



No Rules: Brazilian Jiu-Jitsu Techniques for Mixed Martial Arts and Self: Techniques for Mixed Martial Arts and Self Defense w/DVD

By Simco, Gene

Citadel, 2005. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Includes free DVD. The first book to bridge the competitive aspects of BJJ and the non-sportive aspects, especially "Vale Tudo", or no-holds-barred. No Rules focuses on the techniques of Vale Tudo, the street applications for BJJ, teaching readers every aspect of no-holds-barred fighting - from standing techniques to brutal ground finishing strikes and submissions. Simco teaches techniques for self-defence through hundreds of step-by-step photos and a free instructional DVD.

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