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## Brazilian Jiu-Jitsu: Advanced Techniques

By Duca Gurgel do Amaral Amaral

Dekel Publishing House. Paperback. Book Condition: new. BRAND NEW, Brazilian Jiu-Jitsu: Advanced Techniques, Duca Gurgel do Amaral Amaral, Jiu-Jitsu, literally meaning 'the gentle art', is a popular form of self-defence that does not necessarily rely on physical strength and power. Seven-time World Champion Fabio Gurgel presents us with a comprehensive two-volume series that brings simplicity to the complex movements of this Martial Art, as he reveals the secrets of Jiu-Jitsu step-by-step. 'Advanced Brazilian Jiu-Jitsu' is fully illustrated and simplify the technical expressions of the art form to allow any student to learn and improve. Originally, Jiu-Jitsu was developed for the Samurai, ancient warriors who had little or no armour to defend themselves against a more powerful and well-armed enemy. As such, Jiu-Jitsu is the father of Japanese Martial Arts, including Judo and Aikido, and it has influenced Karate and other styles of Martial Arts. It utilises techniques of strikes, holds, locks, throws, and evasions. Mentally, Jiu-Jitsu teaches self-confidence, improves self-esteem, relieves stress, and increases the ability to focus. Jiu-Jitsu utilises physics and science through leverage and knowledge of human anatomy to overcome any attacker, with as little effort and physical strength as possible. Brazilian Jiu-Jitsu differs from traditional Jiu-Jitsu in...



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