



Brazilian Jiu-Jitsu Advanced Techniques

By Fabio Gurgel

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Brazilian Jiu-Jitsu Advanced Techniques By Fabio Gurgel

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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Editorial Review

About the Author

Fabio Gurgel was one of the first fighters to earn a black belt from Jacare, and under the tutelage of both Jacare and Rickson Gracie became a champion across fighting sports and generations. In Brazilian jiu-jitsu he has earned countless accolades, including four world championships and three Masters world championships, for a total of eight World championships. Gurgel was one of the forerunners in mixed martial arts, competing and winning in this arena numerous times. He currently heads a chain of schools in Brazil, and travels and teaches around the world.

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