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Thoughts And Processes

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Brazilian jiu-jitsu has the fitness community in its stranglehold. But is this intimate martial art a fight club worth joining?

The Gentle Art of Choking
Although the rules regarding leg locks vary depending on the organisation, most Brazilian Jiu-Jitsu (BJJ) students compete in ... previously banned techniques for certain belt levels.
IBJJF Adult ...

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Where And When Are Leg Locks Allowed In BJJ?

back when he was still a white belt.

□Our Brazilian jiu-jitsu gym at Nick Diaz Academy is notorious for belts and how challenging it is to get one. A lot of people from other gyms were ...

Diaz hilariously clowns his BJJ white belts after rare blue belt demotion
Ask someone to name a martial artist and superstars like Bruce Lee or Jackie Chan will probably spring to the tip of their tongue. In the United States, those names, and select others, like the Shaw ...

"Safety isn't just physical": How martial arts can help Black queer people build every kind of strength

Less than a week removed from submitting Jamahal Hill, Paul Craig

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received his Brazilian jiu-jitsu black belt in a heartwarming ... UFC president Dana White later confirmed that Hill's arm ...

Paul Craig earned BJJ black belt with nasty submission at UFC 263 (Video) UFC continues its run of events at UFC APEX with a pivotal bout in the stacked lightweight division as No. 9 ranked contender Islam Makhachev intends to prove that he is worthy of title contention ...

Pivotal Lightweight bout headlines this weekend's UFC Vegas 31 Brazilian jiu-jitsu royalty and a mixed martial arts legend ... Gracie also promoted seven of the gym's students from white belts to blue belts in a sign of the growth MMA is experiencing in ...

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Brazilian jiu-jitsu legend graces Grafton

The current One Championship flyweight titleholder has established himself as one of the sport's premier lighter-weight competitors, having linked arms with the Singapore-based promotion in 2013.

Rivalries: Adriano Moraes

While brothers Jason and Nick carve out blossoming hockey careers, Bri Robertson has found her calling in Brazilian jiu-jitsu.

“A mind for art”: Meet Bri Robertson, the Shakespeare-loving rising jiu-jitsu star from a family of NHL players Presented in partnership with UFC 264 on ESPN+ Here's the truth. Ninety-nine percent of the viewers tuning in to

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UFC 264 on Saturday (July 10, 7 p.m. PST / 10 p.m. EST on ESPN+) are solely in it for ...

The Rest of the Poirier vs. McGregor 3 Card: "Wonderboy" Thompson, "Sugar" O'Malley, and the Supporting Cast of the UFC 264 Undercard
For those who make it to the highest stage, the journey starts long before they strap on UFC or Bellator gloves.

On the Doorstep: 5 fighters who could make UFC or Bellator with July wins
Watch me now holding this belt. This is unbelievable for me and all the people in my country." The moment he was referring to came at 2:26 of the third round, the instant the Brazilian tapped out ...

Israel Adesanya and the Real Winners

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and Losers from UFC 263

w Ryan Parongao, Mens No-gi Beginner Welterweight division, Mens Gi White Belt Welterweight division ... part of the Hawaii Triple Crown of Brazilian Jiu Jitsu, on Oct. 21 at Kauai High School.

Longman Jiu-Jitsu Koloa wins 8 golds at Oahu tournament

Satoshi considers retiring from jiu-jitsu now that he's the ... I've seen many top Brazilian athletes that could fight for the belt when they were well and [the UFC] would keep them.

RIZIN champ Roberto Satoshi has "no desire" to join UFC, would "hardly make" as much money as in Japan
UFC bantamweight "Sugar" Sean O'Malley is colourful. From his face to his fists, and from his confident

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language to his exciting style in the Octagon, O'Malley has become one of the fastest rising ...

UFC 264: Spotlight On Rising Bantamweight 'Sugar' Sean O'Malley
Diaz has a third-degree black belt in Gracie Brazilian jiu-jitsu and has submitted multiple ... UFC president Dana White has repeatedly said that Colby Covington vs. Kamaru Usman 2 is next for ...

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