



Brazilian Jiu-Jitsu Advanced Techniques

Fabio Gurgel

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Unlike most other martial arts, jiu-jitsu involves no spectacular throws and kicks and no ceremonial bows. Unlike boxing, it has no punching. And unlike virtually every other fighting technique, it does not rely on brute strength. Brazilian jiu-jitsu is a form of self-defense that takes place almost entirely on the ground although its falling techniques from a standing position are a distinctive mark among competitors. Fighters use snakelike grappling moves to choke their opponent, or, with the weight of their entire body, they press against key joints, bringing them close to the breaking point.

This practical guide builds on its predecessor *Brazilian Jiu-Jitsu Basic Techniques*, offering specific intermediate and advanced instruction as well as illuminating historical context. Acclaimed author Fabio Gurgel explains the discipline's origins with the ancient Samurai; its seminal place as the father of the major Japanese martial arts, including judo and aikido, as well as its influence on karate. Gurgel describes the mental techniques of jiu-jitsu that have made him one of the sport's superstars, teaching how to achieve self-confidence, self-esteem, stress relief, and an increased ability to focus. Written in a clear, accessible style and incorporating a wealth of black-and-white photographs, *Brazilian Jiu-Jitsu Advanced Techniques* offers world-class training to help readers realize their ultimate potential in this popular art.

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