



Championship Techniques (Brazilian Jiu-Jitsu series)

Jean Jacques Machado, Kid Peligro

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This guide to grappling presents jiu-jitsu practitioners with 112 advanced positions that will give them the tools they need to excel in the sports of submission grappling and no-holds-barred fighting. Master grappler Jean Jacques Machado reveals the minute adjustments in holds and positions that can make the difference between victory and defeat at the championship level. With these tips, high-level competitors will be able to fortify their arsenals with devastating moves that will catch their opponents off guard and end fights quickly, efficiently, and emphatically.

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