



Mastering the Rubber Guard: Jiu Jitsu for Mixed Martial Arts Competition, Eddie Bravo, Erich Krauss, Glen Cordoza, Joe Rogan, Victory Belt Publishing, 2006, 0977731596, 9780977731596, 272 pages. In Mastering the Rubber Guard, Eddie Bravo, the only American to submit a member of the legendary Gracie family in jiu-jitsu competition, reveals the techniques and strategy of the Rubber Guard, a revolutionary system of grappling designed specifically for the street and mixed martial arts competition. Through descriptive narrative and nearly a thousand color photographs, Bravo teaches dozens of unique moves and submissions. Widely regarded as not only the most offensive, but also the most defensive, guard game in existence, the Rubber Guard will change the way you view and play jiu-jitsu..

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Stretching , Bob Anderson, 2000, Health & Fitness, 223 pages. Illustrates stretching exercises designed to increase flexibility and help prevent injury, and suggests specific stretch routines for a variety of sports..

Color a course in mastering the art of mixing colors, Betty Edwards, Sep 23, 2004, Art, 206 pages. The author of The New Drawing on the Right Side of the Brain distills the complex principles of color theory into a practical, easy-to-follow method of working with color to

Bruce Lee's Fighting Method The Complete Edition, Bruce Lee, Mito Uyehara, Sep 1, 2008, , 450 pages. A guide for self-defense or martial arts training demonstrates how to perform jeet kune do techniques using step-by-step instructions and photographs..

Brazilian Jiu-Jitsu For Experts Only, Carlson Gracie, Julio Foca Fernandez, Aug 1, 2004, , 253 pages. The moves that Carlson Gracie has taught to such stars as Vitor Belfort, Amauri Bitteti, Murilo Bustamante, Wallid Ismael, Mario Sperry, Kevin Costner, Catherine Zeta-Jones

Championship Techniques Brazilian Jiu-Jitsu, Jean Jacques Machado, Kid Peligro, Dec 2, 2004, , 250 pages. For followers of Brazilian jiu-jitsu, this guide offers 112 advanced positions for mastering the sports of submission grappling and no-holds-barred fighting. 800 color photos

The Guard Brazilian Jiu Jitsu: Details and Techniques, Vol. 2, Joe Moreira, Ed Beneville, Nov 1, 2005, , 230 pages. The Guard is the quintessential Brazilian Jiu Jitsu position. Other martial arts assume that once someone is on their back that the fight is over. But that assumption is

Brazilian Jiu-Jitsu Black Belt Techniques, Jean Jacques Machado, Kid Peligro, Oct 1, 2003, , 304 pages. "Known for his superior technical abilities and his unique and innovative moves, Jean Jacques Machado now presents his entire Brazilian jiu-jitsu system in book form for the

Celtic Wisdom, Hard Cover , Cindy Thomson, Sep 1, 2009, , 96 pages. This collection of classic Celtic wisdom - in the form of sayings and stories, prayers and proverbs - reveals the authentic core of Celtic spirituality. Beautifully illustrated

Brazilian Jiu-Jitsu Master Techniques The Essential Guard, Kid Peligro, Rodrigo Medeiros, Sep 28, 2005, , 231 pages. The nuances of the guard, the most important position in jiu-jitsu, are covered in this instructional guide that teaches practitioners how to put up an impenetrable defense to

Transcending CSS the fine art of web design, Andy Clarke, Molly E. Holzschlag, 2007, Computers, 371 pages. Describes the design process using CSS and markup to create original Web sites..

Passing the Guard: Brazilian Jiu Jitsu : Details and Techniques, Volume 1 Brazilian Jiu Jitsu : Details and Techniques, Ed Beneville, Tim Cartmell, Mar 15, 2006, Social Science, 200 pages. The first book of its kind on the fastest growing marital art in the world, Brazilian Jiu Jitsu. The book is unique in its concentration on an thorough treatment of one of the

Gracie Submission Essentials Grandmaster And Master: Secrets of Finishing the Fight, Helio Gracie, Royler Gracie, Ricardo Azoury, Kid Peligro, Jan 12, 2007, , 278 pages. 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

The Complete Guide to Gracie Jiu-Jitsu, Volume One, Volume 1 , Rodrigo Gracie, Kid Peligro, Oct 1, 2008, , 263 pages. Describes the principles of Gracie jiu-jitsu along with step-by-step instructions on all aspects of the martial art..

Brazilian Jiu-Jitsu Self-Defense Techniques , Royce Gracie, Charles Gracie, Kid Peligro, Tom Page, Nov 1, 2002, Sports & Recreation, 272 pages. Brazilian jiu-jitsu is taking the world by storm. The most in-demand martial arts style in the United States has turned the martial arts upside down by emphasizing real-life

The goal a process of ongoing improvement, Eliyahu M. Goldratt, Jeff Cox, 1992, , 274 pages. Mr. Rogo, a plant manager, must improve his factory's efficiency or face its closing in just three months.

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