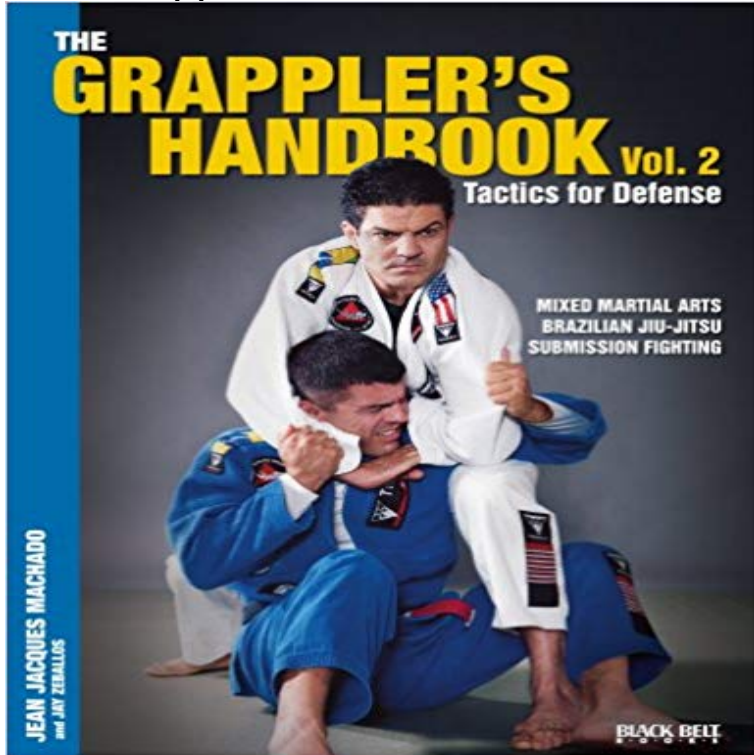


# The Grapplers Handbook Vol. 2: Tactics For Defense



Learn the best submission escapes from the worlds greatest grappling instructor. With The Grapplers Handbook Vol. 2: Tactics for Defense, youll discover how to escape from virtually any position or submission. As a follow-up to Jean Jacques Machados best-selling Brazilian jiu-jitsu book, The Grapplers Handbook Vol. 2: Tactics for Defense features color photo sequences and detailed technique instructions from the world-champion jiu-jitsu artist. With Jean Jacques Machados help, youll uncover the secret to these BJJ techniques so youll receive the maximum benefit from these tactics and submissions. In The Grapplers Handbook Vol. 2, Jean Jacques Machado and co-author Jay Zeballos teach you how to strengthen your defensive tactics by: defending from the bottom position, protecting your head and neck properly, defending against back control, perfecting techniques to improve your grappling game, defending from and against the guard, enhancing your attack strategy and more. Inside this Brazilian jiu-jitsu book, youll also find subsections for easier referencing and sidebars illustrating proper and improper postures on the mat. With Jean Jacques Machado and Jay Zeballos in your corner, youll be able to anticipate your opponents next move and reverse the flow of any match!

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strategies1: Gi and No-Gi Techniques and The Grapplers Handbook Vol. 2: Tactics for Defense shows you two effective finishes from the mount. Jean Jacques MachadosThe Grapplers Handbook Vol. 2: Tactics for Defense: Mixed Martial Arts, Brazilian Jiu-Jitsu and Submission Fighting Jean Jacques Machado, Jay Zeballos Learn the best submission escapes from the worlds greatest grappling instructor. With The Grapplers Handbook Vol. 2: Tactics for Defense, - 30 secEBOOK ONLINE The Grappler s Handbook Vol. 2: Tactics for Defense: Mixed Martial Arts When Jean Jacques Machado approached me about doing a second volume of The Grapplers Handbook, I was When he told me the entire book was going to be dedicated solely to defensive tactics, I was thrilled. 2: Tactics for Defense.The Grapplers Handbook Vol.1 has 7 ratings and 0 reviews. Providing a clear demonstration of all its techniques, this guide presents an integrated, nonp The Grapplers Handbook Vol. 2: Tactics for Defense: Mixed Martial Arts, Brazilian. The Paperback of the The Grapplers Handbook Vol. 2: Tactics for Defense: Mixed Martial Arts, Brazilian Jiu-Jitsu and Submission Fighting by The Grapplers Handbook Vol. 2 has 2 ratings and 0 reviews. Advocating for an integrated, nonpartisan approach to the art of grappling, this - 26 secWatch PDF The Grapplers Handbook Vol 2 Tactics For Defense Read Full Ebook by Jean Jacques Machado recently joined forces with Jay Zeballos to write The Grapplers Handbook Vol. 2: Tactics for Defense. It covers a variety of topics that