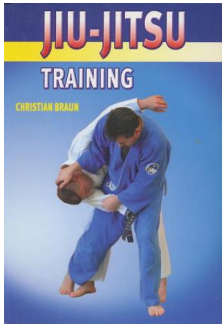


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Meyer & Meyer Sport, 2006. Paperback. Condition: New. 1841261793 In order to be able to train effectively in Jiu-Jitsu, this book covers the basic positions, techniques and combinations required. Featuring many step-by-step photographs, the techniques are fully explained so that students of any level will be able to follow and use them. About the Author: Christian Braun, Mannheim, Germany, has been practicing various forms of Martial Arts for 20 years. Amongst other things he is a Grand Master in Ju-Jutsu...

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