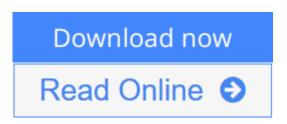


# The Grappler's Handbook Vol. 2: Tactics for Defense: Mixed Martial Arts, Brazilian Jiu-Jitsu and Submission Fighting

By Jean Jacques Machado, Jay Zeballos



**The Grappler's Handbook Vol. 2: Tactics for Defense: Mixed Martial Arts, Brazilian Jiu-Jitsu and Submission Fighting** By Jean Jacques Machado, Jay Zeballos

Advocating for an integrated, nonpartisan approach to the art of grappling, this handbook focuses completely on the fundamental defensive concepts and principles of mixed martial arts, Brazilian jiu-jitsu, and submission fighting. Submission techniques are demonstrated in complementary positions—including mount, guard, side control, and back control—but learning how to avoid them is highlighted as an equally valuable skill. Penned by a world renowned martial artist, this guide is ideal for grapplers from any background or skill level.

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About the Author

#### Jean Jacques Machado

is one of the five brothers of the world renowned Brazilian jiu-jitsu family. He is the author of *Brazilian Jiu-Jitsu Black Belt* and *Championship Techniques* and he has appeared in the motion pictures *Force of the Spirit* and *Redbelt*. He lives in Los Angeles. **Jay Zeballos** is a black belt under Jean Jacques Machado and is active as a competitor, teacher, and student. He is a cofounder of Lo9on, Inc., a website design company that developed and manages the Jean Jacques Global Online Training Program. He lives in Quartz Hill, California. They are the coauthors of *The Grappler s Handbook: Gi and No-Gi Techniques*.

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