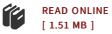


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Jiu-Jitsu Unleashed: A Comprehensive Guide to the World's Hottest Martial Arts Discipline

By Eddie Bravo

McGraw-Hill Education - Europe, United States, 2005. Paperback. Book Condition: New. Comprehensive. 228 x 184 mm. Language: English . Brand New Book. With martial arts champions such as Ken Shamrock and Tito Ortiz appearing on The Tonight Show with Jay Leno, giving training tips in Muscle Fitness and Men s Journal , and conducting interviews on Howard Stern s radio show, millions of people are turning to the martial arts for sport, a means of self-defense, and a form of exercise. Many of these newcomers to the martial arts never stepped foot into a martial arts training facility, and have no plans of ever doing so. They want to learn to defend themselves without traveling to a gym or paying steep monthly dues. Some purchase martial arts guidebooks so they can prepare themselves both mentally and physically to enter a dojo a year or two down the road. Martial Arts Unleashed: Jiu-jitsu offers readers: a detailed history and evolution of the discipline; a description of the various theories and strategies behind training and competing; a breakdown of the gear and training space needed to get started; a description of warm-up routines, footwork, and stances; detailed instruction accompanied by step-by-step photographs...



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