



Brazilian Jiu-Jitsu No Holds Barred! Fighting Techniques (Brazilian Jiu-Jitsu series)

Rodrigo Gracie, Kid Peligro

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This guide for jiu-jitsu practitioners offers 100 lethal positions of striking and grappling combination moves that will give fighters the edge they need to excel in the sport of no-holds-barred fighting. Rodrigo Gracie, winner of the 2002 Pride Fighting Championship, reveals techniques not only for high-level competitors looking to be unstoppable in the ring, but also for amateur fighters looking for new moves.

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