



Brazilian Jiu-jitsu Basics: Mastering the Essential Techniques (Paperback)

By Gene Simco

Citadel Press Inc., U.S., United States, 2005. Paperback. Condition: New. Language: English . Brand New Book. Learn it here. Learn it right. Over the last decade, the growing popularity of mixed martial arts competitions has brought international attention to the powerful and practical art of Brazilian Jiu-jitsu. BJJ fighters have taken title after title in championship after championship, and now, with Brazilian Jiu-Jitsu Basics, you can learn the techniques that have made BJJ the dominant style in the world of mixed martial arts. Author and acclaimed instructor Gene Simco teaches his students that a solid mastery of the fundamentals is essential in creating a foundation upon which the more advanced techniques can be built--and that's where this book comes in. With photos and step-by-step instructions, Simco shows you all the moves you'll need to master to take your training to the next level, including: - Primary positions: the Guard, the Mount, the Back Mount, side control, standing techniques, and Passing the Guard - Submissions: Armbars, Triangle Choke, Collar Choke, Kimura Lock, Guillotine, Mata Leo, and Omoplata - Defenses against punches, kicks, take-downs, and sweeps - Escapes from chokes, grabs, bear hugs, locks, and clinches - Plus warm-up exercises, tips...



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