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A growing resource of all things pertaining to Gracie/Brazilian Jiu-jitsu, hosted by NYMAG Brazilian jiu-jitsu Academy of Poughkeepsie, N.Y. and The Brazilian Jiu

Brazilian Jiu Jitsu. Brazilian Jiu-Jitsu is a martial art, combat sport, and a self defense system that focuses on grappling and especially ground fighting.

How to Become a Martial Arts Instructor. Contrary to popular belief, it takes more than just having good kicks or good credentials to teach martial arts for a living.

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The Marine Corps Martial Arts Program (MCMAP) is a combat system developed by the United States Marine Corps to combine existing and new hand-to-hand and close

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Learning the fundamentals of the Marine Corps Martial Arts Program is a requirement that Thompson, senior drill instructor, Combat Training Manual

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