



Brazilian Jiu-Jitsu: Theory & Technique, Renzo Gracie, Royler Gracie, Kid Peligro, John Danaher, Invisible Cities Press, 2001, 1931229082, 9781931229081, 255 pages. During the last decade, the martial arts world has looked to innovative mixed martial arts competitions such as the Ultimate Fighting Championship to determine which fighting style is the best. These contests have repeatedly shown the grappling style of martial arts, headed by Brazilian jiu-jitsu, to dominate. The Brazilian jiu-jitsu style stems from the premise, garnered from analysis of actual street fights, that the outcome of any fight is decided on the ground. While most martial arts deal only with the initial punching and kicking stages of combat, Brazilian jiu-jitsu concentrates on ground combat. This guide shows how to use Brazilian jiu-jitsu to increase combat effectiveness. Photographs and step-by-step instructions show how to master the techniques used in this exciting new form of combat..

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Ju-jitsu or judo , Percy Longhurst, 1936, Sports & Recreation, 64 pages. .

Brazilian Jiu-Jitsu Basic Techniques , Fabio Duca Gurgel Do Amaral, Fabio Gurgel, 2007, Sports & Recreation, 150 pages. This comprehensive guide to " the gentle art" by one of its foremost practitioners and teachers helps readers master the fundamentals on which a confident self-defense or ....

Goshinryu Jujitsu , Jeffrey W. Brown, Oct 1, 2005, Sports & Recreation, 244 pages. In the society of today, the potential of encountering a violent situation increases daily. Violence is all over the news be it car jacking, robberies or terrorist acts. People ....

Brazilian Jiu-Jitsu A Training Manual, Ricardo Da Silva, Ed Semple, Oct 30, 2006, , 144 pages. The concept of Mixed Martial Arts, where fighters from different arts compete against one another, is generally seen as a relatively recent development and yet contests between ....

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Bruce Tegner's Complete book of jujitsu , Bruce Tegner, 1977, Sports & Recreation, 190 pages. "...authoritative & easy-to-follow text..."--SCHOOL LIBRARY JOURNAL..

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Gracie Jiu-jitsu The Master Text, Helio Gracie, Jun 30, 2006, , 284 pages. For generations, dedicated practitioners of the martial arts believed their individual system was the best form of combat..

Brazilian Jiu-Jitsu Submission Grappling Techniques , Royler Gracie, Kid Peligro, Ricardo Azoury, Nov 1, 2003, Sports & Recreation, 304 pages. "The tactics and techniques of two of the greatest competitors in the history of mixed martial arts combat, Renzo and Royler Gracie, are captured in this book. Their ....

Mastering Jujitsu , Renzo Gracie, John Danaher, 2003, Medical, 233 pages. "Mastering Jujitsu" covers a full set of tactics and fight plans. It introduces the concept of combat phases and shows how to attack from any phase as well as how to react to ....

The handbook of judo an illustrated step-by-step guide to winning sport judo, Gene LeBell, Laurie C. Coughran, 1962, Sports & Recreation, 186 pages. .

Encyclopedia of Brazilian Jiu Jitsu, Volume 2 , Rigan Machado, Jose M. Fraguas, Nov 30, 2004, , 312 pages. Volume two in a three volume set that provides a comprehensive overview of Brazilian jiu jitsu techniques..

