



Brazilian Jiu-Jitsu Submission Grappling Techniques (Brazilian Jiu-Jitsu series)

By Royler Gracie, Kid Peligro

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No Gi, No Fear, No Prisoners!

The fastest-growing martial art in the world is submission grappling, a style that sheds formal rules like old clothing and allows combatants to get down to the pure physics of fighting: two men, no gis, one winner. Whether it is in no-holds-barred events like the Ultimate Fighting Championship and Pride, or in the ADCC World Submission Wrestling Championships, submission grappling is the style that the world's greatest athletes are using to pit themselves against one another and determine who reigns supreme. It can be considered the ultimate evolution of the martial arts.

The greatest successes in submission grappling have come from Brazilian jiu-jitsu backgrounds, and of those none has surpassed Royler Gracie. Not only has the 145-pound Royler won three consecutive ADCC titles, but he also has pioneered techniques that have given him an unbelievable string of successes against opponents of all sizes, from 200-pound jiu-jitsu champions to 300-pound behemoths. In *Submission Grappling Techniques*, Royler spills his secrets for the first time.

Submission Grappling Techniques includes 102 positions designed specifically for the slippery, fast-paced, unpredictable world of no-gi grappling. It offers Royler's tips on successful combination moves, garnered from his more than 300 professional fights, as well as advice on training routines, mental stamina, and avoiding injuries that twenty years as an instructor has taught him. If you come from a jiu-jitsu background, you will want his guidelines on how to adjust your game when you have no gi to grab. If you come from judo, sambo, wrestling, or any other martial art, you will want to get the goods from the master who has defeated the other champions.

Royer Gracie won his first title at age seven and hasn't stopped since. Considered the most technically proficient Brazilian jiu-jitsu fighter of all time, he has won the world title four times, along with many national titles. In no-gi fighting, he has won the ADCC World Submission Wrestling Championship an unprecedented three consecutive years, along with victories in Pride, Vale Tudo,

21st Century Warriors, and many more. Coauthor of Brazilian Jiu-Jitsu: Theory and Technique, Royler is head instructor at the Gracie Humaita Academy in Rio de Janeiro, Brazil.

Kid Peligro holds a black belt in Brazilian jiu-jitsu and is one of the world's leading martial arts journalists, with regular columns in Grappling, Gracie Magazine, and ADCC News. He is the author or coauthor of three of the most successful martial arts books in recent years: The Gracie Way, Brazilian Jiu-Jitsu: Theory and Technique, and Brazilian Jiu-Jitsu Self-Defense Techniques.

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Kid Peligro Bibliography

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About the Author

Royer Gracie lives and teaches in Rio de Janeiro, Brazil, and competes throughout the world.

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