



# **Brazilian Jiu-Jitsu (Mixed Martial Arts (Rosen))**

*Greg Roza*

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With its roots in early 20th century, the Japanese art of Kodokan judo, Brazilian Jiu-Jitsu is noted for its submission grappling and ground fighting techniques. This book will give readers a different perspective of a sport that is often portrayed as brutal and violent in popular culture. Contrarily, Brazilian Jiu-Jitsu can be used for self-defense, exercise, and personal growth. This title provides step-by-step instructions with photo images of signature moves, and offers readers tips on how to practice in a safe and healthy manner.

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