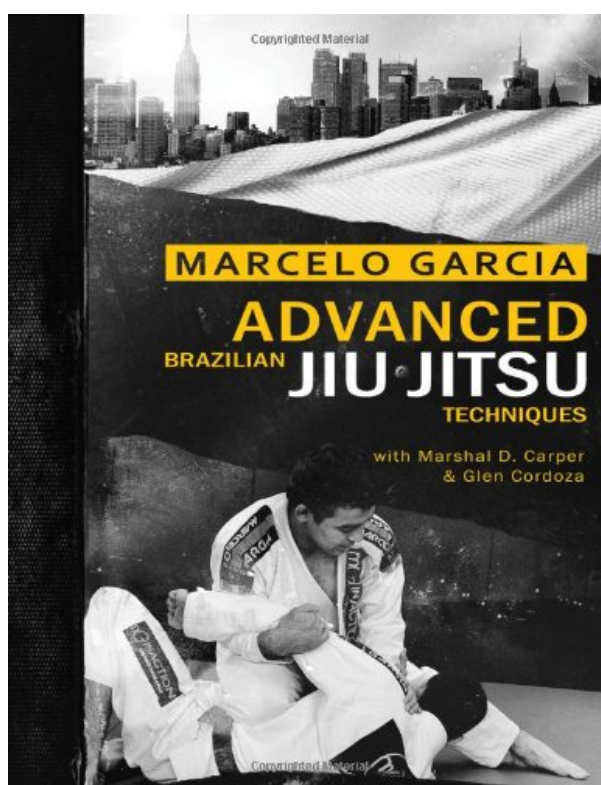


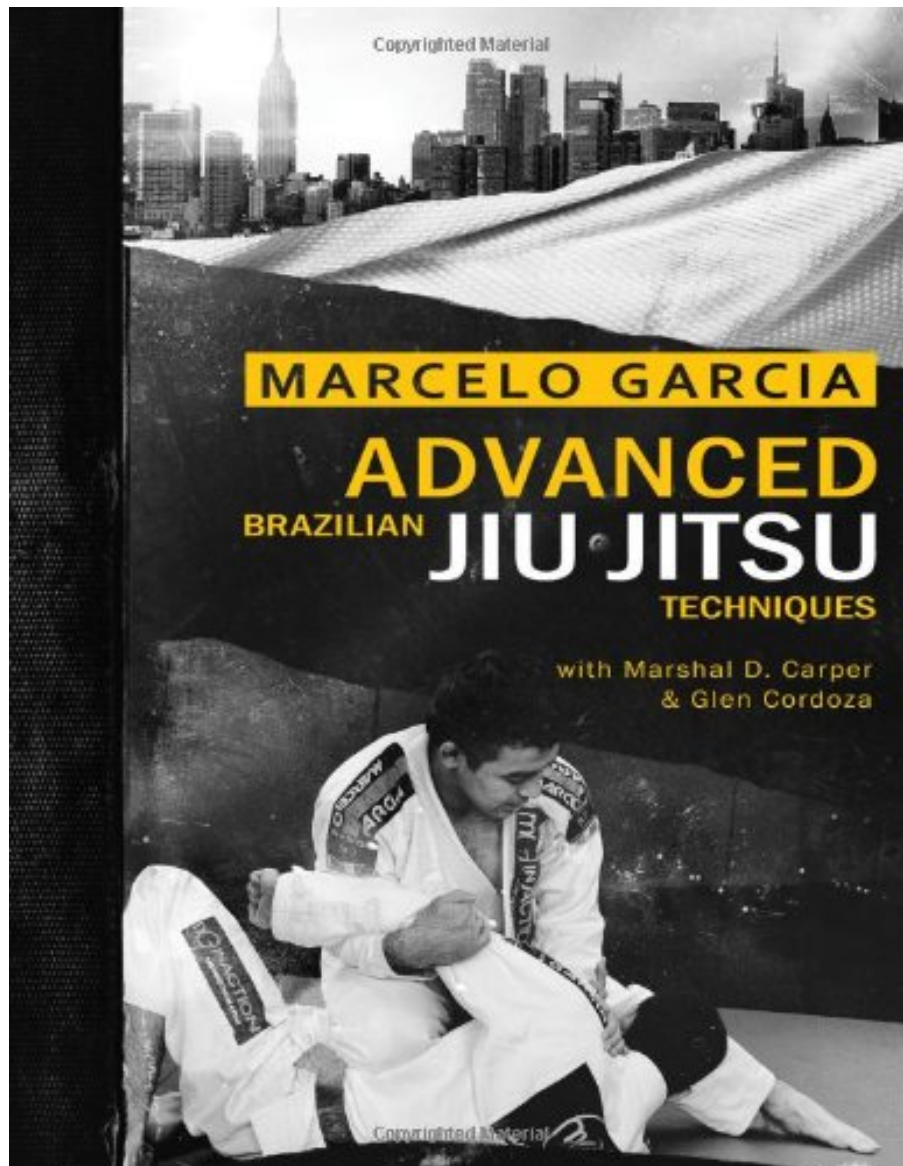
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ADVANCED BRAZILIAN JIUJITSU TECHNIQUES BY MARCELO GARCIA, MARSHAL D. CARPER, GLEN CORDOZA PDF

MARCELO GARCIA—considered by many to be the best pound-for-pound Brazilian jiu-jitsu fighter in the world—has proven time and again that his unique style of grappling is one of the most effective forms of Brazilian jiu-jitsu in existence. In *Advanced Brazilian Jiu-Jitsu*, Marcelo unveils the system of techniques that allowed him to conquer the world of BJJ. As a five-time BJJ World Champion and a four-time ADCC Submission Grappling World Champion, Marcelo has shown that his style of fighting translates to both gi and no-gi competitions, making his system a must for all who train in the grappling arts.

Through detailed narrative and more than 2,000 step-by-step color photographs, Marcelo breaks down the arm drag, methods for taking and sustaining back control, finishes from the back, and a plethora of takedowns and guard passes. Leaving no stone unturned, he also sheds new light on the guillotine choke and omoplata submissions.

To avoid watering down the pages with redundant transitions and submissions that are well known and widely taught in jiu-jitsu schools across the globe, Marcelo only covers the techniques that are unique to his system. Unlike a lot of jiu-jitsu systems, which include techniques that are limited in range and application, each submission covered in this technical manual is practical and guaranteed to work on opponents both large and small. Having competed in the Absolute Open Weight Division his entire life, Marcelo discarded the techniques that didn't work on larger, stronger opponents. What you are left with is a highly effective and efficient system of grappling that works for and on everyone. Let *Advanced Brazilian Jiu-Jitsu* elevate your grappling game to the next level.

- Sales Rank: #953563 in Books
- Published on: 2011-11-15
- Released on: 2011-11-15
- Original language: English
- Number of items: 1
- Dimensions: 10.88" h x .80" w x 8.50" l, 2.34 pounds
- Binding: Paperback
- 320 pages

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Knucklepit Review

By Mr. Marc Wickert

MARCELO GARCIA

Advanced Brazilian Jiu Jitsu Techniques

With Marshal D. Carper & Glen Cordoza

presented by Victory Belt

It's easy to pigeon-hole Marcelo Garcia - the guy is the Thomas Edison of Brazilian Jiu Jitsu.

A five-time BJJ World Champion and a four-time ADCC Submission Grappling World Champion, Marcelo is the man to study if you want to elevate your game to the penthouse level of grappling.

Garcia's motto appears to be, if it's not broken, fix it anyway - it can always be better. It's this constant quest for improvement that has enabled him to remain the best of the best.

The Forward by child chess prodigy Josh Waitzkin is also a very informative and enjoyable read, although including Marcelo's email address in the book may not have been Josh's best `move'.

Of Garcia, Waitzkin says "Marcelo's repertoire is in a constant state of evolution, and experimentation is a key part of his process - he is often playing with things around the edges of his arsenal, testing, pushing his boundaries. This is part of how his game always tends to be one step ahead of his opponents"

Advanced Brazilian Jiu Jitsu Techniques is a totally unique training manual that provides alternate moves to baffle your adversaries with cutting-edge tactics. Marcelo hit the bulls eye with this publication.

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15 of 16 people found the following review helpful.

Excellent instruction from one of the best

By R. M.

In the world of Brazilian Jiu-jitsu, Marcelo Garcia needs no introduction. If you happened upon this title by perhaps searching for grappling books and are unfamiliar with his reputation, I'll explain it thusly: Garcia is a phenom. He is the type of BJJ practitioner that makes other black belts who have dedicated their lives to BJJ look like they haven't trained a day in their life when they compete against him. A cursory search on Youtube for Garcia's matches bears out this fact.

However, being an exceptional practitioner doesn't necessarily translate to an ability to convey that in an instructional manual. There are books out there by a great number of BJJ experts that are not successful in translating their expertise to the regular training Joe. That is not the case with this book. Garcia, with the help of Marshal Carper and Glen Cordoza, has been able to break down many of the techniques that make him a multi BJJ World Champion. Additionally, he provides the strategies behind the techniques that make them so successful, which, in my opinion, is even more valuable.

This book succeeds for several reasons. First, like many Victory Belt publications, the photography captures the techniques from both the typical and reverse angles. BJJ has been called a game of inches, and it is critical to see the positions of all the limbs in action during a technique. Second, the quality of the writing is top-notch. Often in martial arts books, the text takes a far back seat to the photography, much to the detriment of the overall instruction. Not the case here; it is well written and a pleasure to read. Third, much like Marcelo's game itself, it focuses on several key techniques: arm drags, back control, takedowns, guard passes and submissions. The techniques themselves are not what make this an "advanced" book; the focus on offense and the philosophy and strategies Garcia employs to make these techniques successful are what makes this a book for the serious BJJ artist. For a practitioner like myself, who is far more interested in the concepts and intricacies of BJJ than learning some esoteric maneuver, it is an ideal book to elevate my game. Highly recommended.

17 of 19 people found the following review helpful.

A must have book for all BJJ / submission grapplers.

By Charles E. Slade

Advanced Brazilian Jiu-jitsu Techniques by Marcello Garcia is another great title to be added to the grapplers library. Where as his first book, The X Guard, was very specific to one particular element of Garcia's style, ABJJT includes a broader approach to the art.

Anyone who has seen Marcelo Garcia compete can tell you he has a high technical ability and it shows in the book. The photos hit all the key points of the techniques and the text compliments and explains the nuances perfectly. Garcia is not a physically imposing fighter so the tiny details he shows in the book help explain how he got to the top of the grappling food chain.

My favorite part of the book (thus far) is the chapters on submissions. Garcia covers them all...chokes, armbars, omoplatas, and how to transition from one to another. Marcelo is an extremely fluid fighter so it is a safe bet that if he shows it, he has trial tested it in competition.

This book gets a five star rating. ABJJT and Jiu-jitsu University by Saulo Ribeiro would be a great combo for anyone looking to start BJJ or take their grappling game to a higher level.

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