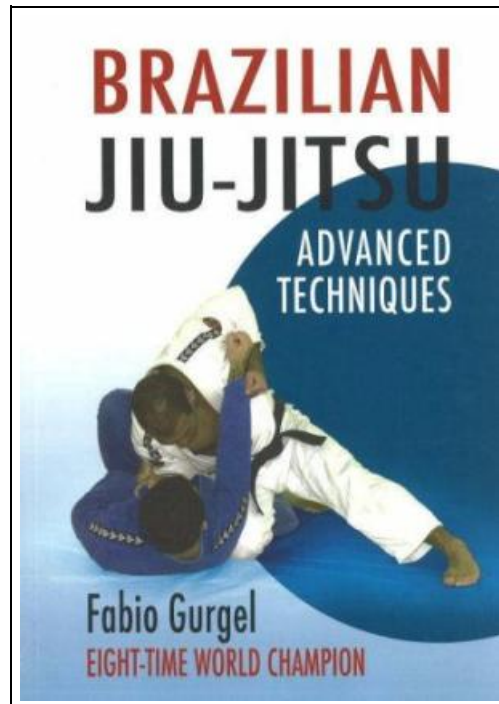


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Dekel Publishing House. Paperback. Book Condition: new. BRAND NEW, Brazilian Jiu-Jitsu: Advanced Techniques, Duca Gurgel do Amaral Amaral, Jiu-Jitsu, literally meaning 'the gentle art', is a popular form of self-defence that does not necessarily rely on physical strength and power. Seven-time World Champion Fabio Gurgel presents us with a comprehensive two-volume series that brings simplicity to the complex movements of this Martial Art, as he reveals the secrets of Jiu-Jitsu step-by-step. 'Advanced Brazilian Jiu-Jitsu' is fully illustrated and simplify the technical expressions of the art form to allow any student to learn and improve. Originally, Jiu-Jitsu was developed for the Samurai, ancient warriors who had little or no armour to defend themselves against a more powerful and well-armed enemy. As such, Jiu-Jitsu is the father of Japanese Martial Arts, including Judo and Aikido, and it has influenced Karate and other styles of Martial Arts. It utilises techniques of strikes, holds, locks, throws, and evasions. Mentally, Jiu-Jitsu teaches self-confidence, improves self-esteem, relieves stress, and increases the ability to focus. Jiu-Jitsu utilises physics and science through leverage and knowledge of human anatomy to overcome any attacker, with as little effort and physical strength as possible. Brazilian Jiu-Jitsu differs from traditional Jiu-Jitsu in that it was developed in a different environment and area as a response to different needs. This caused the development of additional techniques that are more relevant to ground fighting and some relevant needs for dealing with violence in modern day life. Today, Brazilian Jiu-Jitsu is famous for its excellent ground fighting, high-level competitions, and competitors, as well as for its tactical thinking and manoeuvres. Seven-time World Champion Fabio Duca Gurgel do Amaral began practicing Jiu-Jitsu at the age of 13 and received his black belt at the age of 19. Along with his master, Romero Jacare, he is the...



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