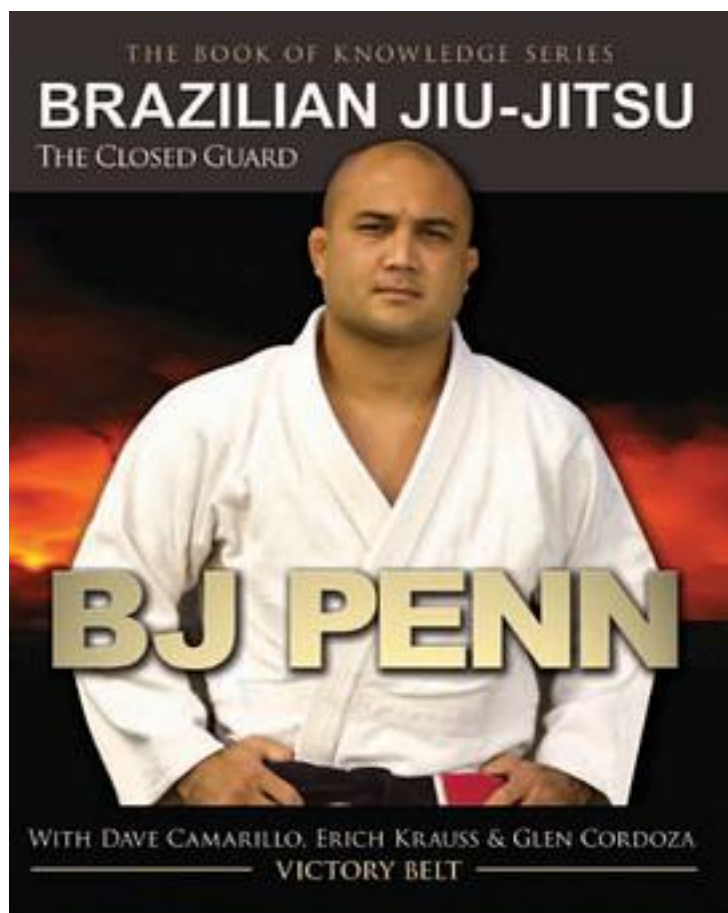


Brazilian Jiu-Jitsu



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著者:BJ Penn

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BJ Penn--UFC Lightweight Champion, former UFC Welterweight Champion, former Jiu-Jitsu World Champion, and best-selling author--is the most accomplished jiu-jitsu practitioner competing in the sport of MMA. In "Brazilian Jiu-Jitsu: The Closed Guard," Penn offers more than eighty techniques that allow you to dominate while fighting off

your back in both jiu-jitsu competition and mixed martial arts. Through step-by-step photographs and descriptive narrative, he shows numerous techniques for shattering your opponent's posture and obtaining control of his body. He covers dozens of collar chokes, arm chokes and triangle chokes. He shows a plethora of straight arm bars, inverted arm bars, kimura locks, Americana locks, omaplata setups and finishes from omaplata control. He also demonstrates a host of sweeps and transitions. Whether you are new to the grappling arts or an experienced Brazilian Jiu-Jitsu practitioner, this book is for you.

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