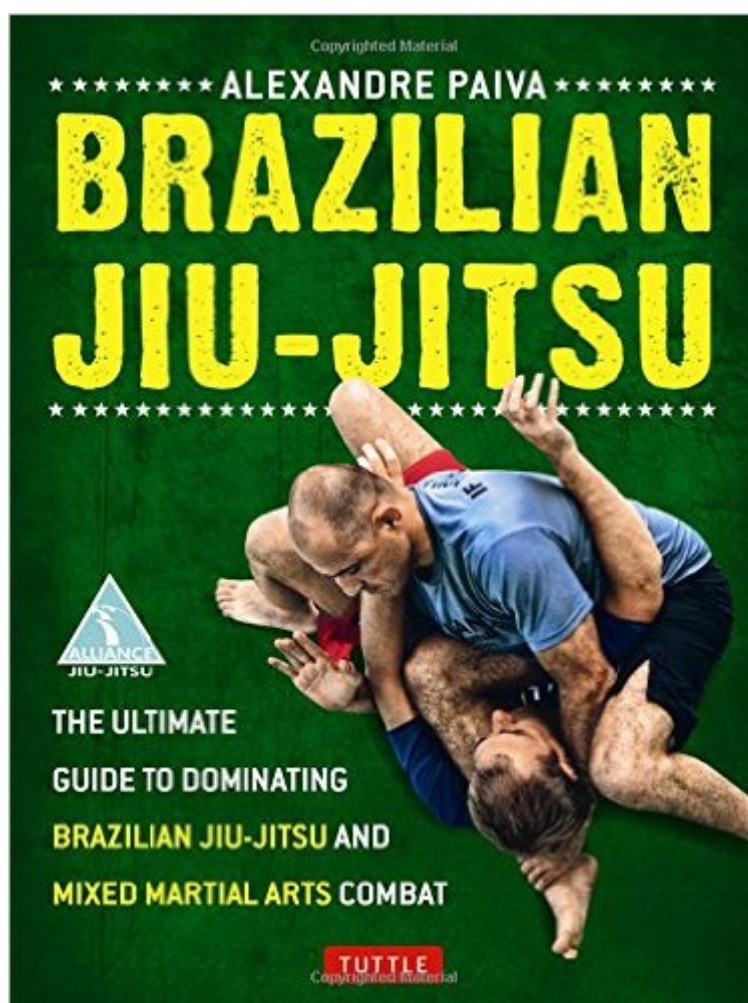


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Brazilian Jiu-Jitsu: The Ultimate Guide To Dominating Brazilian Jiu-Jitsu And Mixed Martial Arts Combat



Synopsis

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

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Customer Reviews

I own several book on Brazilian Jiu-Jitsu techniques and this is the best. Whoever trains in Jiu-Jitsu knows that there are thousands of techniques and hundreds of variation for each one and tons of new ones that are created daily. So the only way you can really rate a book on techniques is by the lay out. This book has a ton of color pictures with easy to understand arrows to walk you through the move. And through out each techniques he points out simple mistakes or variations that can get you

into trouble. I highly recommend this for anyone who trains. Remember practicing moves from a book can only help an already solid game. This means you need to be part of a gym/school/dojo to build/maintain and grow your game.

Alexandre Paiva is a true example of the BJJ lifestyle and is also a great instructor with a storied past in competition. This book is layed out in a great format, easy to follow and absorb each move. Great for beginners and some great variations on moves that are great for long time BJJ practioners. I recommend this book to anyone looking for another great BJJ instructional.

I am new to this martial art and as a woman who is in her early 40's I needed this book to give me clear descriptions of the moves I would do each day in my fundamentals class. I actually learned more from the book than from my instructors at class. It is very detailed and gives you step by step instructions for each maneuver.

I and my workout partners have benefited from this book. We study Krav Maga, which includes no gi ground techniques. This is an excellent and necessary supplement to our training. It is not, nor has any martial arts book I have read, stands alone - you still need an instructor. No instructor is stand alone either.

The book has some excellent techniques, but the layout is hard to follow. If you've been doing BJJ for a couple of years and just want a book to learn a couple new techniques, then this book will more than suffice. However, if you're a beginner, I would strongly recommend "Jiu-Jitsu University" by Saulo Ribero. It's layout is much easier to follow and it's grasp on basic Jiu-Jitsu is superior.

Good book that covers lots of offensive techniques. I appreciate the quality of the pictures , but some pictures seem to omit some grips or placement of some body parts due to the angle of the pictures. If you are familiar with BJJ and have been practicing for longer then 1 yr then this will be good for you. If you are a beginner then i would not recommend on buying this book.

There are many great illustrations around jiu-jitsu techniques. The problem is that they are very hard to follow. I have learned some new things by reading but I think it could have been even better with some larger / clearer images.

Paiva is awesome. If you've trained bjj for a while, you've probably seen most of the positions in this book. However he puts a little twist on most of them and at a certain level of the game, little things make a big difference. Love it

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