

Master the Art of Escaping Submissions with Surviving Brazilian Jiu-Jitsu Submission Escapes Volume 2

Unlock the Secrets of Escaping Submissions

In the unforgiving world of Brazilian Jiu-Jitsu, submission holds are often the key to victory. But what if you could turn the tables and master the art of escaping these holds? Introducing "Surviving Brazilian Jiu-Jitsu Submission Escapes Volume 2," the definitive guide to escaping submissions from every position.



Surviving Brazilian Jiu-Jitsu: Submission Escapes

Volume 1 by George Eliot

★★★★☆ 4 out of 5

Language : English
File size : 8833 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 106 pages
Lending : Enabled



Learn from the Masters

Authored by renowned BJJ expert and submission escape specialist, [author's name], this book is packed with insider knowledge and years of

experience. Each technique is meticulously broken down with step-by-step instructions, clear illustrations, and expert tips.

Escape from Any Position

Whether you're caught in a kimura, an armbar, or a rear-naked choke, this book will equip you with the knowledge and skills to escape with ease. It covers every major submission position, providing you with a comprehensive arsenal of escapes.

Detailed Step-by-Step Instructions

With over 50 detailed techniques, this book leaves no stone unturned. Each escape is presented in a logical and easy-to-follow format, featuring high-quality illustrations that capture every movement.

Real-World Examples

To complement the theoretical knowledge, the book includes real-world examples from actual matches. These case studies demonstrate how the techniques are applied in competitive situations, giving you a glimpse into the minds of top BJJ practitioners.

Benefits of Escaping Submissions

Mastering submission escapes offers numerous benefits for BJJ practitioners:

* **Increased survival rate:** Prolong your matches and avoid early taps. *

Enhanced confidence: Trust your ability to escape submissions and approach grappling with more assurance. * **Improved technique:** Refining your escape techniques will also enhance your overall jiu-jitsu game. *

Competitive advantage: Gain an edge over opponents who struggle to escape submissions.

Who Should Read This Book?

"Surviving Brazilian Jiu-Jitsu Submission Escapes Volume 2" is essential reading for:

* BJJ practitioners of all levels, from beginners to advanced grapplers *
Coaches and instructors looking to expand their knowledge * Martial arts enthusiasts seeking to improve their submission escape skills

Free Download Your Copy Today

Empower yourself with the knowledge and techniques to become a submission escape specialist. Free Download your copy of "Surviving Brazilian Jiu-Jitsu Submission Escapes Volume 2" today and unlock the secrets to surviving the most challenging submissions in BJJ.



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