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# Brazilian Jiu-Jitsu Secrets of the Closed Guard (Volume Book 1) (English Edition)



*Par Kid Peligro*  
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## Description :

Prsentation de l'diteurGracie Jiu-Jitsu is considered the most effective martial art for self-defense. Gracie Jiu-Jitsu allows a smaller weaker person to protect him or herself against a larger and stronger attacker.The "Guard " is arguably the most important position in Gracie Jiu-Jitsu. Kid Peligro goes over, in detail, what makes this position work and how create opportunities to take advantage of your opponent's weaknessesDetailed explanation on over 40 techniques and variations with hundreds of color pictures allows the practitioner to quickly turbo-charge the guard. Techniques include: Action - ReactionConnectionLeg DrillsCross over sweep defense arm-plant - KimuraBow and arrow chokeCombination bow and arrow

choke/scissor sweepRickson scissor sweepRickson taking the back w. leg pressureArm wrap side attacks Arm-bar and morePrsentation de l'diteurGracie Jiu-Jitsu is considered the most effective martial art for self-defense. Gracie Jiu-Jitsu allows a smaller weaker person to protect him or herself against a larger and stronger attacker.The "Guard " is arguably the most important position in Gracie Jiu-Jitsu. Kid Peligro goes over, in detail, what makes this position work and how create opportunities to take advantage of your opponent's weaknessesDetailed explanation on over 40 techniques and variations with hundreds of color pictures allows the practitioner to quickly turbo-charge the guard. Techniques include: Action - ReactionConnectionLeg DrillsCross over sweep defense arm-plant - KimuraBow and arrow chokeCombination bow and arrow choke/scissor sweepRickson scissor sweepRickson taking the back w. leg pressureArm wrap side attacks Arm-bar and more