

## Full-Contact Sports

Example: Brazilian Jiu-Jitsu

N E T T K N   S K N O Z

V C Q Z   F B Q A

T Q U N E J J K

Y C S E

N C R O Z

X E E F O Q T T

P Q F K N   I E T E

O E H A M R

J C V E

P N K J F T A M R

A U K   B E U D K Z

F K Q V   B Q M S O Q T T