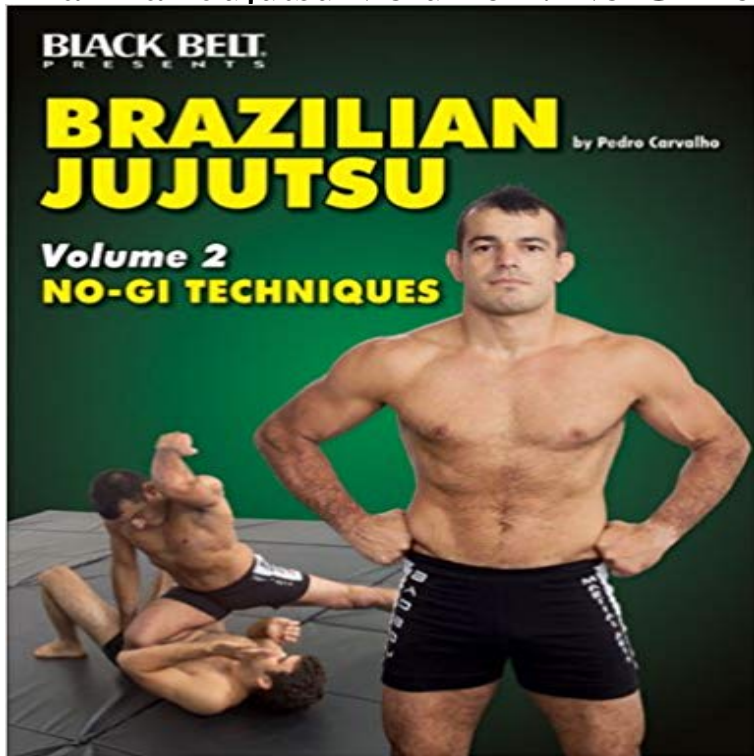


## Brazilian Jujutsu Volume 2: No-GI Techniques



In Volume 1, Carvalho provided a strong technical foundation for the traditional jujutsu competitor by demonstrating techniques and submissions that utilize the gi (uniform). In Volume 2, the author addresses the rising popularity of no-gi jujutsu (also called submission wrestling) a challenging and fast-paced style in which competitors forgo the gi and generally wear shorts and T-shirts. With both styles expertly taught by Carvalho, readers will be afforded a unique, cutting-edge overview of modern grappling. Topics include takedowns, guard passes, striking and mounting from the cross-body position, takedown counters, guard attacks, sweeps, escapes, rear-mount attacks and more. Fully illustrated with photographs and detailed captions.

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