

New guide explains UFC fighting techniques

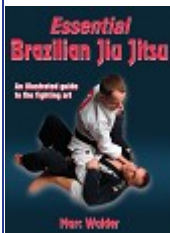
Make sense of the octagon

Champaign, IL-UFC powerhouses Chuck Lidell and Randy Couture have spearheaded the popularity of ultimate fighting and have lured fans to the art of Brazilian jiu jitsu. But, while mixed martial arts enthusiasts thrive on the action in the octagon, few understand the maneuvers.

Martial arts expert Marc Walder explains Brazilian jiu jitsu techniques and offers a guide to understanding the art in *Essential Brazilian Jiu Jitsu* (Human Kinetics February, 2008). Training with the legendary Gracie family, Walder breaks down the basics of Brazilian jiu jitsu and the grappling techniques that led Renzo Gracie to a string of submission wins in the UFC. "Brazilian jiu jitsu as a martial art is one of the most complete and effective fighting arts in the world today," Walder says.

Essential Brazilian Jiu Jitsu provides full-color photos of basic and advanced techniques for maintaining the top position, attacking, defending, and putting it all together.

For more information on *Essential Brazilian Jiu Jitsu* or any other martial arts books, contact Human Kinetics at 800-747-4457 or visit www.HumanKinetics.com.



ABOUT THE BOOK

Essential Brazilian Jiu Jitsu

Marc Walder

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ABOUT THE AUTHOR

Marc Walder has been practicing and teaching martial arts for nearly 20 years; he began studying Brazilian jiu jitsu in 1995. Marc was fortunate enough to study under the legendary Gracie family and received his black belt from Mauricio Gomes, father of Roger Gracie and a member of the Famous Five. (Walder's instructor one of a handful of individuals to receive his black belt from the legendary Rolls Gracie.) After Walder achieved this level under Gomes, he began his career as a teacher and continued to train under the Gracies.

Mark currently operates a Brazilian jiu jitsu school, where he instructs students on the principles he learned from the Gracie family. He is still an active competitor with the Gracie-Barra UK team.

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Glossary

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