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The Hook Include The Jab-hook (1-3), The 2th, 2024.  
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1-STRIPE WHITE BELT TO 2-STRIPE WHITE BELT

POSITIONS Page Butterfly Guard (144) ESCAPES &

COUNTERS Elbow Escape From Mount (38) Armbar

Defense From Guard (122) Armbar Defense From

Mount (98) Back Control Escape #1 (270) Back Control

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