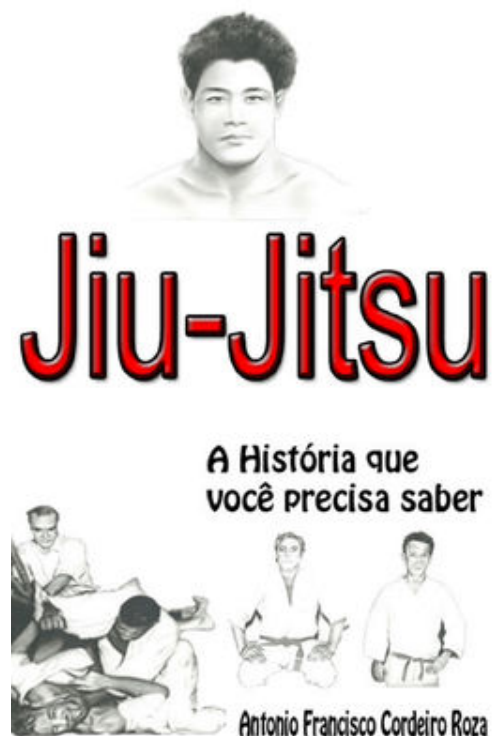


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Antes mesmo de desenvolver o Jiu Jitsu aqui no Brasil, existia sim a pratica de arte marcial. Estas artes marciais tiveram outras nomenclaturas e eram similares ao nosso Jiu Jitsu, saiba onde ocorreram algumas das praticas e os períodos correspondentes. O e-book desmistifica muitas referencias erroneas existentes em academias, sites, revistas entre outros.

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