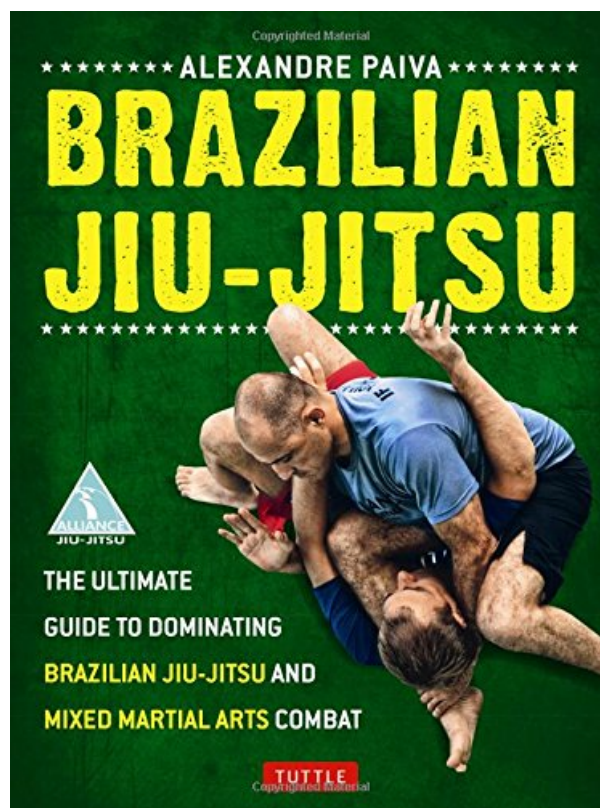
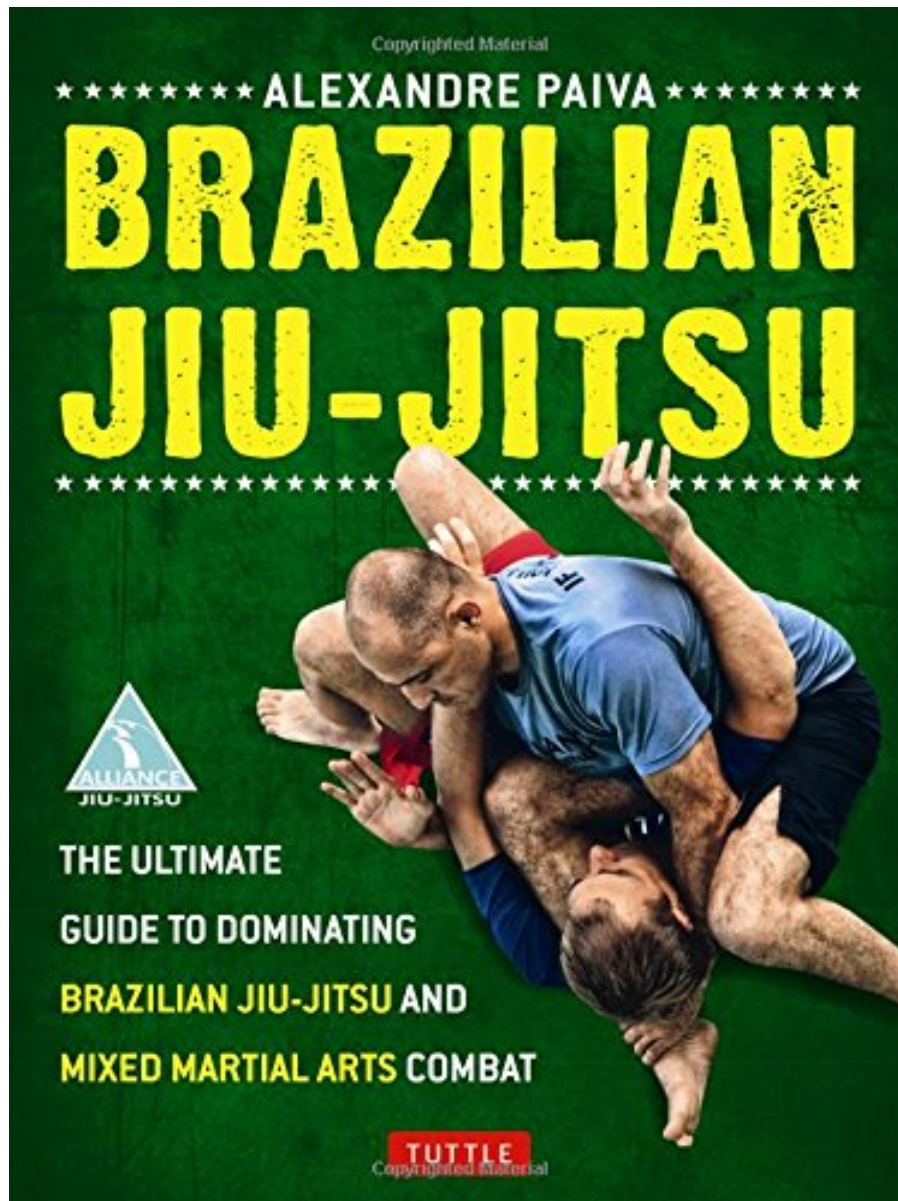


**BRAZILIAN JIU-JITSU: THE ULTIMATE
GUIDE TO DOMINATING BRAZILIAN JIU-
JITSU AND MIXED MARTIAL ARTS
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Review

"Alexandre Paiva is one of the most technical fighters of our generation. A great competitor has also become a great teacher. Along with his Master Romero Jacare and his friend Fabio Gurgel, he is a major contributor to the success of his team in the Alliance BJJ tournaments. A man of character, he is an example to be followed inside and outside the mat by the young." —Murilo Bustamante, Brazilian Jiu-Jitsu World Champion and former UFC Middleweight Champion

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Brazilian Jiu-Jitsu is a guide to the most effective and devastating techniques in popular martial arts by World Champion and Brazilian Jiu Jitsu legend Alexandre Paiva.

The book contains over 1,000 full-color photographs demonstrating the moves that made the author the most feared competitor in BJJ circles and now one of the most sought after instructors. Jiu-Jitsu or Jujutsu came into prominence in the early 90's when jiu-jitsu expert Royce Gracie won the first, second, and fourth Ultimate Fighting Championships against much larger opponents who were using other styles such as boxing, muay thai, karate, and wrestling. Since then it has become one of the most popular styles in MMA due to its focus on ground fighting.

Learn the techniques that have proven dominant in Brazilian Jiu-Jitsu tournaments and in the Mixed Martial Arts cage:

- Takedowns
- The Closed Guard
- Passing The Closed Guard
- Butterfly Guard
- Open Guard Pass
- Side Control
- Half Guard
- Back Mount

With sections devoted to both gi and no-gi techniques, whether training for a Brazilian Jiu-Jitsu tournament or a Mixed Martial Arts fight, Brazilian Jiu-Jitsu is one book no true competitor can afford to miss.

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Great BJJ instructional.

By Erik T. Moskodauz

Alexandre Paiva is a true example of the BJJ lifestyle and is also a great instructor with a storied past in competition. This book is laid out in a great format, easy to follow and absorb each move. Great for beginners and some great variations on moves that are great for long time BJJ practioners. I recommend this book to anyone looking for another great BJJ instructional.

3 of 3 people found the following review helpful.

Hands down one of the best books on techniques.

By Arte Suave

I own several book on Brazilian Jiu-Jitsu techniques and this is the best. Whoever trains in Jiu-Jitsu knows that there are thousands of techniques and hundreds of variation for each one and tons of new ones that are created daily. So the only way you can really rate a book on techniques is by the lay out. This book has a ton of color pictures with easy to understand arrows to walk you through the move. And through out each techniques he points out simple mistakes or variations that can get you into trouble. I highly recommend this for anyone who trains. Remember practicing moves from a book can only help an already solid game. This means you need to be part of a gym/school/dojo to build/maintain and grow your game.

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By LasVegasMom

I am new to this martial art and as a woman who is in her early 40's I needed this book to give me clear descriptions of the moves I would do each day in my fundamentals class. I actually learned more from the book than from my instructors at class. It is very detailed and gives you step by step instructions for each maneuver.

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