

racquetball mastering the basics pdf

Jujutsu (/ dʒuːtsu ˈdʒuːtsu / joo-JOOT-soo; Japanese: 柔術, jūjutsu listen (help · info)), also known as Jujitsu or Jiu-jitsu, is a Japanese martial art and a method of close combat for defeating an opponent in which one uses either a short weapon or none.

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