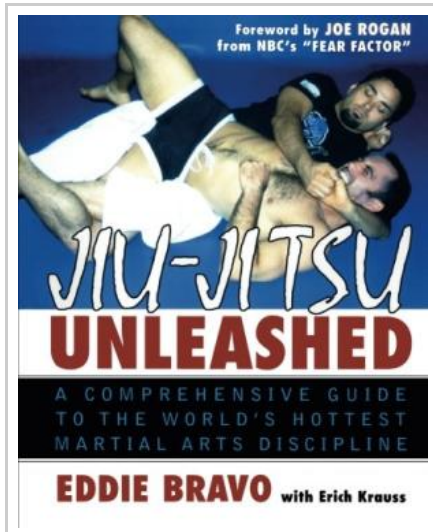




Jiu-Jitsu Unleashed: A Comprehensive Guide to the World's Hottest Martial Arts Discipline (Paperback)

By Eddie Bravo

McGraw-Hill Education - Europe, United States, 2005. Paperback. Book Condition: New. Comprehensive. 228 x 184 mm. Language: English . Brand New Book. With martial arts champions such as Ken Shamrock and Tito Ortiz appearing on The Tonight Show with Jay Leno, giving training tips in Muscle Fitness and Men's Journal, and conducting interviews on Howard Stern's radio show, millions of people are turning to the martial arts for sport, a means of self-defense, and a form of exercise. Many of these newcomers to the martial arts never stepped foot into a martial arts training facility, and have no plans of ever doing so. They want to learn to defend themselves without traveling to a gym or paying steep monthly dues. Some purchase martial arts guidebooks so they can prepare themselves both mentally and physically to enter a dojo a year or two down the road. Martial Arts Unleashed: Jiu-jitsu offers readers: a detailed history and evolution of the discipline; a description of the various theories and strategies behind training and competing; a breakdown of the gear and training space needed to get started; a description of warm-up routines, footwork, and stances; detailed instruction accompanied by step-by-step photographs...



READ ONLINE
[3.92 MB]

Reviews

A top quality publication along with the font used was intriguing to read. I really could comprehend everything using this written e book. Its been designed in an remarkably straightforward way and it is only after i finished reading through this publication by which basically altered me, modify the way i believe.

-- **Cathrine Larkin Sr.**

Very useful to all of group of people. I actually have read through and so i am certain that i will planning to study yet again once again down the road. I am just very easily can get a satisfaction of looking at a created book.

-- **Mark Bernier**

See Also



The First Epistle of H. N. a Crying-Voyce of the Holye Spirit of Loue. Translated Out of Base-Almayne Into English. (1574) (Paperback)

Eebo Editions, Proquest, United States, 2010. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.EARLY HISTORY OF RELIGION. Imagine holding history in your hands. Now you can. Digitally preserved and previously accessible...



Mother Carey's Chickens (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 228 x 154 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children's author and educator. She was born in Philadelphia,...



Music for Children with Hearing Loss: A Resource for Parents and Teachers (Paperback)

Oxford University Press Inc, United States, 2014. Paperback. Book Condition: New. 228 x 156 mm. Language: English . Brand New Book. Written by an expert in the field who is both a teacher and a teacher-educator, this book is an in-depth and...



Oxford Primary Illustrated Science Dictionary (Paperback)

Oxford University Press, United Kingdom, 2013. Paperback. Book Condition: New. 238 x 184 mm. Language: English . Brand New Book. The Oxford Primary Illustrated Science Dictionary supports the curriculum and gives comprehensive coverage of the key science terms children use in the...



No Friends?: How to Make Friends Fast and Keep Them (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends ? Are you tired of not having any friend and being lonely all the time...



The Preschool Inclusion Toolbox: How to Build and Lead a High-Quality Program (Paperback)

Brookes Publishing Co, United States, 2015. Paperback. Book Condition: New. 274 x 213 mm. Language: English . Brand New Book. Filled with tips, tools, and strategies, this book is the comprehensive, practical toolbox preschool administrators need to implement early childhood inclusion through...