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The black belt blueprint or how nicolas

By Guillaume Huni I've just finished reading Nicolas Gregoriades's new book 'The Black Belt Blueprint'. Gregoriades is Roger Gracie's first black

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Nicolas gregoriades (author of the black belt

Nicolas Gregoriades is the author of The Black Belt Blueprint (4.60 avg rating, 0 reviews, published 2015) and The Black Belt Blue Print (0.0 register; tour;

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Last week I was cruising the internet, watching youtube and reading some blogs that I follow and I came across the Blackbelt Blueprint by Nic Gregoriades from the

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Guest Blog Post by Roger Gracie Black Belt: Nicolas Gregoriades. Before I even started jiu jitsu, I remember a highly respected martial artist saying to me If

The black belt blueprint - bjj today

Nicolas Gregoriades is a South African grappler who was the first Jiu Jitsu practitioner to have received a black belt from the great Roger Gracie.

About nicolas gregoriades - a roger gracie black

I'm Nicolas Gregoriades and I will help you upgrade your jiu jitsu with my high quality Brazilian Jiu Jitsu The Black Belt Blueprint: training approach

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Nicolas gregoriades on his book the black belt

Nicolas Gregoriades is Roger Gracie s first black belt. He has recently released a book called 'The Grappling Blueprint' (you can check out our review here)

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