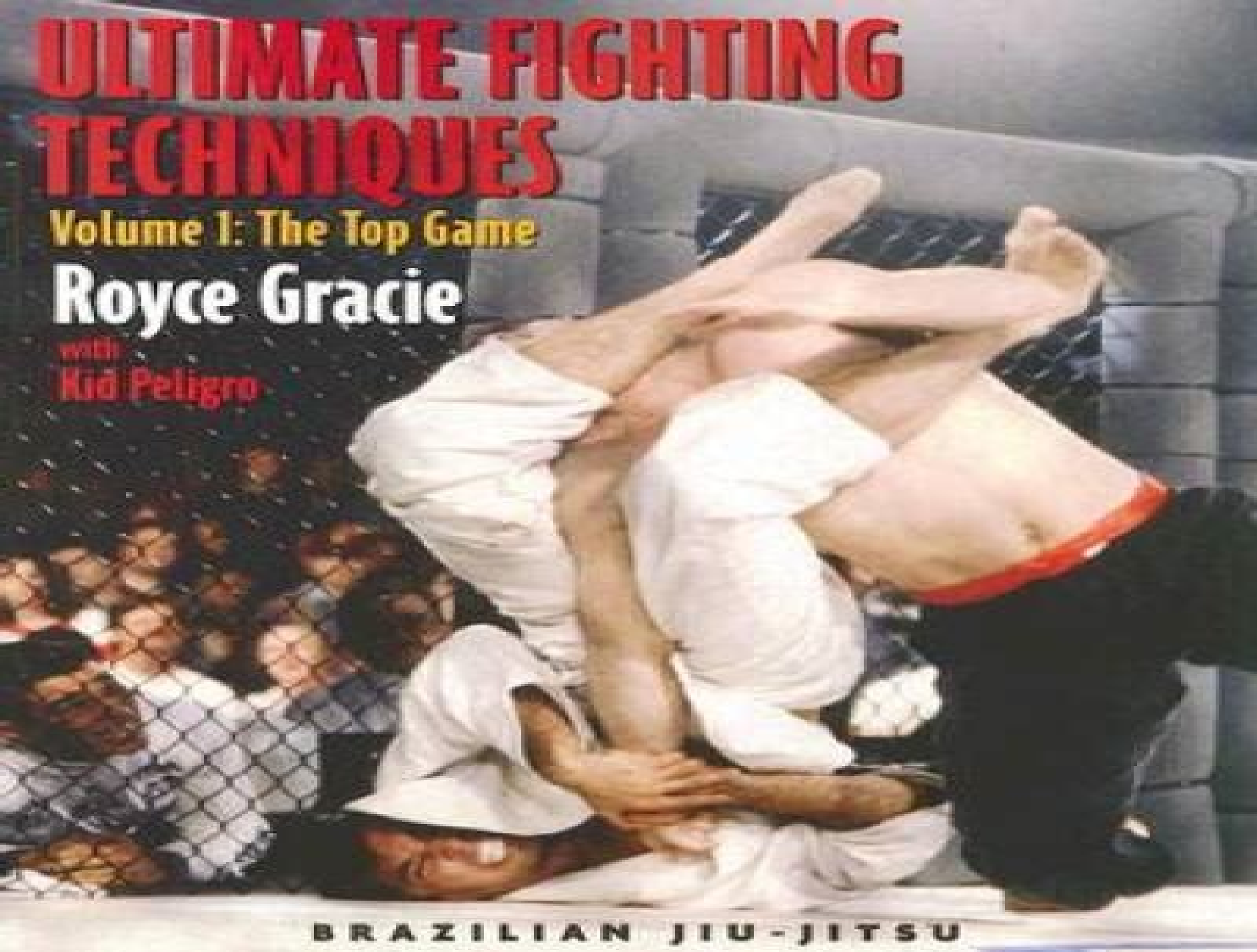


ULTIMATE FIGHTING TECHNIQUES

Volume 1: The Top Game

Royce Gracie

with
Kid Peligro



BRAZILIAN JIU-JITSU

Ultimate Fighting Techniques Brazilian Jiu Jitsu Series

V 1

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shown outside the Gracie family the authors explore the techniques tactics and mindset necessary to win when fighting from the bottom whether in an official sports jiu jitsu competition or simply sparring with a partner **The Essence of Brazilian Jiu-jitsu** Rigan Machado,2002 This book encompasses an amazing diversity of arm locks chokes and leg locks in a very comprehensive manner Rigan Machado one of the most knowledgeable jiu jitsu instructors in the world and an active competitor himself takes the reader through a great variety of principles techniques and drills as used in Machado Jiu Jitsu This work examines the style history traditions and techniques of this martial arts method that shocked the world for its effectiveness **The British National Bibliography** Arthur James Wells,2005

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