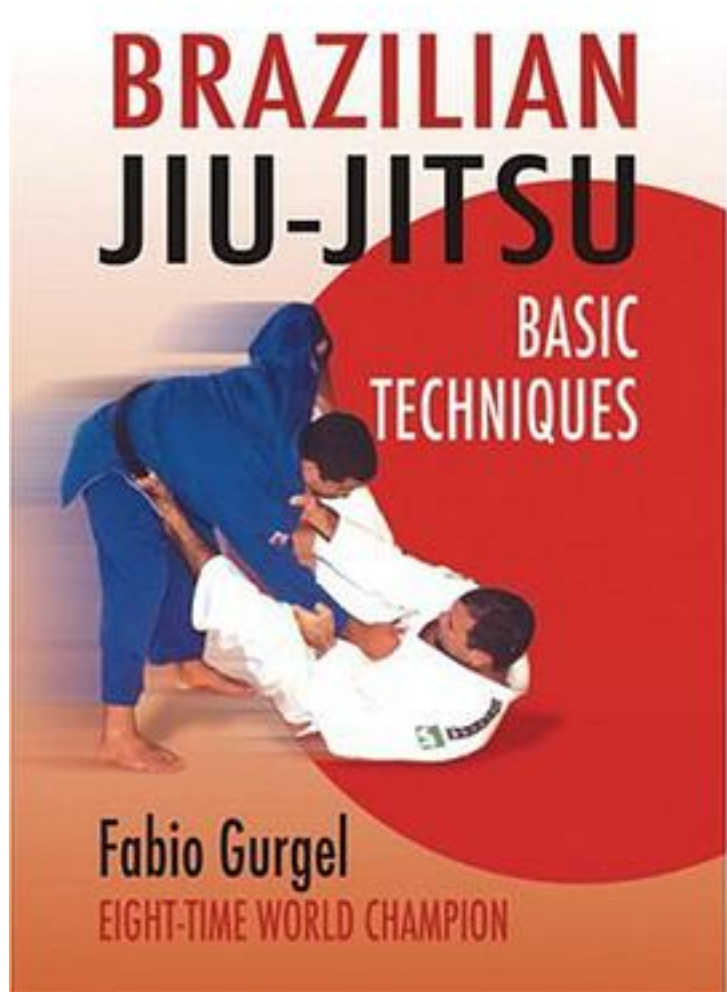


Brazilian Jiu-Jitsu Basic Techniques



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This comprehensive guide to “the gentle art” by one of its foremost practitioners and teachers helps readers master the fundamentals on which a confident self-defense or professional competition career are based. The book covers the history and theory of jiu-jitsu; contains extensive sections on practical techniques such as strikes, holds, locks, throws, and evasions; distinguishes Brazilian lineages such as ground fighting and sudden attack techniques from other traditions; and shows readers how they can overcome any attacker, with as little effort and physical strength as possible.

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