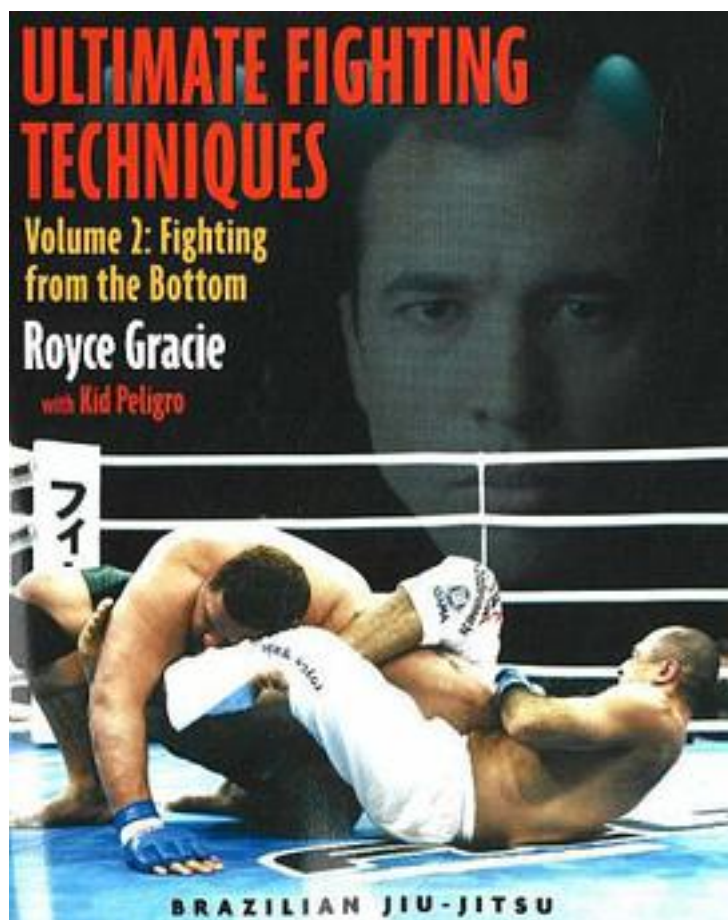


Ultimate Fighting Techniques



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著者:Kid, Peligro/ Royce, Gracie

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This array of bottom-fighting strategies is specifically designed to not only protect practitioners from being hit in any situation, but also to help them defeat bigger, stronger opponents. Exclusively focusing on the bottom game -- a position in which most fighters feel vulnerable -- this resource teaches students of jiu-jitsu and

mixed-martial arts fighting how to develop hidden strengths and exploit the advantages of this seemingly weak position. With details and important information never before shown outside the Gracie family, the authors explore the techniques, tactics, and mindset necessary to win when fighting from the bottom -- whether in an official sports jiu-jitsu competition or simply sparring with a partner.

作者介绍:

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