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## Jiu-Jitsu Unleashed: A Comprehensive Guide to the World's Hottest Martial Arts Discipline

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By Eddie Bravo

McGraw-Hill Education - Europe, United States, 2005.

Paperback. Book Condition: New. Comprehensive. 228 x 184 mm. Language: English . Brand New Book. With martial arts champions such as Ken Shamrock and Tito Ortiz appearing on The Tonight Show with Jay Leno, giving training tips in Muscle Fitness and Men's Journal , and conducting interviews on Howard Stern's radio show, millions of people are turning to the martial arts for sport, a means of self-defense, and a form of exercise. Many of these newcomers to the martial arts never stepped foot into a martial arts training facility, and have no plans of ever doing so. They want to learn to defend themselves without traveling to a gym or paying steep monthly dues. Some purchase martial arts guidebooks so they can prepare themselves both mentally and physically to enter a dojo a year or two down the road. Martial Arts Unleashed: Jiu-jitsu offers readers: a detailed history and evolution of the discipline; a description of the various theories and strategies behind training and competing; a breakdown of the gear and training space needed to get started; a description of warm-up routines, footwork, and stances; detailed instruction accompanied by step-by-step photographs...



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