



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

By Eddie Bravo

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In Jiu-Jitsu Unleashed , expert Eddie Bravo teaches you the moves that he used to defeat legendary Royler Gracie--a member of the reigning family of jiu-jitsu--the victory that made him one of the sport's most feared competitors. Jiu-Jitsu Unleashed features: Detailed instruction on stance, kicks, punches, takedowns, and submissions Step-by-step photos of basic and advanced moves modeled by "Fear Factor" host and former "NewsRadio" star Joe Rogan Various theories and strategies behind training and competing. Jiu-Jitsu Unleashed book. Read 12 reviews from the world's largest community for readers. An introduction to jiu-jitsu from one of its most dominant star...  
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In Jiu-Jitsu Unleashed, world-renowned martial artist Eddie Bravo reveals the moves that he used to defeat legendary Brazilian fighter Royler Gracie and that have made him one of the most feared competitors in the martial arts.