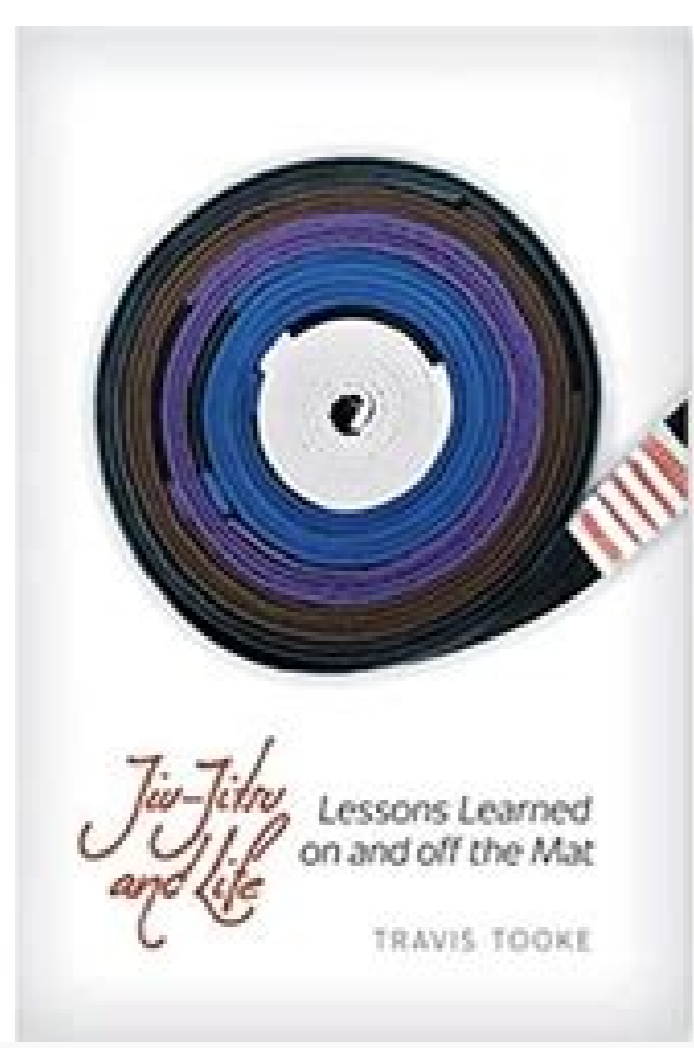
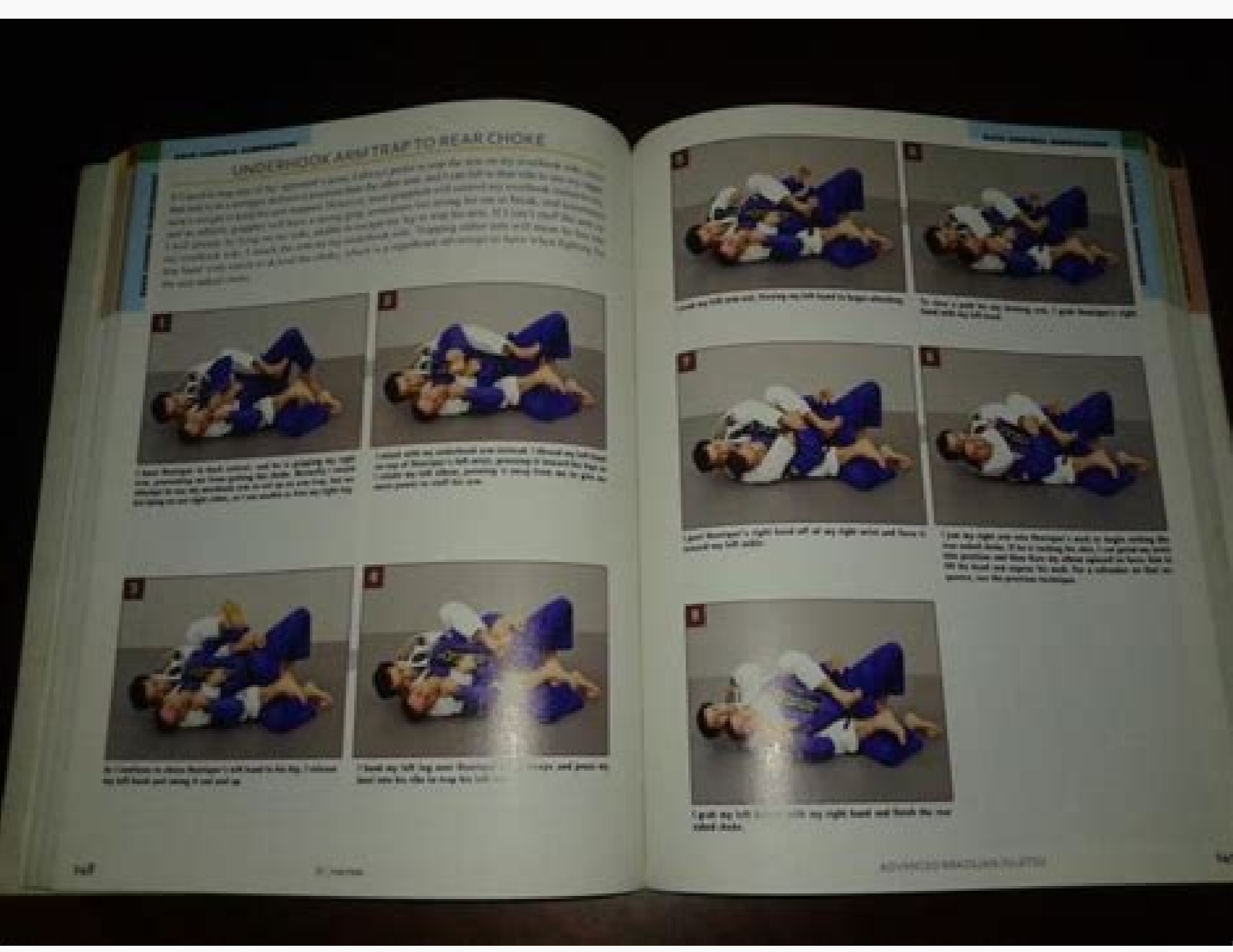


I'm not robot!



*Jiu-Jitsu
and Life*
Lessons Learned
on and off the Mat
TRAVIS TOOKE





Find out the origins of the following words.

tycoon	barbecue	zero
tulip	veranda	ski
logo	robot	trek
bandicoot		

2. Notice the underlined words in these sentences and tick the option that best explains their meaning.

(a) "What a thunderclap these words were to me!"

The words were

- (i) loud and clear.
- (ii) startling and unexpected.
- (iii) pleasant and welcome.

(b) "When a people are enslaved, as long as they hold fast to their language it is as if they had the key to their prison"

It is as if they have the key to the prison as long as they

- (i) do not lose their language.
- (ii) are attached to their language.
- (iii) quickly learn the conqueror's language.

(c) Don't go so fast, you will get to your school in plenty of time.

You will get to your school

- (i) very late.
- (ii) too early.
- (iii) early enough.

(d) I never saw him look so tall.

- M. Hamel (a) had grown physically taller
- (b) seemed very confident
- (c) stood on the chair

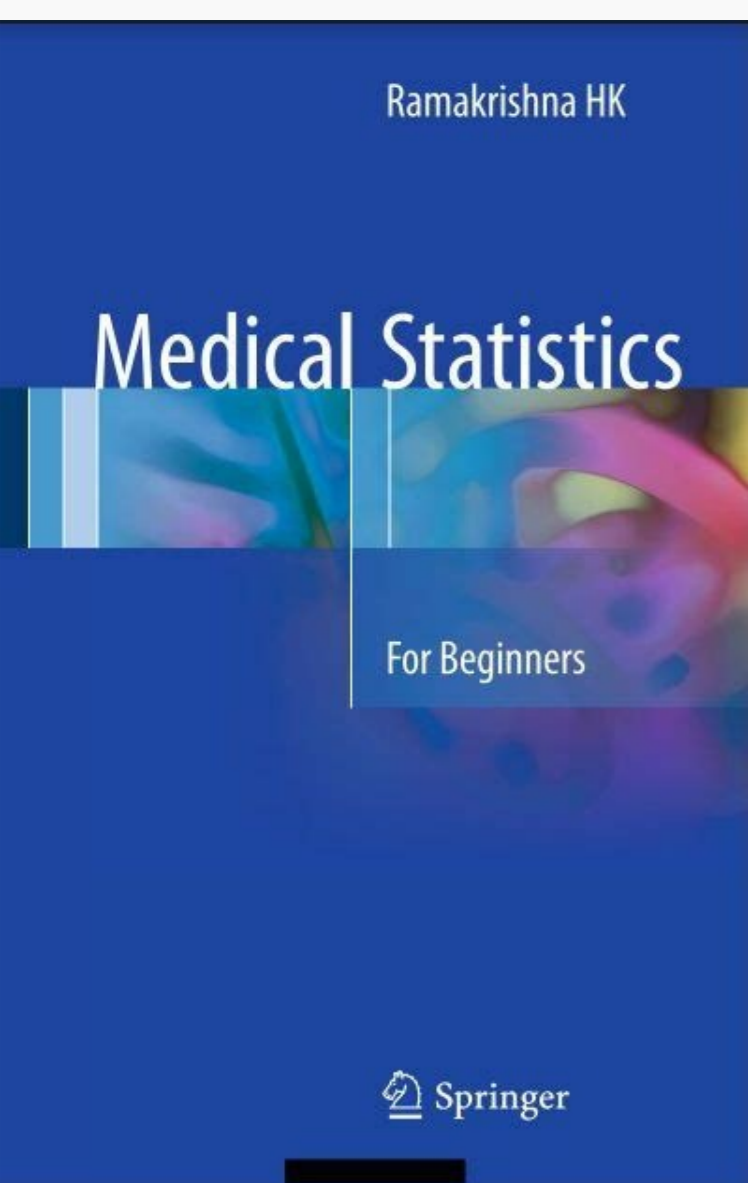
Noticing form

Read this sentence

M. Hamel **had said** that he would question us on participles. In the sentence above, the verb form "had said" in the first part is used to indicate an "earlier past". The whole story is narrated in the past. M. Hamel's "saying" happened earlier

10/Flamingo

2019-20



Jiu jitsu books.

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Index thanks. 23 FORWARD ROLL WITH SPREAD Legs. 25 Backward Roll with Sp read Legs. 27 Forward Roll with Handstand. 27 gnippirG 98 azeipmil ed sacine©Át sal a nÁicudortnl 48 ***. sameborp sol a nÁicudortnl 75 salllor noc allogra ed erraga ed arutoR 55 pirG tiaB. rallocc led arutpur ed allijeR pirG hgiH ot eveelS 24. 105 find balance in one leg. 159 high firefighter cart to assemble. 161Arm. 164 walks by the guard. 167 block guard with knee. 169 anti-judo. 170 3 flying attacks introduction to flying attacks. 174 crash pad safety. 175 triangular manifestation on the ground. 176 triangular efficiency. 178 flying triangle to the arm. 182 armlock shoulder gripper. 184 flying triangle. 186 flying triangle to omoplata. 189 option to fly omoplata #1. option 192 to fly omoplata #2. option 194 to fly omoplata #3. 197 inverse flying triangle. 200 flying armlock of wizard. 211 deal with the option of defense of flying attack #3. 213 launches defense to the flying arm. 216 flying triangle of one leg. 218 thanks a very special thanks to my parents, jim and cute, for giving me everything I needed to get to where I am today, without my father's constant search to make me the best possible martial artist, he would have a completely different perception of what it means to be dedicated. And without my mother's search to keep my life balanced, I would have broken up a long time ago, despite our different philosophies, I am always grateful with ralph gracia im im araP .adiv im y otmeianertne im .etra la ateraid nÁicubirtnoc us odis nah. zeugraM ybmug y nosleN itocs a ralicurap ne .tam eht nO ed etneq al a ovisam otneimicedarga nU .atenalp led setnelav sjAm samla sal noS. sesnedinuoditse seratilim sol ed sol ed nÁisnerpmoc im odatnemua ah euq .seratilim sairotsih sus ed s©Avart a adiv ed sonocicol sednary Á±Aesne em y ojaba abatse odnauc odaduya ah em ©Á, osollivaram ogima nu res ed sjÁmedA, yollaM ekIM tqST la etneimicepse .dleif tteffoM ne eucseRaraP nÁrdaucsE o131I le ne sodot a saicary sal rad aAratsug oM .oinegy oinegni us noc soded sim ne emrenetnam y Áer emrecah rop ssoR nimañeB a elrecedarga euq ognep Y llaidnum esalc ed oduj le setnaidtuse sim a ra±Aesne y so±Áa sotnat etnarud ogimnoc ratse rop kciseR hsoj a reecedarga euq ogneTÁ .rotcurtsim im oredisnoc euq erbmoh nu .renierhcS luaP noc adued ne yotse n©ÁibmaT .datulov a emrarit y so±Áa sose sodot emradruc rop arumamí ailimaf al a otnat obed el .ogeuq im noc emraduya y ustij-uj ne socihc serojem sol ed onu res rop jmocjbdoooylloh(smailliW naeS a otneimicedarga narg nu Y .ustij-uj etnaticarp etnagorra nu are odnauc osulcni .Ám ne Áayerc erpmeis y USJS ne ozreufse otnat otseup ah euq opit nu .smailliW evaD noc otreric etneimicepse se osE !sorud sios .socihCjÁ .yoh yos euq erbmoh led datim al aAres ,©Ásoj naS ed latatsE oduj ed opiuqe led socihc sol rop areuf on IS .onituneg nat ogima nu res y nÁicartsurf al rajenam arap sairasecen saigetartse sal emodnÁd .anaiditoc adiv al ne aAug us rop rednellE áelffaWá tsenrE A .oAr la otunj n©Áacmla nu ne odneiviv aAratse aAvadot .alle niS .laicnetop im odot raznacla omÁAc rev a emraduya y .aenÁl ne emrenetnam .sovitisop sjÁm adiv im ed sovitagen sotcepsa sol recah rop .iemuhS .asopse im rop odilÁc otneimicedarga nU .otceyorp etse ramra ed abartat es odnauc odaseretisned etnemelÁercni res rop y .Ám ed areuf onreifni le emodnÁeplog nevoj nu omoc orud sjÁm emodn©Áicah .so±Áa sose sodot ogimnoc ranertne .otnelat led odacifingis oreddrev le emrartsom rop .aÁrah .aÁrah oL .arerrac im arap selatnemurtsni e sogima How to thank everyone at Dave Camarillo.com, especially Joe Corrano, Jiu-Jitsu guerrillas in front of the Flying Attack Defense Opcion #3 1 after jumping with my flight attack. I assume the position of triangle. 1 I have a left grip on my brother's right elbow and a right grip of the neck. 2 2 When my body goes down to the mat, instantly I realize that my brother has an excellent triar defense. He has folded his arm caught towards his head, and is enclosing him in his place with his left arm. He is also using his shoulders to resist the triple pressure. Repeating my game plan, immediately plant my right hand inside him's left leg. Note that I am not grabbing my leg á ± my fingers are on one side, and my thumb is in the other. Then I pushed my hand planted to turn my body in a direction in the opposite direction. 3 3 As long as I keep turning my body in a direction in the opposite direction, I keep my sleeve. Because I have kept my legs closed, my brother still thinks that I am trying to isolate his arm. A attacks on 63 213

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