



Gracie Submission Essentials: Grandmaster and Master Secrets of Finishing a Fight (Brazilian Jiu-Jitsu series)

By Helio Gracie, Royler Gracie, Kid Peligro

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Showcasing their favorite and most effective finishing moves, world-renowned jiu-jitsu experts Helio Gracie and son Royler Gracie share the submission techniques that have helped them win fights for more than three decades. Sections of the book break down each submission procedure, presenting important details on how to put devastating combinations together in order to make practitioners more polished competitors. Personal advice on physical and mental training, combined with a deeper understanding of a match's end game, enables readers to elevate their performance and emerge victorious.

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Editorial Review

About the Author

Helio Gracie is the founder of "Gracie Jiu-Jitsu"—also known as Brazilian Jiu-Jitsu—and the author of *Gracie Jiu-Jitsu*. He was named *Black Belt* magazine's Man of the Year in 1997. **Royler Gracie** has competed in the black-belt ranks for 20 years, winning four world titles and the Abu Dhabi World Submission Championship for two consecutive years. He is the coauthor of *Brazilian Jiu-Jitsu: Theory and Practice* and *Brazilian Jiu-Jitsu Submission Grappling Techniques*. **Kid Peligro** holds a black belt in Brazilian jiu-jitsu and is the winner of two World Masters titles. He is a columnist for both *Gracie* and *Grappling* magazines and the coauthor of *Brazilian Jiu-Jitsu*, *Brazilian Jiu-Jitsu Self-Defense Techniques*, *Submission Grappling Techniques*, and *Superfit*. He lives in San Diego.

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