

Online Library Jiu
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Jiu Jitsu University Ebook

Brandon
'Wolverine'
Mullins is a BJJ
black belt world
champion, and
Stephan Kesting is
a renowned BJJ

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black belt educator with 40 years in the martial arts. In Non Stop Jiu-Jitsu you'll get their ultimate resource for breaking down high level jiu-jitsu into simple steps so you can add it to your game as fast as possible. This

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book is laid out in gorgeous full colour and multi-page spreads where you'll learn plug and play gameplans for exactly how to control and submit your opponent on the ground. These techniques and combinations have

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been developed and tested over decades of competition so you know you can rely on them when the chips are down. You'll also get advanced details, training tips and conceptual breakdowns that will make your jiu-

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Jitsu more powerful
than ever before. *

275 FULL

COLOUR PAGES:

Every page and
technique is
brought to life with
high quality, full
colour
photography,
clearly showing all
the details you need

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to master the
material.* STEP-
BY-STEP

TECHNIQUES:

Every technique is
broken down into
easy-to-follow steps
so that you always
know how to
advance your
position properly.*

DETAILS,

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CLOSEUPS AND
ALTERNATE
ANGLES: Every
technique is shown
from multiple
angles, with special
attention paid to
the little details
that make the
difference between
success and
failure.*

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FUNDAMENTAL
MOVEMENTS
AND ADVANCED
APPLICATIONS:

The book covers
the most important
and fundamental
movements in BJJ,
exactly how to
apply those
movements in
sparring, and how

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to link them
together into
advanced
applications.*

COMPETITION
PROVEN
STRATEGIES:

The techniques,
tips and strategies
shown have been
field tested in
hundreds of high

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level matches
against some of the
best competitors in
the world.

Jiu Jitsu is a vehicle
for personal
development used
by people across
the globe to better
their lives. The
physical, mental,
and emotional

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demand of Jiu Jitsu
elicits growth in the
practitioner
uncommonly found
in the modern
world. The more
sincerely we pursue
mastery of this art,
the greater the
opportunity is for
equivalent
development of our

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humanity. Derived from the wisdom of the humanities, Hero posits that the best path forward through Jiu Jitsu is to embody the behavior patterns of the archetypal hero who voluntarily confronts the

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unknown on behalf
of progress.
Embracing such
action, we
maximize our skill
acquisition as we
strive toward our
potential on and off
the mat. Through
lessons training
with the best
grapplers in the

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world--Ricardo
Almeida, Frankie
Edgar, Gordon
Ryan, and Garry
Tonon--to a deep
understanding of
the behavior
patterns articulated
through literature,
religion, and
mythology, Chris
Matakas posits a

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simple framework
through which to
maximize
development in Jiu
Jitsu and life. We
are to embody the
behavioral wisdom
of the hero. By
paying attention,
facing the dragon,
and allowing
ourselves to die and

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be reborn, we engage in the timeless discipline of confronting novelty in the most productive way to make our potential manifest in the world. With teachings new and old--from Carl Jung and Jordan

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Peterson to
Arthurian
legends--Matakas
applies the wisdom
of the humanities to
the gentle art in a
way that has never
been done before.
This Jiu-Jitsu
Training Journal is
perfect for BJJ
students, grapplers

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and more. Contains prompts and information fields to help you take organized notes and document your journey. It is a great tool to help you learn and improve your skills in many ways.

Technique

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Retention The act of writing something down embeds it in your memory. Taking notes forces you to engage which internalizes what you've learned.

Organization

Structured in a logical format to

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make it easy for you to focus and keep notes on the important details. Problem Solving By tracking your training you can identify patterns and problems you may have and find solutions to improve your

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game. Knowledge

Take notes on what
you've learned

from classes,
seminars, private
lessons, tutorials,
books and more.

Includes Note
Fields For: Dates
Instructors Belt
Rank Weight Gi,
Nogi, or Both

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Position,
Technique, Key
Details Training
Partner, Notes,
Goals One
Important Thing
You Want To
Remember About
The Day
In a clear and easy-
to-follow format,
Grand Master

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Helio Gracie
addresses different
aspects of the
Brazilian jiu-jitsu
method that bears
his name. Learn
how to
systematically
progress and
technically improve
mat game,
regardless of

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background or
grappling ability.
The Complete Book
of Jiu Jitsu
Breathe
Drill to Win
Jiu-Jitsu University
Guerrilla Jiu-Jitsu
When the Fight
Goes to the Ground
The Complete
Guide to Gracie Jiu-

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Jitsu

Includes free DVD.

The first book to bridge the competitive aspects of BJJ and its non-sportive aspects, especially Vale Tudo', or no-holds-barred.

No Rules focuses on the techniques of Vale Tudo, the street applications for BJJ, teaching readers every

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aspect of no-holds-
barred fighting - from
standing techniques to
brutal ground finishing
strikes and
submissions. Simco
teaches techniques for
self-defence through
hundreds of step-by-
step photos and a free
instructional DVD.'

Feeling confused? Is
being a White Belt

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creating a few challenges? This is a manual designed to get White Belts to competent Blue Belts in as fast a time as possible. Zen Jiu Jitsu is more a rendition of concepts than techniques. This is the simplest and easiest way to break down and simplify the many and

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varied ideas,
philosophies and
combinations in the
Brazilian Jiu Jitsu
arsenal. For both
competition jiu jitsu
and self defense jiu jitsu
most white belts need
to fully understand the
concepts, but it can be
VERY confusing! Here
is a short list of a few of
the questions students

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ask, that are covered in depth: What is the guard and how do we utilize it best? What options do we have from guard? Why is posture and distance important? The mount is a powerful position but how do I get there? ... And when I do get there, how do I stay there? >Zen Jiu Jitsu -

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White to Blue Answers
these Questions and
Many More... It covers,
Core Principles,
Drilling techniques,
Choosing a School,
Technique Concepts,
Tactical
Considerations and
more. It even includes
some technique chains
and Maps for the white
belt to try when doing

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specific training or sparring. >Don't forget every black belt started out as a white belt. This manual also covers the motivational strategies to keep you moving along the path and towards becoming a competent blue belt. This is a great manual for anyone just starting Brazilian Jiu Jitsu,

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Traditional Jiu Jitsu,
MMA and Grappling.
Scroll up and grab a
copy today.
Step-by-step
photographs and
illustrations
demonstrate more than
one hundred
maneuvers from the
traditional martial art
of Brazilian jiu-jitsu,
with an overview of the

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history of jiu-jitsu and
its uses.

This book continues
the Grappling Arts
Publication's tradition
of innovative
approaches to visual
presentation of martial
arts material.

Techniques are shown
from multiple angles
using high resolution
colour photographs.

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The relationships between techniques are made easy to understand by the use of pictorial flowcharts at the end of each chapter. Key points are illustrated. Text supplements the photographs and provides insights on strategy, application, and timing.

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The Path Through Jiu
Jitsu and Life
Mastering Jujitsu
Foxcatcher
A Comprehensive
Guide to the World ' s
Hottest Martial Arts
Discipline
Submission Grappling
Techniques
Jiu-jitsu Unleashed
Brazilian Jiu-jitsu
A world Brazilian

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Jiu Jitsu champion and trainer of many top Mixed Martial Arts and Brazilian Jiu Jitsu fighters, Rigan Machado reveals the techniques, training, and strategy for dominating and submitting your opponent with leg locks. Time-tested in

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real competition,
Rigan's book is
considered by many
experts as the
ultimate guide to
leg-lock
submissions, and a
“ must read ” for
all Submission
fighters. It includes
hundreds of photos
and comprehensive
information that

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will vastly improve the practitioner's ability to finish the opponent with devastating leg locks. This unbeatable volume is the only book you'll ever need to learn the leg locks submissions for Mixed Martial Arts and Brazilian Jiu

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Jitsu.

Saulo Ribeiro—six-time Brazilian Jiu-Jitsu World Champion—is world-renowned for his functional jiu-jitsu knowledge and flawless technique. In Jiu-Jitsu University, Ribeiro shares with the public for the first

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time his
revolutionary
system of grappling,
mapping out more
than 200
techniques that
carry you from
white to black belt.
Illuminating
common jiu-jitsu
errors and then
illustrating practical
remedies, this book

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is a must for all who train in jiu-jitsu. Not your run-of-the-mill technique book, Jiu-Jitsu University is a detailed training manual that will ultimately change the way jiu-jitsu is taught around the globe.

"Catherine Fieschi examines why

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populism and
populist parties
have become a
feature of our
politics. Populism's
appeal, she argues,
needs to be
understood as a
response to the
fundamental
reshaping of our
political, economic
and social spheres

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through
globalisation and
the digital
revolution"--

Guerrilla Jiu-Jitsu is
a groundbreaking
system of grappling
that integrates the
Olympic sport of
judo with Brazilian
Jiu-Jitsu, today's
most sought after
grappling art. These

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are the techniques and strategies that allowed Camarillo to devastate the competition at some of the world's most prestigious judo and jiu-jitsu tournaments and have led his students to more than a dozen victories in the

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Ultimate Fighting
Championship.
Guerrilla Jiu-Jitsu
offers a leg up on
virtually every
opponent who
refuses to stray
from the
parameters of his
discipline.

Brazilian Jiu-Jitsu
The Ultimate Guide
to Dominating

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Brazilian Jiu-Jitsu
and Mixed Martial
Arts Combat
The Tyranny of
Authenticity and the
Rise of Populism
Mastering the
Twister
The Black Belt
Blueprint
A Life in Flow
Mastering the
Rubber Guard

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Andre Galvao
has earned his
reputation as
one of the best
and most
exciting
Brazilian Jiu-Jitsu
champions of all
time. Now, he
brings his
training
methods to the

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public with Drill
to Win: 12
Months to Better
Brazilian Jiu-
Jitsu. If you want
to move like
Galvao, submit
like Galvao and
win like Galvao,
this is the book
for you. In this
one-of-a-kind

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manual, Andre outlines both a 1-year schedule to overall improvement as well as smaller game plans for short term competition preparation. This is not your average

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reference book,
but instead a
step-by-step
guide to building
a champion
grappler. The
key to this book
is in its building
block
methodology
that follows
Andre's basics of

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grappling—the ability to move and adapt to new movements in Brazilian Jiu-Jitsu. So don't wait, pick up this book and start the first day of your BJJ explosion!

"The tactics and

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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
ôgrapplingö

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style of martial arts is explained
ù methods that focus on holds and throws rather than kicks and punches, and come closer to the spirit and nature of real fighting than other martial

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arts. Covered
are the history,
rules,
philosophy,
strategy, and
positions of
submission
grappling,
providing a
complete
account of this
increasingly

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popular sport."

"On January 26,
1996, Dave
Schultz, Olympic
gold medal
winner and
wrestling
champion, was
shot in the back
by du Pont heir
John E. du Pont
at the family's

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famed

Foxcatcher Farm
estate in

Pennsylvania.

Following the
murder, du Pont

barricaded

himself in his

home for two

days before he

was finally

captured. How

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did the so-called
best friend of
amateur
wrestling come
to commit such
a horrifying,
senseless
murder? For the
first time ever,
Dave's brother,
Mark--another
Olympic gold

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medal-winning
wrestler under
du Pont's
patronage--tells
the full story.
Fascinating,
powerful, and
deeply personal,
Foxcatcher is a
riveting account
as told by the
only person

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close enough to
know the mind
of the
murderer." --
Page [4] cover.
"How To Do Jiu
Jitsu For
Beginners" is
oriented toward
teaching basic
jiu-jitsu
techniques for

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self-defense.

The book shows the user how to control stand up aspects of a fight as well as ground aspects. Over 200 photos are combined with step-by-step instructions to illustrate

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effective
application of jiu-
jitsu moves. The
accompanying
text offers
further insight in
the various
techniques and
principles of jiu-
jitsu. From a
standing
perspective, the

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e-book will explain how to keep the distance in a fight as well as what type of takedowns an attacker may employ. The text outlines these takedowns in

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detail and show ways to avoid or counter these techniques.

Users are instructed on how to perform these vary same takedowns, so that the defender can become the

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attacker should
the need arise.
On the ground,
the text and
photos outline
how to control
an attacker who
wants to harm
the defender.
Defense for
stopping
punches, how to

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control an
attacker, and
how to reverse
positions, are all
covered in the
text. “How To
Do Jiu-Jitsu For
Beginners” also
details how to
attack on the
ground, first
from the back

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and then from
top position.
Finally, the text
for ground work
shows how to
stand up quickly
and effectively
to get away
from an
opponent on the
ground or to
face a standing

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opponent. The
jiu-jitsu text is
broken down
into the 7
distinct sections
below: 1.

Takedowns,
takedown
defense, and
movement – this
will relay
movement,

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some basic
takedowns, and
how to defend
against them. 2.
Standing in
guard – this will
detail basic
defense against
an opponent
who pushes or
knocks you to
the ground yet

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stays standing.

3. Escapes - this will show how to move from a submissive position to a dominant position on the ground by using basic escapes.

4. Sweeps - similar to the

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Escapes section,
this will detail
how to move
from a
submissive
position to a
dominant
position using
basic sweeps. 5.
Attacks from
guard - closed
guard is one of

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the greatest defensive and offensive positions for a person on their back. This section will offer a few key attacks and chains for defending off your back. 6.

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Attacks from
mount - this will
show you how to
control and
attack from the
top mount once
you have
achieved it. 7.
Putting it
together - this
section will show
you how to

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chain some of these movements together. To stress the importance of cross training, a brief section discussing stand up striking and some basic boxing

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principles is included. This is designed to help the user understand that every form of martial arts has some merit, and that cross training will benefit a person's self-

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defense ability.
After finishing
this text, and
with proper
practice, a
person will
understand and
be able to apply
the some basic
skills of jiu-jitsu
for self-defense.
Author the

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Expert Nathan DeMetz is a 32-year-old fitness enthusiast and martial arts practitioner from Indiana. He has been weight lifting for 10 years and practicing

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martial arts for almost 3. In 2010, Nathan started his martial arts journey with private boxing lessons from a local instructor before moving on to Muay Thai and jiu-jitsu. He

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is a white belt in jiu-jitsu and has near 3 years of combined kickboxing experience.

Nathan always looks to improve his skills through research, one-on-one conversation,

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and practical
application.

Nathan

competed in
small-scale local
competitions
though he is not
a competitive
athlete in
general. He
simply enjoys
the thrill of

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learning and practicing new forms of martial arts as well as the rush he gets from weight lifting. Personal bests in weight training include a 500 lb squat, 345 lb bench, and a 530

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deadlift at a
bodyweight
between 185 lbs
to 213 lbs.

HowExpert
publishes quick
'how to' guides
on all topics
from A to Z by
everyday
experts.

On Jiu Jitsu

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Strategic Guard
The Ultimate
Handbook for
Brazilian Jiu-Jitsu
Students
Populocracy
Jiu Jitsu
Theory &
Technique
Hero

This instructional
Brazilian Jiu-Jitsu

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book with
downloadable
video offers a
complete guide to
ground fighting
principles and
techniques to use
when the fight
goes to the
ground. In a street
defense scenario,
the ground is a

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dangerous place to be. While it's a good idea to actively learn defensive strategies for ground fighting, it is important to put those skills into the context of how you want to use them. Whether you're an

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experienced submission-grappling competitor, a traditional martial artist training in a stand up striking style, or law enforcement professional, Ground Defense provides you with an essential

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system of self-
protection for
street-oriented
ground scenarios.
When the Fight
Goes to the
Ground
establishes the
risks and hazards
of various ground
defense scenarios,
presenting

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effective strategies for neutralizing and minimizing them. You will learn a wide range of tools for defense, including the targeting of vital areas, body shifting/control techniques, and the concept of

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"weapons of opportunity." All of these techniques are easy to learn and apply, providing an adaptable skill set for anyone, regardless of size, strength or gender. These tools are then shown in

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various

combinations, with
examples of how
to use them
against specific
types of attacks,
including simple
hold-downs,
ground and pound,
submission
grappling pins,
chokes, arm locks,

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leg locks, knife attacks and multiple assailant scenarios. In addition, this martial arts book gives you useful training suggestions and regimens, addressing graduated skill

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development,
challenges
presented by
different body
types, and safety
practices at all
levels of training.
"The Twister" is a
neck-jarring, spine-
torturing
submission hold
refined and

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mastered by
Brazilian Jiu-Jitsu
superstar Eddie
Bravo. Early in his
jiu-jitsu career,
Eddie Bravo
dominated dozens
of jiu-jitsu
competitions with
this unorthodox
move. When the
Brazilian Jiu-Jitsu

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Federation banned his trademark move, he proved the effectiveness of his entire grappling style by defeating the legendary Royler Gracie without "The Twister". In Mastering the Twister: Jiu-Jitsu

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for Mixed Martial Arts Competition, Bravo uses over 1,200 color photos and descriptive narrative to illustrate snaring an opponent in the infamous Twister from virtually every control position. Also revealed is

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the entire Twister
Side Control
game, dozens of
submissions from
the mount,
numerous routes
to take your
opponent's back,
highly effective
ways to pass your
opponent's guard,
and the secrets of

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"The Truck",
Bravo's patented
control position.
In recent years,
the grappling arts
have proven to be
the most effective
form of combat in
mixed martial arts
(MMA) and no-
holds-barred
(NHB)

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competitions.

Above all others,
the Gracie brand
of Brazilian jujitsu
has become
recognized as the
preeminent
fighting style in
unarmed combat.

Now Renzo
Gracie—instructor;
competitor; and

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champion of
numerous
grappling, MMA,
and NHB
events—reveals the
inner workings of
the art in his latest
book, Mastering
Jujitsu. From the
origins of the art to
personal
techniques, you

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will experience the impact the Gracies have had on jujitsu and learn the strategies they have developed to dominate their opponents. Gracie shares the subtleties of the techniques necessary for

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mastering the art,
and he clearly
demonstrates the
flow of movement
with more than
250 high-quality
photos. Not only
will Mastering
Jujitsu help you
progress from
isolated skill
development

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techniques to a full set of tactics and fight plans, but it will also introduce you to the concept of combat phases and teach you to attack from any phase. You will learn how to react to your opponent in any situation.

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Whether you're caught in a bottom position or attacking from the top, Gracie reveals the key strategies designed to give you the upper hand. The depth and breadth of topics covered in Mastering Jujitsu

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will aid even the most experienced black belts in their understanding and execution of Brazilian jujitsu. With detailed coverage on advanced principles, you will get all the tactics, strategies,

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Ebook

techniques, and
drills you need for
close combat
fighting. Contents

Chapter 1.

Classical Jujitsu:
Theory and History
Chapter 2. Modern

Jujitsu: New
Concepts, New
Directions Chapter

3. Underlying

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Theory and
Strategy of
Modern Jujitsu
Chapter 4. Free-
Movement Phase
Chapter 5. Clinch
Phase Chapter 6.
Ground Fighting
Chapter 7.
Winning From the
Bottom Position
Chapter 8.

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Winning From the
Top Position

Chapter 9.

Training and
Competition

Chapter 10. Jujitsu
for Self-Defense

Written by Roger

Gracie's first black
belt and founder of
the Jiu Jitsu

Brotherhood,

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Nicolas

Gregoriades, this
is a

comprehensive
guide to the sport
of Brazilian Jiu
Jitsu. It features a
comprehensive
and holistic
approach to the
training methods,
techniques and

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concepts which
underpin the art.
Passing the Guard
Brazilian Jiu-Jitsu
Details and
Techniques:
How To Jiu Jitsu
For Beginners
The Brazilian Jiu
Jitsu Globetrotter
Mastering the 21
Immutable

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Principles of
Brazilian Jiu-Jitsu
Gracie Jiu-Jitsu
Encyclopedia of
Brazilian Jiu Jitsu

*The first book of its
kind on the fastest
growing marital art
in the world,*

Brazilian Jiu Jitsu.

*The book is unique in
its concentration on*

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*an thorough
treatment of one of
the most important
aspects of
groundfighting,
passing the guard.
Visually oriented, the
volume is teeming
with photos and
illustrations. Must be
seen to be
appreciated.*

SPO027000

*"On 'Mastering The
21 Immutable
Principles Of
Brazilian Jiu-Jitsu',
Paulo Guillobel
wears a hat of a
scholar and proves
that, in more than 26
years of practicing,
he has not only
trained, taught and*

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competed at high level, but most important of all, has studied the art thoroughly. Every student, teacher and master will surely take advantage of the knowledge carefully organized in this book. This is by far the best Jiu-Jitsu book

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Jitsu University
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*I ever read." -Luca
Atalla, Vice President
and Chief Editor of
Gracie Magazine
Until this book, there
has never been a
Brazilian Jiu-Jitsu
book that has
comprehensively
explained the most
fundamental and
unchangeable*

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Ebook

*principles of this
martial arts style.
Paulo Guillobel's
Mastering the 21
Immutable Principles
of Brazilian Jiu-Jitsu
is a one-of-a-kind
book that goes deep
into the foundation
of the Brazilian Jiu-
Jitsu techniques and
strategies. With an*

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Ebook

*understanding of the
21 principles revealed
in this book, any BJJ
student will be able to
discover the invisible
details behind any
technique, and also
understand why the
techniques are being
used.*

*This three volumes
series is fully revised,*

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Jitsu University

Ebook

*updated, and packed
with more than 1,500
pictures! This
masterclass work
guides you step-by-
step from essential
Jiu Jitsu basics
through the most
advanced and
sophisticated attacks,
escapes, and defenses
used by the top*

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*fighters in the UFC,
ADCC and the BJJ
World
Championships.*

*There never has been
an instructional tool
like the original series
"Encyclopedia of
Brazilian Jiu Jitsu".
Each technique deals
with separate
strategies and*

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Jitsu University

Ebook

*positions, but they all
combine into an
integrated tactical
solution to ground
mastery.*

*We will develop only
the strength our
environment
demands of us. When
our environment fails
to challenge our
depths, we are tasked*

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Jitsu University
Ebook

*to create one which
does. Practitioners
across the globe
continue to use Jiu
Jitsu as a tool for
personal
development. For
many, the Jiu Jitsu
academy is the one
place in which we
purposefully practice
virtuous action. "On*

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*Jiu Jitsu" seeks to
codify the
mechanisms by which
Jiu Jitsu shapes the
individual, as the
character traits
required to achieve
mastery in sport are
the same which our
highest humanity
requires. It is the hope
of the author that the*

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Jitsu University

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*articulation of these
benefits will ensure
the reader's continued
practice of self-
mastery through this
sacred medium.*

*An Intelligent
Approach to
Brazilian Jiu Jitsu*

*A Study Guide With
Prompts And Fields*

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Jitsu University
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For Notes

*No Rules Brazilian
Jiu-Jitsu*

*100 Things You
Don't Wanna Know
about Jiu-Jitsu
University*

*Jiu Jitsu and Me 2
12 Months to Better
Brazilian Jiu-Jitsu
*** Instant New
York Times*

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Jitsu University
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*bestseller *** ***

USA Today

*bestseller *** ***

Wall Street Journal

*bestseller *** From*

*legendary Brazilian
Jiu-Jitsu and MMA*

master Rickson

Gracie comes a

*riveting, insightful
memoir that*

*weaves together
the story of*

Gracie's stunning

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Jitsu University
Ebook

*career with the
larger history of
the Gracie family
dynasty and the
founding of the
Ultimate Fighting
Championship,
showing how the
connection
between mind and
body can be
harnessed for
success both inside
and outside the*

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Jitsu University
Ebook

ring. Undefeated from the late 1970s through his final fight in the Tokyo Dome in 2000, Rickson Gracie amassed hundreds of victories in the street, on the mat, at the beach, and in the ring. He has joined the pantheon that includes Bruce Lee,

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Jitsu University
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Chuck Norris, and Jackie Chan as one of the most famous martial artists of the twentieth century. Jiu-Jitsu, the fighting style developed and pioneered by his family, has become one of the world's most prominent martial arts, and Vale Tudo, the

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“anything goes” style of Brazilian street fighting over which the Gracies had a monopoly, was an early precursor to the Ultimate Fighting Championship.

Simply put, without the Gracie family, there would be no sport of “MMA,” no 4-billion-dollar UFC

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Jitsu University
Ebook

*empire, and no
"Brazilian Jiu-Jitsu"
at strip malls all
across America. In
Breathe, for the
first time, Rickson
reveals the full
story of how his
father and uncles
came to develop Jiu-
Jitsu, what it was
like to grow up
among several
generations of*

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*world-renowned
fighters from the
Gracie clan, and
the principles and
skills that guided
him to his
undefeated record.
From learning to
assert himself on
the streets of Rio
to gaining fame
and honor in Japan
and emerging
through*

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Jitsu University
Ebook

*heartbreaking
tragedy, the
martial arts master
shares tales of
overcoming
challenges,
extolling universal
virtues and
showing readers
how pride and ego
are the enemies of
success. With
never-before-seen
photos and*

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Jitsu University
Ebook

profound insights into the sport and way of life that only a studied legend can provide, Breathe is an entertaining and magnified view of an enduring legacy as well as an inspiring tale of weathering life's complexities and overcoming them

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Jitsu University
Ebook

*with style and
grace.*

*Brazilian Jiu-Jitsu is
a guide to the most
effective and
devastating
techniques in
popular martial
arts by World
Champion and
Brazilian Jiu Jitsu
legend Alexandre
Paiva. The book
contains over*

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Ebook

*1,000 full-color
photographs
demonstrating the
moves that made
the author the
most feared
competitor in BJJ
circles and now
one of the most
sought-after
instructors. Jiu-Jitsu
or Jujutsu came
into prominence in
the early 90's when*

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*jiu-jitsu expert
Royce Gracie won
the first, second,
and fourth Ultimate
Fighting
Championships
against much
larger opponents
who were using
other styles such
as boxing, muay
thai, karate, and
wrestling. Since
then it has become*

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*one of the most popular styles in MMA due to its focus on ground fighting. Learn the techniques that have proven dominant in Brazilian Jiu-Jitsu tournaments and in the Mixed Martial Arts cage:
Takedowns The Closed Guard*

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Jitsu University
Ebook

*Passing The Closed
Guard Butterfly
Guard Open Guard
Pass Side Control
Half Guard Back
Mount With*

*sections devoted to
both gi and no-gi
techniques,
whether training
for a Brazilian Jiu-
Jitsu tournament or
a Mixed Martial
Arts fight, Brazilian*

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Jitsu University
Ebook

*Jiu-Jitsu is one book
no true competitor
can afford to miss.*

Jiu-Jitsu

UniversityVictory

Belt Publishing

*"I didn't care about
what would*

*happen. He might
win the match, but
he could never*

beat me. I was

*living my dream,
traveling the world*

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Jitsu University
Ebook

with complete freedom. Nothing could put me down. The play button was pressed again. My opponent took my back and I tapped to a bow and arrow choke. I laughed and shook his hand, as I stood back up. I was out of the competition.

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Ebook

Everything was perfect. Life couldn't be better." After a training partner commits suicide, Christian Graugart feels obliged to do something with his life. Starting his own gym, dedicating almost all his time to the art of BJJ, alters

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Jitsu University
Ebook

*everything,
including the way
he sees himself.
The Brazilian Jiu
Jitsu Globetrotter is
not only a story
about traveling and
training in martial
arts. It's about all
the things that can
happen to you if
you choose to truly
stay alive until you
actually die.*

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Jitsu University
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*Techniques For
Mixed Martial Arts
and Self-Defense
Training Journal
and Log Book
The True Story
about a Frantic,
140 Day Long,
Around-The-world
Trip to Train
Brazilian Jiu Jitsu
Zen Jiu Jitsu - White
to Blue
Encyclopedia of*

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Jitsu University
Ebook

Leg Locks

Volume 1

*The True Story of
My Brother's
Murder, John Du
Pont's Madness,
and the Quest for
Olympic Gold*

An introduction to jiu-
jitsu from one of its
most dominant stars
Thanks to the
dominance of its
practitioners at

Online Library Jiu Jitsu University Ebook

Ultimate Fighting Championships and other mixed martial arts tournaments, jiu-jitsu has become one of the most popular forms of martial arts in the United States. This fighting technique features ground fighting and submission moves that bewilder even the most ferocious

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Jitsu University
Ebook

opponents. In Jiu-Jitsu Unleashed, expert Eddie Bravo teaches you the moves that he used to defeat legendary Royler Gracie--a member of the reigning family of jiu-jitsu--the victory that made him one of the sport's most feared competitors. Jiu-Jitsu Unleashed features: Detailed

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Ebook

instruction on stance,
kicks, punches,
takedowns, and
submissions Step-by-
step photos of basic
and advanced moves
modeled by "Fear
Factor" host and
former "NewsRadio"
star Joe Rogan
Various theories and
strategies behind
training and
competing

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This is the Complete Book of Jiu Jitsu Techniques for beginners through Masters. You will learn throws, chokes, hold downs, submissions, escapes, wrist locks. Everything you need to be a Jiu Jitsu Master

The Tao of Jiu Jitsu serves as a guide to

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the sincere Jiu Jitsu practitioner. With varying insights into skill development, the author offers several paradigm shifts to accompany students on their path. Beyond the mat, Chris Matakas discusses taking what we have learned from the art of grappling and applying these

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lessons to the rest of our lives. Jiu Jitsu is the vehicle with which we master ourselves ; and, as all roads lead to self-transcendence, we learn that Jiu Jitsu is a vehicle of unrivaled efficacy.

Describes the principles of Gracie jiu-jitsu along with step-by-step

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instructions on all
aspects of the martial
art.

The Tao of Jiu Jitsu
Jiu Jitsu Training
Journal

The Closed Guard
Revolutionizing
Brazilian Jiu-jitsu
Jiu-Jitsu Strategies
and Tactics for Self-
Defense

(Downloadable Media
Included)

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Ebook

Your Step By Step
Guide To Jiu Jitsu For
Beginners

Jiu-jitsu

university

***Jiu Jitsu is
an unarmed
form of combat
first used by
the samurai
warriors of
ancient Japan.***

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Ebook

*It's an all-
round martial
art that uses
striking,
blocking,
grappling,
locking,
throwing
submission and
weapons
techniques.
Jiu Jitsu is*

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Jitsu University

Ebook

*used by police
and armed
forces around
the world and
for street
self defence.
Jiu jitsu has
an emphasis on
technique over
power and
strength by
using the*

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Jitsu University

Ebook

*opponent's
force against
themselves.
The trained
jiu jitsuka
(student of
jiu jitsu) is
able to subdue
their
unwitting
opponent
quickly using*

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Jitsu University

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*only the
minimal
physical
effort
required. This
book is not
intended to be
a 'how to'
manual for
learning jiu
jitsu, there
are plenty of*

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Jitsu University
Ebook

*those books
already
available
which can be
an invaluable
addition to
your
training. This
book picks up
on all those
areas of jiu
jitsu that can*

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Jitsu University
Ebook

*be learned and
researched
'off the mat'
(tatami) and
outside the
dojo (the
training
centre). Being
proficient at
the techniques
of jiu jitsu
is a great*

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Jitsu University
Ebook

*skill. To
truly progress
the student
must train
both the
mental and the
physical sides
of the art,
training with
as much
realism as can
be safely*

allowed. Some chapters of this book will help those potential students unsure of whether jiu jitsu is for them to make a more informed decision. This

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Ebook

*book will also
be of great
use to those
looking to
achieve higher
grades in jiu
jitsu, to
expand their
knowledge,
educate
themselves on
the wider*

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Jitsu University
Ebook

*concepts and
hopefully
spark off an
interest in
research that
will lead them
deeper into
their own
development
and search for
self improve
ment. For those*

*students
earning (or
aspiring to)
the 'Black
Belt' you are
now the
custodian of
all those that
have gone
before and
passed down
their*

knowledge.

*There is a
responsibility
to understand
and appreciate
where this
knowledge has
come from and
to hopefully
pass on (to
give) more
than you have*

Ebook
taken

*therefore
keeping the
art alive and
applicable to
modern times
whilst having
respect and
awareness of
more than just
the physical
application*

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Jitsu University
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and

excellence.

*This Brazilian
jiu-jitsu
journal will
help you
outline every
single day of
training.*

*Write down the
techniques
trained, notes*

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*about specific
drills, and
keep track of
training
partners. The
ultimate guide
to making you
a better BJJ
practitioner.
The second
installment of
the Jiu-Jitsu*

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Jitsu University
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*and Me book
series is
here! Last
time Bobby
helped
children
discover their
inner courage
to find their
place in the
world. Join
Bobby once*

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Jitsu University

Ebook

*again as he
explores what
being
inquisitive by
learning from
his mistakes
and
persevering
can achieve.
In this book,
we have hand-
picked the*

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Jitsu University

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most

*sophisticated,
unanticipated,
absorbing (if
not at times
crackpot!),
original and
musing book
reviews of
"Jiu-Jitsu
University."
Don't say we*

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Jitsu University
Ebook

*didn't warn
you: these
reviews are
known to shock
with their unc
onventionality
or intimacy.
Some may be
startled by
their biting
sincerity;
others may be*

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Jitsu University
Ebook

*spellbound by
their
unbridled
flights of
fantasy. Don't
buy this book
if: 1. You
don't have
nerves of
steel. 2. You
expect to get
pregnant in*

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Jitsu University
Ebook

*the next five
minutes. 3.*

*You've heard
it all.*

*Non Stop Jiu-
Jitsu*

*- History,
Traditions,*

Methods,

Knowledge,

Philosophy -

Use a World

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Jitsu University
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*Champion's
Aggressive and
Efficient
Style of Jiu-
Jitsu to Win
Matches and
Tap More
People Out!
Jiu Jitsu for
Mixed Martial
Arts
Competition*

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Jitsu University

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Mastering

Brazilian Jiu

Jitsu

BJ PENN—UFC

World

Champion, Jiu-

Jitsu World

Champion, and

best-selling

author of

Mixed Martial

Arts: The Book

Page 173/182

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Jitsu University
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*of Knowledge—s
heds new light
on the sport
of Brazilian
Jiu-Jitsu with
this
unprecedented
examination of
the closed
guard. Through
step-by-step
color*

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*photographs
and
descriptive
narrative,
Penn shares
his elaborate
system for
gaining
control of
your
opponent's
body while*

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Jitsu University
Ebook

*fighting off
your back, and
then unleashes
more than
eight fight-
ending
submissions.
He divulges
his most
vicious
strangleholds,
including*

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Jitsu University
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*collar chokes,
arm chokes,
and triangle
chokes. He
demonstrates
how to apply
bone-breaking
pressure to
your
opponent's
wrist, elbow,
and shoulder*

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*using his most
ruthless
straight arm
bars, inverted
arm bars,
kimura locks,
Americana
locks, and
omaplata
locks. And to
ensure your
offense never*

Online Library Jiu
Jitsu University
Ebook

*gets shut
down, Penn
unveils your
opponent's
most common
submission
defenses, and
then teaches
you how to
capitalize on
that defense
by*

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Jitsu University

Ebook

*transitioning
into secondary
submissions
and a host of
sweeps.*

*Detailing
dozens of ways
to chain your
attacks
together to
form fluid
combinations,*

Online Library Jiu
Jitsu University
Ebook

*this book
leaves no
stone
unturned.*

*Whether you
are new to the
grappling arts
or an
experienced
practitioner,
Brazilian Jiu-
Jitsu: The*

Online Library Jiu
Jitsu University
Ebook

*Closed Guard
will take your
game to the
next level.*