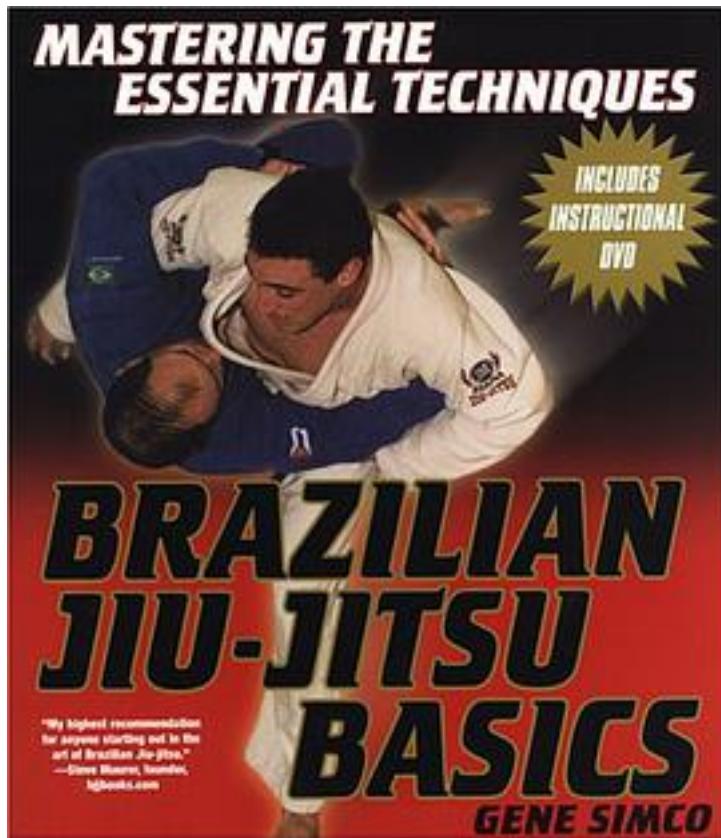


Brazilian Jiu-Jitsu Basics



[Brazilian Jiu-Jitsu Basics 下载链接1](#)

著者:Simco, Gene

出版者:Kensington Pub Corp

出版时间:2005-1

装帧:Pap

isbn:9780806526638

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 on choosing a school, and Dojo etiquette- The author maintains a popular Jiu-jitsu website at www.Jiu-jitsu.net- Includes 50 minute instructional DVD with self-defense techniques, as well as techniques for standing and for the ground

作者介绍:

目录:

[Brazilian Jiu-Jitsu Basics 下载链接1](#)

标签

评论

[Brazilian Jiu-Jitsu Basics 下载链接1](#)

书评

[Brazilian Jiu-Jitsu Basics 下载链接1](#)