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Advanced Rubber Guard: Jiu-Jitsu For Mixed Martial Arts Competition



Synopsis

Eddie Bravo "world-renowned grappler and founder of 10th Planet Jiu-Jitsu" is one of the most revolutionary and controversial martial arts instructors in the world. Since unveiling his philosophy of no-gi jiu-jitsu in his bestselling martial arts book *Mastering the Rubber Guard*, Bravo has been at the head of the no-gi grappling movement. He now has dozens of affiliate schools around the globe, and some of the UFC's best fighters are seeking his tutelage, including UFC Welterweight contender Dan Hardy and UFC Lightweight contender George Sotiropoulos. In *Advanced Rubber Guard*, Bravo brings readers inside the evolution of the rubber guard. Through descriptive narrative and more than two thousand step-by-step color photographs, he unveils entirely new control positions and dozens of cunning attacks. Covering every avenue, Bravo also updates his half guard, butterfly guard, and x-guard systems with new and highly effective techniques. Whether you're new to the 10th Planet system or looking to expand your knowledge, this book will take you ahead of the competition.

Book Information

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Customer Reviews

Eddie Bravo is a music producer and a world-renowned jiu-jitsu practitioner. He has hosted jiu-jitsu seminars around the globe and teaches 10th Planet Jiu-Jitsu at Legends Mixed Martial Arts Training Center in Hollywood, California. He is currently producing two musical acts, 'compella and the twister' and 'Face Down.' Glen Cordoza is a professional Muay Thai kickboxer and mixed martial arts fighter. He is the author of more than a dozen instructional books on the sport of MMA. Erich Krauss is a professional Muay Thai fighter and a New York Times bestselling author. He has written

over twenty books.

I own many other books like M.Garcias "advanced BJJ techniques", "passing the guard by Ed Beneville", "Brazilian Jiu Jitsu Black Belt Techniques by Jean Jacques Machado", "Jiu-Jitsu University by Saulo Ribeiro", the first book of mastering the rubber guard, etc. The delivery was excellent. This book contains no blah regarding cannabis. It is much more serious and it helps to demonstrate Eddie's Bravo great ability to analyze movement. The way the techniques are shown is quite good and the illustration is rich and informative. It is one of the few books that have so rich troubleshooting section. Alternatives for so many counters that you may face. It is a great book to help you with your bottom and half guard game. Even if you do not care for the rubber guard, this book is great as it touches many other positions like half guard, butterfly, quarter guard, etc. Eddie Bravo seems to be a master in sweeping from his back and exploiting bad positions. I will update my review as I wish to spend more time with this book. I am not 100% sure, but I think that it is not required to have the first book as a lot of his techniques are repeated here but are updated with some additional troubleshooting. I am not following the 10th planet discipline, as I study in a Gracie Barra dojo, but Eddie's Bravo books influenced my game big time. Together with Ryan Hall deep half guard DVD it will help you develop a complete bottom game.

Eddie Bravo is at it again with another stellar installation of 10th planet knowledge. The information contained within these mystical pages of wisdom can be applied to BOTH Jiu Jitsu & MMA (Mixed Martial Arts). Would highly recommend reading Eddie's "Mastering The Rubberguard" book BEFORE getting this one. It will be wayyyyyyy easier to comprehend if you read/study the Rubberguard basics FIRST! Anyway, great read (:

The content in this book is awesome and it genuinely expands upon the original Rubber Guard book and DVD. It takes the core foundation of what was previously taught and adds an incredible amount of variations for things like base positioning, setups, sweeps, passes, submissions, escapes, all with those crazy and easy to remember names like Special K, Five-O Sweep, Jellyfish, etc.. No doubt, everyone who trains MMA, No Gi, or even Gi, stands to benefit by incorporating the ARG curriculum into their game. As for the book itself, it has high quality thick color pages, the photography is excellent, and as usual it's very well written with detailed descriptions for every step. What's different from the other RG book is this book's layout feels more modernized. The fonts are easier to read and the graphics and color scheme are super clean. One thing I like is Victory Belt chose to

make multiple flow charts for each major topic rather than having one large flow chart at the beginning of the book which felt like they were cramming a lot of material in a relatively small space. Do yourself a favor and get this book!

Awesome book. It's a little more advanced than mastering rubber guard but it's really just a more evolved (newer) version. Some moves require flexibility.

The book is very well done, great quality, lots of pictures from couple of angles on techniques, easy to understand. Lots of techniques from MTRGuard the dvd and many new ones. Highly recommend to everyone whos interested in the field, even must have. Eddies dvd series improved my game a LOT! Also recommend Jeffs glover Darcepedia

Training at 10th Planet Phoenix and bought this to keep what I learn in class from leaving my brain when I get home. Each move is broken down nicely and from different angles. Highly recommended!!!

it is a very thorough book. Nice to see the evolution of the techniques over the course of the years and you can see that 10th planet has really refined them. The most detailed book of all the books from Eddie so far. Really overwhelmed by the information.

cool

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