



## Brazilian Jiu-Jitsu: The Closed Guard (Book of Knowledge)

By BJ Penn, Erich Krauss, Dave Camarillo, Glen Cordoza

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**Brazilian Jiu-Jitsu: The Closed Guard (Book of Knowledge)** By BJ Penn, Erich Krauss, Dave Camarillo, Glen Cordoza

BJ PENN—UFC World Champion, Jiu-Jitsu World Champion, and best-selling author of *Mixed Martial Arts: The Book of Knowledge*—sheds new light on the sport of Brazilian Jiu-Jitsu with this unprecedented examination of the closed guard. Through step-by-step color photographs and descriptive narrative, Penn shares his elaborate system for gaining control of your opponent's body while fighting off your back, and then unleashes more than eight fight-ending submissions. He divulges his most vicious strangleholds, including collar chokes, arm chokes, and triangle chokes. He demonstrates how to apply bone-breaking pressure to your opponent's wrist, elbow, and shoulder using his most ruthless straight arm bars, inverted arm bars, kimura locks, Americana locks, and omaplata locks. And to ensure your offense never gets shut down, Penn unveils your opponent's most common submission defenses, and then teaches you how to capitalize on that defense by transitioning into secondary submissions and a host of sweeps. Detailing dozens of ways to chain your attacks together to form fluid combinations, this book leaves no stone unturned. Whether you are new to the grappling arts or an experienced practitioner, *Brazilian Jiu-Jitsu: The Closed Guard* will take your game to the next level.

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## Editorial Review

### About the Author

**BJ Penn** is the current UFC Lightweight Champion of the world. He was the head coach on Spike TV's hit show, *The Ultimate Fighter*, and drew the largest pay-per-view audience in UFC history.

**Dave Camarillo** is a black belt in both judo and jiu-jitsu. He currently trains dozens of world-class grapplers and fighters, including many who compete in the Ultimate Fighting Championship.

**Erich Krauss** is a professional Muay Thai fighter. He has written for the *New York Times* and is the author of more than twenty books.

**Glen Cordoza** is a professional MMA fighter. He is the author of eight books on the sport of MMA, including the best-selling title, *Mixed Martial Arts*.

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