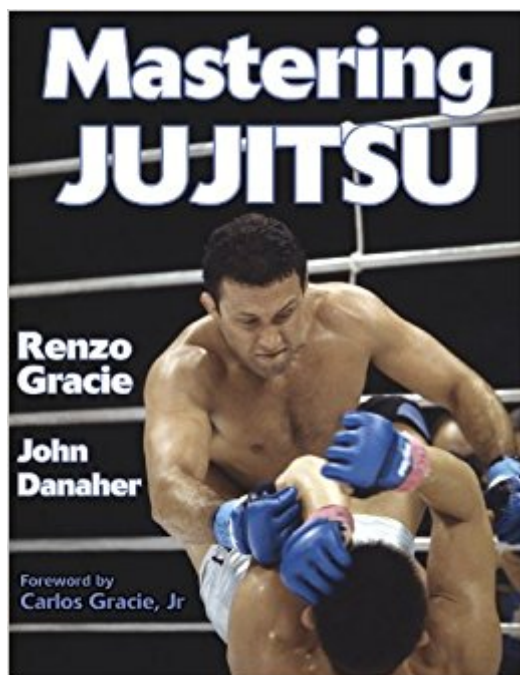


The book was found

Mastering Jujitsu (Mastering Martial Arts Series)



Synopsis

In recent years, the grappling arts have proven to be the most effective form of combat in mixed martial arts (MMA) and no-holds-barred (NHB) competitions. Above all others, the Gracie brand of Brazilian jujitsu has become recognized as the preeminent fighting style in unarmed combat. Now Renzo Gracie—â•instructor; competitor; and champion of numerous grappling, MMA, and NHB events—â•reveals the inner workings of the art in his latest book, *Mastering Jujitsu*. From the origins of the art to personal techniques, you will experience the impact the Gracies have had on jujitsu and learn the strategies they have developed to dominate their opponents. Gracie shares the subtleties of the techniques necessary for mastering the art, and he clearly demonstrates the flow of movement with more than 250 high-quality photos. Not only will *Mastering Jujitsu* help you progress from isolated skill development techniques to a full set of tactics and fight plans, but it will also introduce you to the concept of combat phases and teach you to attack from any phase. You will learn how to react to your opponent in any situation. Whether you're caught in a bottom position or attacking from the top, Gracie reveals the key strategies designed to give you the upper hand. The depth and breadth of topics covered in *Mastering Jujitsu* will aid even the most experienced black belts in their understanding and execution of Brazilian jujitsu. With detailed coverage on advanced principles, you will get all the tactics, strategies, techniques, and drills you need for close combat fighting.

Book Information

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Customer Reviews

One of the most successful and active members of the world-famous Gracie clan, Renzo Gracie has spent almost 30 years training in Brazilian jujitsu. Competing at the highest levels of mixed martial arts (MMA), grappling, and no-holds-barred (NHB) events, he has won the Brazilian jujitsu national title twice, the World Combat Championships (MMA event), and the martial arts reality series superfight. He is also a two-time winner of the world submission grappling championship (held annually in Abu Dhabi) and a multiple winner in Japan's premier MMA venue, PRIDE. Gracie has instructed many current UFC competitors and students who have gone on to become world Brazilian jujitsu champions, PRIDE champions, and Pan American Games champions. His New York City academy is one of the largest and most popular in the United States. Gracie continues to teach, train, and compete throughout the world. He resides in New York City. An instructor at the Gracie school of Jujitsu in New York, John Danaher has been Renzo's training partner for several years. He holds a PhD from Columbia University and has written another book, Brazilian Jujitsu: Theory and Technique, with Renzo and his cousin Royler Gracie. Danaher has the distinction of being involved with the highest authorities in the sport and the formal writing skills to convey it. He resides in New York City.

A very good book to teach the history of Jujitsu. I don't think I would recommend the Kindle version as the pictures don't match up with the text. But as for the substance of the book, this is an excellent place to start to understand the general principals of Jujitsu without getting bogged down into too many specific techniques or maneuvers.

I'm a little biased since I train with John, and Renzo, but the book is written in great detail about the history of Jiu Jitsu, and how it evolved into the move you will be drilling,.

This is a great book to read to get a very broad understanding of how the art of Ju Jitsu/ Jiu Jitsu has evolved and continues to grow and develop. The book offers examples of different techniques for take downs, control positions, transitions, sweeps, escapes, and submissions. I feel the techniques they show are very solid and pretty close to what I have been taught by my instructor. The most helpful thing I took from reading this book is the over-all philosophy the authors convey. I feel it has helped me look at certain situations in my training differently, and help me explain ideas/theories to lower belts in my gym. There is no book out there that will make you proficient in any martial art simply by reading it, you MUST train it on the mat.

One of two books (The other one is Jiu-Jitsu University) that my Mestre recommended to read.
Great reading material for all levels of BJJ.

Good basic info & history lesson. A bit repetitive. I think a more correct name for the book would be something like "An overview of MMA with a focus on JiuJitsu".

I found this book to be a well written introduction the the wide span of techniques that are used in MMA. However, to many of today's fans of MMA what this book covers is already well known. The book was written 11 years ago, and MMA and MMA techniques have become much more main stream. Ultimately, to me this book only scraped the surface of a subject that I wished to explore further.

Great info.

As many other reviewers have noted, the book itself is very history heavy with only a smattering of techniques blended in to keep it interesting. The mistake I made was buying this book in Kindle format because I didn't want to wait for it to ship. In the technique sections, the pictures aren't placed near the techniques they represent. For example, they may be describing how to do an armbar from guard on one page, but the picture that accompanies the text shows up 4 or 5 pages later. Books like this really need to be purchased in the print version. Lesson learned.

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