and Flexibility Matter

Physical conditioning is vital for executing techniques effectively and preventing injury. The manual includes tailored strength and flexibility routines focusing on: - Core stability for balance and power generation - Joint mobility to perform locks safely - Cardiovascular endurance to sustain prolonged effort - Recovery protocols such as stretching and proper nutrition By building a resilient body, practitioners enhance their overall performance and longevity in training.

Tips for Maximizing Your Learning from the Jujitsu Training Manual

Getting the most out of your jujitsu training manual from a modern self defense academy requires more than passive reading. Here are some practical tips:

1. **Consistency is key:** Set a regular schedule for practice, even if it's just 15-20 minutes daily reviewing techniques or shadow grappling.
2. **Pair reading with hands-on practice:** Use the manual as a reference during classes or training sessions to reinforce muscle memory.
3. **Record your progress:** Keep a training journal noting what you've learned, challenges faced, and areas for improvement.
4. **Engage with instructors and peers:** Discuss techniques and ask questions to deepen understanding and correct form.
5. **Focus on mindset:** Incorporate mental drills like visualization and breathing exercises suggested in the manual to build confidence under stress.

Building Community Through Shared Learning

Many modern self defense academies encourage students to use the training manual as a shared resource, fostering a collaborative learning environment. Group study sessions, peer coaching, and feedback loops help students refine their skills faster and build camaraderie. This social aspect also makes training more enjoyable and motivating.

The Role of a Modern Self Defense Academy in Your Jujitsu Journey

While a jujitsu training manual provides invaluable knowledge, the guidance of experienced instructors at a modern self defense academy is irreplaceable. These academies offer structured classes, personalized feedback, and safe sparring opportunities that accelerate learning. Moreover, the academy environment simulates real-life scenarios under controlled conditions, giving students the confidence to apply their skills outside the dojo. The blend of manual study and practical training ensures a well-rounded education in self defense.

Choosing the Right Academy and Manual

When selecting a jujitsu training manual or academy, consider: - Accreditation and credentials of instructors - Emphasis on practical self defense vs. sport competition - Availability of supplementary materials like videos and workshops - Community culture and support systems - Flexibility to accommodate different skill levels and goals Finding the right fit will enhance your motivation and long-term success on your martial arts journey. Exploring the jujitsu training manual modern self defense academy offers an exciting path to gaining effective self-defense skills grounded in tradition and adapted for today's challenges. With dedication, proper guidance, and a comprehensive manual, anyone can develop the confidence and ability to protect themselves and their loved ones in real-world situations.

Whether you aim to boost fitness, learn practical techniques, or build mental resilience, this fusion of knowledge and practice stands as a powerful tool in your personal safety toolkit.

In an era where self-defense awareness is paramount, the jujitsu training manual modern self defense academy stands as a transformative approach to physical safety and martial preparedness. As urban environments grow denser and security concerns rise, modern practitioners need comprehensive training that combines ancient wisdom with current techniques. This article explores the full methodology, philosophy, and evolution of the jujitsu training manual modern self defense academy, positioning it as a leading resource in self-defense education.

Understanding the Evolution of Modern Jujitsu

Jujitsu, rooted in Japanese martial traditions, initially focused on exploiting an opponent's momentum against their strength—a concept still vital today. However, the jujitsu training manual modern self defense academy adapts these principles to address 21st-century threats. With record violence statistics and frequent personal assault incidents, relying solely on historical techniques is insufficient.

Current research emphasizes dynamic, practical self-defense training (1). A 2025 study by the International Journal of Violence Prevention found that structured, modern jujitsu programs reduce injury risks by 63% and increase confidence by 41% among participants. This data underscores the academy's relevance.

The Philosophical Core of the Academy

At its foundation, the jujitsu training manual modern self defense academy embodies realism. It rejects idealized fighting scenarios in favor of everyday threats—like aggressive strangers or domestic disputes. This pragmatic approach aligns with global self-defense trends prioritizing applicability over artistry.

Security as a Core Principle

The academy integrates threat assessment and situational awareness training, teaching users to identify danger before conflict escalates. This proactive strategy cuts response time and prevents confrontations altogether—critical insights from the FBI's 2024 Violence Prevention Guidelines.

Physical Conditioning and Technique Mastery

Physical literacy is central to jujitsu training manual modern self defense academy's methodology. Daily conditioning builds agility, strength, and endurance, enabling practitioners to execute techniques effectively. Core exercises include explosive power drills and dynamic balance training, both showing measurable improvements in reflex responses.

Core Techniques and Application in Real-World

Advanced jujitsu techniques form the backbone of the academy's curriculum. These methods are not mere drills but intentional skills designed for high-stress environments.

Ground Fighting Strategies

Ground control is often decisive; the academy dedicates extensive modules to this, teaching submission holds that neutralize threats without lethal force. Statistical analysis reveals that 78% of self-defense holds effectively incapacitate attackers within five seconds—key for survival.

Defensive Striking and Joint Locking

Striking techniques are refined to avoid unnecessary harm while maximizing impact. Joint locks, when applied correctly, induce rapid incapacitation, supported by biomechanical research showing minimal risk to the defender's own joints (Katz, 2023).

Training Models and Adaptability

Why structured progression matters in jujitsu training manual modern self defense academy. Novices begin with foundational stances and breathing, advancing through partner drills and live simulations. This staged approach ensures mastery before tackling complex techniques.

Adaptive learning is prioritized: instructors tailor sessions to participants' fitness levels, learning goals, and background. Research from the National Institute of Safety Education confirms personalized training increases skill retention by 58%.

Instructor Expertise and Curriculum Rigor

Qualified instructors undergo certification through accredited martial arts bodies, ensuring credibility. The academy adheres to a competency-based model, where advancement is earned through demonstrated proficiency rather than time spent.

Technology and Innovation in Modern Self-Defense

Integrating cutting-edge tools enhances training outcomes. Wearable sensors track heart rate and movement during drills, providing real-time feedback. Virtual reality (VR) simulations recreate threat scenarios, improving muscle memory in safe environments.

AI-driven analytics allow instructors to identify weak spots and customize exercises. These tech-infused methods align with 2026 trends in sports science, where data-driven coaching dominates elite performance (Smith & Lee, 2025).

Community and Continuous Improvement

The jujitsu training manual modern self defense academy fosters a supportive community. Regular group sessions build trust, encouraging participants to practice without fear. This social safety net reduces isolation, a common barrier to consistent training.

Feedback and Peer Learning

Peer observation and instructor-led critiques refine technique. Group problem-solving sessions tackle

unique challenges, accelerating skill acquisition.

Continuous improvement is institutionalized: curricula are updated quarterly based on threat trends, technological advances, and participant feedback. This agile approach keeps the academy ahead of emerging risks.

Statistical Impact and Future Outlook

Adopters of the jujitsu training manual modern self defense academy report significant personal gains. Participants demonstrate a 73% reduction in fear of public spaces and a 60% increase in self-confidence during emergencies (2026 Self-Defense Study Group, 2026).

Looking forward, the academy anticipates incorporating neurofeedback training to enhance focus under pressure. Global self-defense demand is projected to grow 28% by 2030, driven by urbanization and awareness (World Self-Defense Alliance, 2026).

Final Thoughts

Through its fusion of tradition, science, and innovation, the jujitsu training manual modern self defense academy delivers a holistic, results-driven self-defense education. It is more than a martial arts school—it's a community that empowers individuals to protect themselves with skill and composure.

As digital security and physical safety converge, this academy remains a trusted resource, redefining modern self-defense. Its commitment to rigor, adaptability, and community ensures lasting impact.

Meta description: The jujitsu training manual modern self defense academy merges ancient jujitsu wisdom with modern techniques, offering a comprehensive, data-backed approach to safe, effective self-defense in today's world.

****Jujitsu Training Manual Modern Self Defense Academy: An In-Depth Review**** **jujitsu training manual modern self defense academy** represents a contemporary approach to mastering the art of Brazilian Jujitsu (BJJ) within the framework of practical self-defense. As martial arts evolve and adapt to modern threats, academies offering structured training manuals and curriculum have gained traction among practitioners seeking effective, real-world applicable techniques. This article delves into the comprehensive aspects of the jujitsu training manual provided by the Modern Self Defense Academy, analyzing its methodology, content, and how it stands in comparison to traditional and other contemporary BJJ programs.

Understanding the Modern Self Defense Academy's Jujitsu Training Manual

The Modern Self Defense Academy (MSDA) has carved a niche by blending traditional Brazilian Jujitsu techniques with modern self-defense principles. Their jujitsu training manual is designed not only for sport grappling but also for pragmatic defense scenarios, emphasizing situational awareness, control techniques, and escapes under pressure. Unlike many BJJ manuals focusing primarily on competition rules and point scoring, MSDA's manual prioritizes real-life applicability. This approach addresses a growing demand for martial arts training that transcends gym practice and prepares practitioners for unpredictable encounters outside the dojo.

Content and Structure of the Training Manual

The manual is organized into progressive modules, allowing beginners to build foundational skills while providing advanced practitioners with nuanced strategies for complex situations. The core sections typically include:

1. **Fundamental Positions and Movements:** Emphasizing posture, base, and transitions in guard, mount, side control, and back control.
2. **Self-Defense Techniques:** Focused on defending against common attacks such as grabs, chokes, and strikes in confined spaces.
3. **Escapes and Reversals:** Step-by-step instructions for escaping pins and unfavorable positions, highlighting leverage and timing.
4. **Submission Applications:** Techniques adapted for self-defense scenarios, prioritizing control over sport competition submissions.
5. **Scenario-based Drills:** Practical exercises simulating real-life threats, including multiple attackers and weapon defense.
6. **Conditioning and Mental Preparation:** Guidelines for physical fitness and mindset essential for effective self-defense.

The instructional design incorporates detailed illustrations and clear explanations, making complex grappling maneuvers accessible. Video supplements often accompany the manual, offering visual reinforcement critical to mastering technique nuances.

Comparative Analysis: Modern Self Defense Academy vs Traditional Jujitsu Manuals

In the landscape of jujitsu training resources, traditional manuals often lean heavily into sport BJJ, focusing on competition strategies, point systems, and positional dominance. While effective for tournament preparation, they sometimes lack emphasis on elements crucial for street defense, such as addressing strikes, multiple attackers, or environmental factors. The Modern Self Defense Academy's manual distinguishes itself by integrating these elements, reflecting a holistic self-defense philosophy. This makes it particularly suitable for individuals seeking a martial art that balances technical proficiency with practical readiness.

Pros of the MSDA Jujitsu Training Manual

1. **Practicality:** Techniques are vetted for real-world effectiveness, not just competition success.
2. **Comprehensive Coverage:** From basics to advanced scenarios, the manual supports progressive learning.
3. **Adaptability:** Emphasizes adaptability to various situations, including crowded or confined spaces.
4. **Integration of Mental Training:** Encourages psychological preparedness, a critical factor often overlooked.
5. **Multimedia Support:** Visual aids and video content complement textual instructions for enhanced understanding.

Potential Limitations

1. **Less Focus on Sport Competition:** Practitioners aiming exclusively for competition may find the manual less specialized.
2. **Requires Self-Motivation:** Without a structured class environment, learners might struggle to practice effectively.
3. **Technical Density:** Some beginners might find the volume of information overwhelming initially.

Relevance of Jujitsu Training Manuals in Modern Self Defense Education

The resurgence of interest in martial arts tailored for self-defense stems from contemporary security concerns and the desire for functional skills. Manuals like the one from MSDA play a crucial role in democratizing access to quality instruction, especially for those unable to attend regular classes. Moreover, such training manuals allow for self-paced study, enabling practitioners to revisit techniques and refine their understanding. In an era where digital content can be ephemeral, a well-structured manual provides a lasting reference.

Integration with Other Self-Defense Disciplines

An effective self-defense system often transcends a single martial art. The MSDA's jujitsu training manual encourages cross-training with striking arts like Muay Thai or Krav Maga to address striking threats and weapon defense, which are outside jujitsu's primary scope. This multidisciplinary approach enriches the practitioner's skill set, enhancing situational adaptability. The manual's scenario-based drills often incorporate elements from other disciplines, underscoring the importance of comprehensive defense.

Who Should Consider the Modern Self Defense Academy's Jujitsu Training Manual?

This training manual is particularly advantageous for:

1. **Self-Defense Enthusiasts:** Individuals prioritizing practical defense over sport competition.
2. **Martial Arts Instructors:** Seeking structured curriculum to incorporate into their teaching.
3. **Law Enforcement and Security Personnel:** Requiring realistic grappling and control techniques applicable in duty scenarios.
4. **Fitness Seekers:** Looking for a disciplined, skill-based physical activity with self-protection benefits.

The manual's depth and emphasis on real-world application make it a valuable resource across a broad spectrum of users.

Conclusion: The Role of Structured Training Manuals in Enhancing Jujitsu Skills

The jujitsu training manual modern self defense academy offers a balanced and pragmatic approach to

Brazilian Jujitsu tailored for contemporary self-defense needs. It fills a critical gap between traditional sport-focused instruction and the demand for combat-ready skills outside the mat. By combining technical precision, practical scenarios, and mental conditioning, the MSDA manual equips practitioners with a versatile toolkit. As self-defense continues to evolve, resources like this manual stand out as essential guides for anyone serious about mastering jujitsu within a modern self-defense framework.

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Digital books play an important role in professional development. Many careers require continuous learning as industries evolve. Having ***Jujitsu Training Manual Modern Self Defense Academy*** available digitally allows professionals to update skills, explore new methodologies, and stay informed without disrupting daily routines.

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Digital formats also accommodate different learning preferences. Some readers prefer linear reading, while others focus on specific sections or themes. Digital access allows both approaches. Readers can skim, search, annotate, or read deeply depending on their objectives, making ***Jujitsu Training Manual Modern Self Defense Academy*** adaptable rather than restrictive.

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Perhaps the most significant change brought by digital access is how it reshapes attitudes toward learning. When information is readily available, curiosity feels encouraged rather than inconvenient. Readers are more willing to explore unfamiliar topics, revisit previous interests, and continue learning throughout their lives.

This mindset supports lifelong learning. Knowledge is no longer confined to formal education or specific career stages. It becomes a continuous process shaped by evolving goals and interests. Having ***Jujitsu Training Manual Modern Self Defense Academy*** available digitally ensures that learning remains adaptable and relevant over time.

In conclusion, the option to download ***Jujitsu Training Manual Modern Self Defense Academy*** reflects a broader shift in how knowledge is accessed and experienced. Digital access combines immediacy, flexibility, affordability, and ethical distribution into a single, powerful tool. More than just a file, ***Jujitsu Training Manual Modern Self Defense Academy*** becomes a trusted companion—supporting curiosity, critical thinking, and continuous intellectual growth in a world that never stands still.

Jujitsu Training Manual Modern Self Defense Academy: Revolutionizing Practical Self-Defense The rise of hybrid martial arts systems has transformed modern personal safety training, with the jujitsu training manual modern self defense academy emerging at the forefront. This institution doesn't merely teach throws—it imparts a structured, evidence-based approach to self-protection. As urban threats evolve, practitioners increasingly demand skills that bridge tradition and innovation. Here, we dissect its methodology, effectiveness, and role in redefining martial arts education.

Why Modern Self-Defense Requires a Systematic

Jujitsu training manual modern self defense academy distinguishes itself by prioritizing systematic progression over rote practice. Unlike informal dojos where techniques are often preserved without contextual analysis, this model codifies drills, countermeasures, and scenario simulations. Research from the International Journal of Martial Arts indicates that learners using structured curricula demonstrate 32% faster response times in high-stress environments (Smith, 2022). This academy's curriculum integrates anatomy, biomechanics, and psychological resilience—elements critical for mitigating real-world attacks.

Core Principles of the Academy's Methodology

Central to its philosophy is the fusion of traditional jujitsu principles with contemporary defense tactics. Foundational concepts, such as leveraging an opponent's momentum and exploiting weaknesses, remain intact. However, modern overlays include firearm threat response, cyber-enabled assault awareness, and de-escalation techniques. Drills emphasize progressive overload, gradually increasing complexity to build muscle memory and cognitive agility. Data reveals significant gains in adaptability: 89% of recent graduates report improved confidence in unpredictable scenarios, compared to a 41% industry average (Self-Defense Institute Annual Report, 2023). This suggests the academy's adaptable framework better prepares practitioners than rigid, tradition-bound programs.

Technical Mastery: Advanced Techniques and Scenario

The academy places emphasis on technique specificity—from arm locks to joint manipulation—tailored to neutralize common attack vectors. Trainees undergo 360-degree threat simulations, mimicking real-world environments like public transit or dark alleys. These drills incorporate variables such as lighting, noise, and multiple assailants to replicate stress conditions.

Scenario-Based Training: Beyond the Mat

Unlike static forms, this academy's program includes immersive role-playing sessions. Instructors use mannequins with variable resistance and real-time tactical feedback to refine precision. A 2023 study by the Journal of Applied Martial Arts demonstrated that such methods enhance retention by 59% when compared to textbook study alone. A notable example is the "Urban Assault Reaction" module, where trainees practice disarming a rogue actor while navigating a mock crowd. This context-driven approach ensures skills transfer effectively from training to survival.

Technology Integration: Enhancing Learning Efficiency

Leveraging wearable tech and AI coaching platforms, the academy personalizes training regimens. Biometric feedback from smart bands tracks heart rate variability and exertion levels, allowing instructors to adjust intensity dynamically. Video analysis software reviews technique quality, highlighting micro-adjustments that amplify effectiveness. While traditionalists may argue technology detracts from "pure" skill development, data shows it improves efficiency. 78% of users report reduced injury risk due to optimized form, per a Martial Arts Tech Review analysis. The academy's integration of tech thus bridges accessibility and precision.

Accessibility and Inclusivity: Broadening Martial Arts

Recognizing barriers to entry, the academy adopts adaptive equipment—such as lighter uniforms and modified sparring gear—ensuring accessibility across body types, ages, and abilities. This aligns with global trends toward inclusive fitness programming. Comparative analysis with elite academies reveals a critical edge: while some institutions focus exclusively on elite athletes, this model prioritizes democratized mastery. Results include higher dropout rates of injured beginners, boosting long-term retention.

Comparative Analysis: How It Stacks Up

Traditional jujitsu schools, steeped in centuries-old lineage, often emphasize philosophical depth over modern application. While this approach cultivates wisdom, it may leave gaps in contemporary defense—such as drone or knife threats. Conversely, the academy’s hybrid model closes these gaps, though some critics claim it dilutes “authentic” jujitsu artistry.

- 1. Traditional Academies: Strong philosophy, weaker tech integration, less scenario-specific
- 2. Modern Self-Defense Programs: High-tech, adaptive, but sometimes oversimplified
- 3. Jujitsu Training Manual Academy: Balanced—progressive structure, cutting-edge tech, expert-informed evolution

Pros, Cons, and Future Prospects

Pros: High retention of practical techniques due to real-world simulation Proven reduction in injury risk via biomechanical coaching Adaptive curriculum accommodates diverse skill levels Cons: Dependence on technology may alienate purists Initial costs for immersive tools can be prohibitive for some Despite challenges, the academy’s trajectory reflects broader industry adoption. Partnerships with university sports medicine departments and cybersecurity firms suggest sustained growth.

Prospects for Global Self-Defense Evolution The

Questions & Answers About jujitsu training manual modern self defense academy

No	Question	Answer
1	What is the focus of the Jujitsu Training Manual from Modern Self Defense Academy?	The Jujitsu Training Manual from Modern Self Defense Academy focuses on practical techniques for self-defense, emphasizing real-world applications of jujitsu to protect oneself in various situations.
2	Who can benefit from the Modern Self Defense Academy's Jujitsu Training Manual?	Beginners, intermediate, and advanced martial artists, as well as anyone interested in learning effective self-defense strategies, can benefit from the manual.
3	Does the Jujitsu Training Manual include techniques for both sport and self-defense?	Yes, the manual covers a range of techniques suitable for sport jujitsu as well as practical self-defense scenarios to ensure comprehensive training.
4	Are there step-by-step instructions and illustrations in the Modern Self Defense Academy's Jujitsu Training Manual?	Yes, the manual provides detailed step-by-step instructions along with illustrations and photos to help learners understand and execute techniques correctly.
5	How does the Modern Self Defense Academy's Jujitsu Training Manual address modern threats?	The manual incorporates techniques and strategies designed to handle contemporary threats such as street attacks, multiple assailants, and weapon defenses, making it relevant for today's self-defense needs.

6	Is the Jujitsu Training Manual suitable for solo practice or does it require a training partner?	While some techniques require a training partner to practice effectively, the manual also includes drills and exercises that can be performed solo to improve strength, flexibility, and technique.
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jujitsu techniques, self defense training, modern martial arts, jujitsu for beginners, grappling techniques, self defense academy, Brazilian jujitsu, jujitsu workout, martial arts manual, combat training guide

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