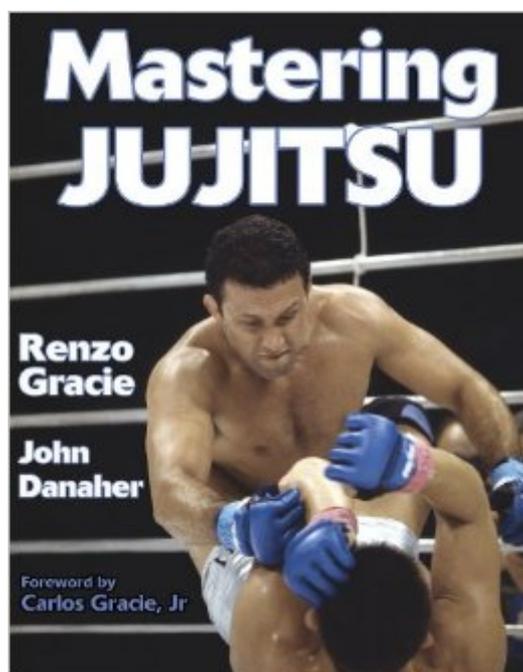


The book was found

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 Gracieâs instructor; competitor; and champion of numerous grappling, MMA, and NHB eventsâs 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 youâ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

No, that's not a quote from Gichin Funakoshi or Moriei Uyeshiba. That's from Ian Fleming's "From Russia with Love." The Gracies agree. The bad news is that we're told that 'There is no Santa Claus' against multiple opponents, so wannabe James Bonds are out of luck. The good news is that when Royce Gracie entered the 'Ultimate Fighting Championship' he was able to do what most martial arts promised but could not deliver; consistently defeat much larger men. At 170 lbs soaking wet, Royce kept winning against Sumo, Greco-Roman wrestlers, Boxers and Karateka-- as did the rest of his family. Fleming would have approved of their methodology. The Gracies had tons of experience, Brazilian law did not forbid no-holds barred challenges. A bit of a throwback to the 19th century catch wrestling matches, if not quite The Wild West . . . This book covers the beginning of the Gracie clan's ascension to prominence. The authors make the point that martial arts which teach 'deadly moves' e.g; eye-gouging, shuto throat strikes and such are weaker than those which practise safe techniques--an easily explained paradox in their view, since the 'deadly' ones (Karate and Ryu-style Ju-Jitsu) have to remain theoretical--not too many students being willing to get their throats crushed in practise; whereas boxing and Judo spend most of their time in sparring safely against a training partner--that is not being cooperative. Thus they have nothing but the highest praise for Jigoro Kano, founder of Judo. Indeed their 'lineage' is traced back to him via Mitsuyo Maeda, (1871-1941) a Judoka who saw Judo lose to the Fusen-Ryu school of Jujitsu. This was the first time Kodokan Judo had EVER lost against the 'theoretical' schools. Fusen Ryu employed ground grappling.

This is a notable contribution to the martial arts literature, particularly from the standpoint of theory. There have been several recent books capitalizing on the popularity of Brazilian Jujutsu (BJJ) such as those presenting basic techniques, a training syllabus, and self-defense applications. This book is distinguished clearly from those by its more systematic coverage of the general principles and their origin, allowing more advanced martial artists of all styles to learn what makes Brazilian Jujutsu so effective under the submission fighting and "no holds barred" conditions where it excels. This book also takes on unarmed fighting strategy in general, and so does not limit its coverage to the traditional methods of BJJ. The book has several remarkable strengths, especially for a martial arts technical book. It treats cultural evolution of martial arts in an unusually serious and competent manner, it is relatively free of stylistic bias despite being written from within the perspective of Brazilian Jujutsu, it is very well written, and it has a logical structure with clear, useful, well-chosen examples. The book also has a couple of minor but notable problems. First, the authors chose a completely non-scholarly format, and so they have some difficulty making serious historical and

technical points with a very bare minimum of sources. Second, the authors treat principles as if all principles were strategic, thus largely missing technical (e.g. biomechanical) principles. Third, the authors avoid an important central issue, the classification of strategies based on the degree of risk and commitment.

I LOVE THIS BOOK! This is one of the most comprehensive works on the principles behind one-on-one, unarmed combat that I've read. We're not talking one of those "every move in the world" books here, though some are included. No, this is more on principles and theories which reality fighting, specifically jujitsu, embrace. The book starts out with a rather extensive history of BJJ, going all the way back to ancient Japan. Briefly covered are the different theories of how martial arts developed around the world, which was interesting to read. The book then goes into the different stages of combat; the clinch, the free-movement phase, and groundfighting. I have to admit, I've never really been satisfied with "long, medium, short" or "kicking, punching, trapping, grappling", and I'm a little jealous that I didn't think of Gracie's stages of a fight on my own. His division is based on the different skills needed for each stage of a fight. Further chapters cover the stages by themselves. The free-movement chapter covers basic strikes, blocks, and long-range "shooting" takedowns. The section on the clinch actually goes over the most common clinch positions (over-under, front headlock, double-underhook, etc.), and includes brief strategy for both. The authors give insights into strikes, takedowns, and submissions from the various clinch positions. Groundfighting is covered in the next chapter. The focus is on the different positions/pins, and is covered in a hierarchical manner, from most desirable to least desirable. Two chapters are then devoted to specific aspects of groundfighting; winning from the bottom, and winning from the top. These are probably the most technique-rich sections.

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