



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

Eddie Bravo, Glen Cordoza

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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.



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