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 typese	etting : 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.

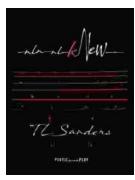


Surviving Brazilian Jiu-Jitsu: Submission Escapes

Volume 1 by George Eliot

🛧 🛧 🛧 🛧 4 ou	t 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

DOWNLOAD E-BOOK



Uncover the Secrets of Cinematic Storytelling with "Knew The Poetic Screenplay Sanders"

Embark on a Transformative Journey into the Art of Screenwriting Immerse yourself in the captivating world of screenwriting with "Knew The Poetic Screenplay Sanders," a...



Abdus Salam: The First Muslim Nobel Scientist

In the annals of scientific history, few names shine as brightly as that of Abdus Salam. Born in Jhang, Pakistan in 1926,...