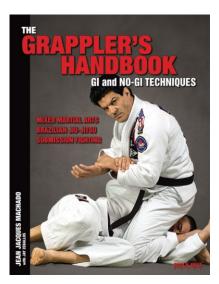
## The Grappler's Handbook Vol.1: Gi and No-Gi Techniques: Mixed Martial Arts, Brazilian Jiu-Jitsu, Submission Fighting PDF



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