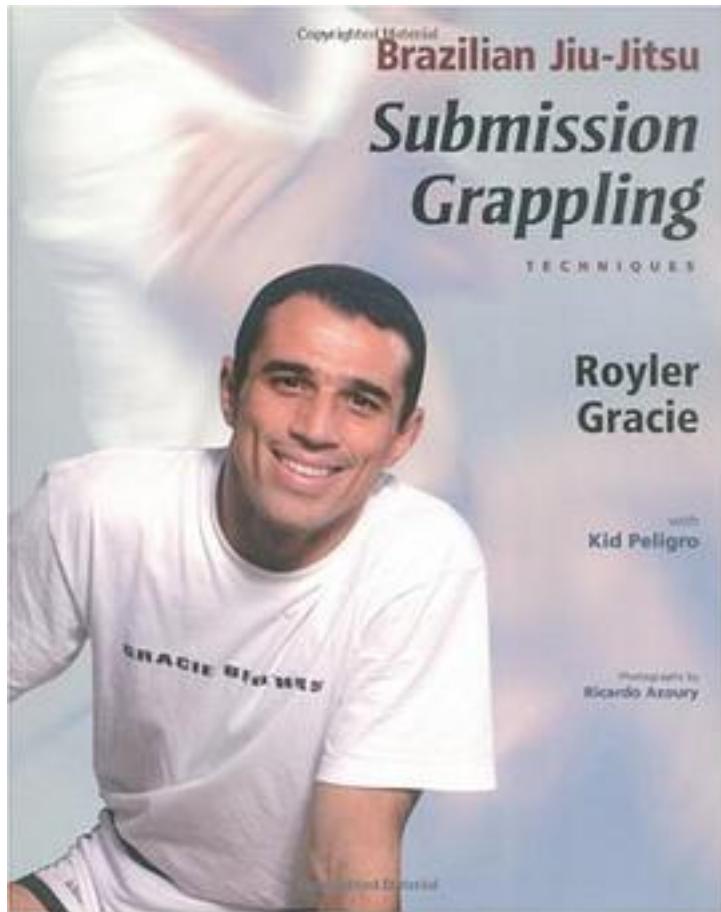


# Brazilian Jiu-Jitsu Submission Grappling Techniques (Brazilian Jiu-Jitsu series)



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著者:Royler Gracie

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The tactics and 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 'grappling' style of martial arts is explained -- 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 arts. Covered are the history, rules, philosophy, strategy, and positions of submission grappling, providing a complete account of this increasingly popular sport.

作者介绍:

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