



Brazilian Jiu-Jitsu: The Ultimate Guide to Dominating Brazilian Jiu-Jitsu and Mixed Martial Arts Combat (NONE)

By Alexandre Paiva



Brazilian Jiu-Jitsu: The Ultimate Guide to Dominating Brazilian Jiu-Jitsu and Mixed Martial Arts Combat (NONE) By Alexandre Paiva

Brazilian Jiu-Jitsu is a guide to the most effective and devastating techniques in popular martial arts by World Champion and Brazilian Jiu Jitsu legend Alexandre Paiva.

The book contains over 1,000 full-color photographs demonstrating the moves that made the author the most feared competitor in BJJ circles and now one of the most sought after instructors. Jiu-Jitsu or Jujutsu came into prominence in the early 90's when jiu-jitsu expert Royce Gracie won the first, second, and fourth Ultimate Fighting Championships against much larger opponents who were using other styles such as boxing, muay thai, karate, and wrestling. Since then it has become one of the most popular styles in MMA due to its focus on ground fighting.

Learn the techniques that have proven dominant in Brazilian Jiu-Jitsu tournaments and in the Mixed Martial Arts cage:

- Takedowns
- The Closed Guard
- Passing The Closed Guard
- Butterfly Guard
- Open Guard Pass
- Side Control
- Half Guard
- Back Mount

With sections devoted to both gi and no-gi techniques, whether training for a Brazilian Jiu-Jitsu tournament or a Mixed Martial Arts fight, *Brazilian Jiu-Jitsu* is one book no true competitor can afford to miss.

 [Download Brazilian Jiu-Jitsu: The Ultimate Guide to Dominat ...pdf](#)

 [Read Online Brazilian Jiu-Jitsu: The Ultimate Guide to Domin ...pdf](#)



Brazilian Jiu-Jitsu: The Ultimate Guide to Dominating Brazilian Jiu-Jitsu and Mixed Martial Arts Combat (NONE)

By Alexandre Paiva

Brazilian Jiu-Jitsu: The Ultimate Guide to Dominating Brazilian Jiu-Jitsu and Mixed Martial Arts Combat (NONE) By Alexandre Paiva

***Brazilian Jiu-Jitsu* is a guide to the most effective and devastating techniques in popular martial arts by World Champion and Brazilian Jiu Jitsu legend Alexandre Paiva.**

The book contains over 1,000 full-color photographs demonstrating the moves that made the author the most feared competitor in BJJ circles and now one of the most sought after instructors. Jiu-Jitsu or Jujutsu came into prominence in the early 90's when jiu-jitsu expert Royce Gracie won the first, second, and fourth Ultimate Fighting Championships against much larger opponents who were using other styles such as boxing, muay thai, karate, and wrestling. Since then it has become one of the most popular styles in MMA due to its focus on ground fighting.

Learn the techniques that have proven dominant in Brazilian Jiu-Jitsu tournaments and in the Mixed Martial Arts cage:

- Takedowns
- The Closed Guard
- Passing The Closed Guard
- Butterfly Guard
- Open Guard Pass
- Side Control
- Half Guard
- Back Mount

With sections devoted to both gi and no-gi techniques, whether training for a Brazilian Jiu-Jitsu tournament or a Mixed Martial Arts fight, *Brazilian Jiu-Jitsu* is one book no true competitor can afford to miss.

Brazilian Jiu-Jitsu: The Ultimate Guide to Dominating Brazilian Jiu-Jitsu and Mixed Martial Arts Combat (NONE) By Alexandre Paiva Bibliography

- Sales Rank: #691842 in eBooks
- Published on: 2013-02-12
- Released on: 2013-02-12
- Format: Kindle eBook

 [Download Brazilian Jiu-Jitsu: The Ultimate Guide to Dominat ...pdf](#)

 [Read Online Brazilian Jiu-Jitsu: The Ultimate Guide to Domin ...pdf](#)



Download and Read Free Online Brazilian Jiu-Jitsu: The Ultimate Guide to Dominating Brazilian Jiu-Jitsu and Mixed Martial Arts Combat (NONE) By Alexandre Paiva

Editorial Review

Review

"Alexandre Paiva is one of the most technical fighters of our generation. A great competitor has also become a great teacher. Along with his Master Romero Jacare and his friend Fabio Gurgel, he is a major contributor to the success of his team in the Alliance BJJ tournaments. A man of character, he is an example to be followed inside and outside the mat by the young." —**Murilo Bustamante, Brazilian Jiu-Jitsu World Champion and former UFC Middleweight Champion**

"Alexandre is one of the most technical guys that I had ever rolled with, excellent teacher and great person. If he is showing his moves in this book, you must have it: his techniques are unique. We have been working together for more than 25 years in order to build the Alliance school and I hope we can have at least 25 years more." —**Fabio Gurgel, eight-time Brazilian Jiu-Jitsu World Champion and president of the Brazil-based Professional League of Jiu Jitsu**

"I've always heard of Alexandre Paiva (Gigi) and what he knew when it came to jiu-jitsu, but when I met him in person he was an encyclopedia of jiu-jitsu. In the little time I knew him I learned a lot. And I'm sure I'll learn even more because he is an excellent teacher." —**Rubens "Cobrinha" Charles, six-time Brazilian Jiu-Jitsu World Champion**

"Alexandre "Gigi" Paiva is one of the legends of Brazilian Jiu-Jitsu. Everyone knows him in Brazil, but being World Champion and being one of the founders of the World Champion Alliance-team, and having students all over the world, has established his name worldwide. I was lucky to meet him more than a decade ago in a seminar and was immediately impressed with his knowledge of techniques and physical ability to execute them... Today, I'm lucky to say that Alexandre is my long time teacher and friend and I'm always looking forward to train and discuss with him, which gives me new horizons to life and training." —**Markku Juntunen, Alliance-team member and first Brazilian Jiu-Jitsu black belt in Finland**

"I earned my black belt with Gigi in 2000 and got my first world title in the black belt. I am inspired by his actions on and off the mat." —**Fernando Augusto da Silva, two-time Brazilian Jiu-Jitsu World Champion**

"One of the best parts about this book is the sheer amount of photos to help illustrate every technique. This instructional boasts over 1,000 full-color photos that are arranged in gorgeous dynamic designs. The best analogy I can make about this is that it was like going to a Kosher delicatessen to get a Pastrami sandwich—when you order a sandwich, you get meat with a side of bread." —**TheFightNerd.com blog**

"The book is a technical reference manual filled with over 1000 high quality images, demonstrating techniques in all the common positions. So you can refer to it whenever and wherever you want." —**BJJ Canvas blog**

About the Author

Alexandre "Gigi" Paiva is a legendary figure in the world of Brazilian Jiu-Jitsu. He has been World Champion, Pan American Champion, World Bronze Medalist, and five-time Champion of Campeonato Internacional de Masters e Seniors de Jiu-Jitsu. He is also one of the founders of Alliance Jiu-Jitsu—the only team to win every major BJJ competition in a single year—and heads their academy in Rio de Janeiro,

Brazil. Paiva's students include two-time World Champion Fernando "Terere" Augusto da Silva and Mitsuyoshi Hayakawa, two-time winner of the All-Japan BJJ Open.

Users Review

From reader reviews:

Maria Gomez:

Do you have something that you like such as book? The guide lovers usually prefer to select book like comic, brief story and the biggest the first is novel. Now, why not attempting Brazilian Jiu-Jitsu: The Ultimate Guide to Dominating Brazilian Jiu-Jitsu and Mixed Martial Arts Combat (NONE) that give your enjoyment preference will be satisfied by reading this book. Reading practice all over the world can be said as the method for people to know world better then how they react when it comes to the world. It can't be explained constantly that reading routine only for the geeky man but for all of you who wants to end up being success person. So , for all you who want to start reading as your good habit, you are able to pick Brazilian Jiu-Jitsu: The Ultimate Guide to Dominating Brazilian Jiu-Jitsu and Mixed Martial Arts Combat (NONE) become your current starter.

Audrey Spence:

Is it you actually who having spare time in that case spend it whole day simply by watching television programs or just resting on the bed? Do you need something new? This Brazilian Jiu-Jitsu: The Ultimate Guide to Dominating Brazilian Jiu-Jitsu and Mixed Martial Arts Combat (NONE) can be the respond to, oh how comes? The new book you know. You are therefore out of date, spending your extra time by reading in this completely new era is common not a geek activity. So what these ebooks have than the others?

Tamara Reams:

As we know that book is vital thing to add our understanding for everything. By a publication we can know everything we wish. A book is a set of written, printed, illustrated or maybe blank sheet. Every year ended up being exactly added. This reserve Brazilian Jiu-Jitsu: The Ultimate Guide to Dominating Brazilian Jiu-Jitsu and Mixed Martial Arts Combat (NONE) was filled concerning science. Spend your free time to add your knowledge about your science competence. Some people has several feel when they reading some sort of book. If you know how big benefit of a book, you can experience enjoy to read a guide. In the modern era like currently, many ways to get book you wanted.

Sam Nielsen:

What is your hobby? Have you heard in which question when you got students? We believe that that question was given by teacher for their students. Many kinds of hobby, Every individual has different hobby. So you know that little person like reading or as studying become their hobby. You need to know that reading is very important along with book as to be the issue. Book is important thing to increase you knowledge, except your personal teacher or lecturer. You discover good news or update about something by book. Numerous books that can you decide to try be your object. One of them is this Brazilian Jiu-Jitsu: The

Ultimate Guide to Dominating Brazilian Jiu-Jitsu and Mixed Martial Arts Combat (NONE).

Download and Read Online Brazilian Jiu-Jitsu: The Ultimate Guide to Dominating Brazilian Jiu-Jitsu and Mixed Martial Arts Combat (NONE) By Alexandre Paiva #89NH4XBTF6P

Read Brazilian Jiu-Jitsu: The Ultimate Guide to Dominating Brazilian Jiu-Jitsu and Mixed Martial Arts Combat (NONE) By Alexandre Paiva for online ebook

Brazilian Jiu-Jitsu: The Ultimate Guide to Dominating Brazilian Jiu-Jitsu and Mixed Martial Arts Combat (NONE) By Alexandre Paiva Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Brazilian Jiu-Jitsu: The Ultimate Guide to Dominating Brazilian Jiu-Jitsu and Mixed Martial Arts Combat (NONE) By Alexandre Paiva books to read online.

Online Brazilian Jiu-Jitsu: The Ultimate Guide to Dominating Brazilian Jiu-Jitsu and Mixed Martial Arts Combat (NONE) By Alexandre Paiva ebook PDF download

Brazilian Jiu-Jitsu: The Ultimate Guide to Dominating Brazilian Jiu-Jitsu and Mixed Martial Arts Combat (NONE) By Alexandre Paiva Doc

Brazilian Jiu-Jitsu: The Ultimate Guide to Dominating Brazilian Jiu-Jitsu and Mixed Martial Arts Combat (NONE) By Alexandre Paiva Mobipocket

Brazilian Jiu-Jitsu: The Ultimate Guide to Dominating Brazilian Jiu-Jitsu and Mixed Martial Arts Combat (NONE) By Alexandre Paiva EPub