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### Training Grounds BJJ & MMA Adults & Kids Martial Arts

Conveniently located in Westwood, Training Grounds Jiu-Jitsu & MMA is an MMA Gym in Bergen County that specializes in teaching Brazilian Jiu-Jitsu & Mixed Martial Arts Adults and Kids Martial Arts Classes are a great way to get in shape, learn Self Defense, and instill Confidence and Discipline!

### About "Silver Fox" - Silver Fox

Vous pratiquez le Jiu-Jitsu voici un cahier d'entraînement élaboré pour vous permettre de suivre de près votre progression Ce cahier à

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The training employs a systematic approach to self-defense that effectively develops speed, balance and power through graduated exercises Japanese Jujutsu is a highly effective self defense system which is why Jujutsu techniques have been used in Law Enforcement and in U S Military Combat training for many years

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Silver Fox Brazilian Jiu-  
Jitsu Academy He has  
become a sought after  
instructor around the  
world, but continues to  
pursue constant  
improvements, honing his  
skills and knowledge for  
his students, and  
regularly training with BJJ  
& MMA champions

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