

Brazilian Jiu-Jitsu Master Techniques: The Essential Guard (Brazilian Jiu-Jitsu Master Techniques series)

By Kid Peligro, Rodrigo Medeiros

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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 any opponent. Showing how a myriad of techniques originate in the guard, including sweeps, reversals, and submissions, these drills demonstrate how small changes in hip position and weight distribution can make the difference between success and failure in submission combat. Extraordinarily detailed with tips from leading black belts and down-to-earth advice on what to think about during a match, this guide is instructive reading for even advanced belts seeking to refine their game.

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Editorial Review

About the Author

Kid Peligro is a columnist for *Grappling* and *Gracie*, the author of *The Gracie Way*, and the coauthor of *Brazilian Jiu-Jitsu*, *Brazilian Jiu-Jitsu Self-Defense Techniques*, *Championship Grappling Techniques*, *From First Down to Touchdown*, *Submission Grappling Techniques*, and *Superfit*. He is a black belt in Brazilian jiu-jitsu and the winner of two World Masters titles. He lives in San Diego, California. **Rodrigo Medeiros** is a black belt in Brazilian jiu-jitsu and winner of the first place prize at the 2001 Brazilian Jiu-Jitsu World Championships. He lives in Los Angeles.

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