



## Brazilian Jiu Jitsu Black Belt Techniques

*By Jean Jacques Machado, Kid Peligro*

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Known for his superior technical abilities and his unique and innovative moves, Jean Jacques Machado now presents his entire Brazilian jiu-jitsu system in book form for the first time. Detailed is a complete repertoire of jiu-jitsu moves to handle any situation that arises, whether on the mat or on the street. Techniques are not presented in isolation, but rather through a series of moves that guide practitioners from an initial threat or opportunity all the way through to a submission hold. The subtle interplay between various strategies is depicted, allowing students to choose the right attack or defense every time. More than 100 step-by-step martial arts positions are demonstrated.

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#### Review

“On the mat Machado is a flawless technician who makes it all seem effortless. . . . He is a fantastic teacher who truly leads by example. It is an honor to be his student and his friend.” —Joe Rogan, host of *Fear Factor*

#### About the Author

**Jean Jacques Machado** is a sixth-degree black belt and the head instructor at the RCJ Machado Brazilian Jiu-Jitsu Academy in Tarzana, California. He is a defense tactics consultant to the Los Angeles Police Department, an advisor to the Navy's Special Warfare Development Group, and an instructor for the Navy Seals. He lives in Los Angeles. **Kid Peligro** is a black belt in Brazilian jiu-jitsu and the winner of two World Masters titles. He is a columnist for *Grappling* and *Gracie*, the coauthor of *Brazilian Jiu-Jitsu* and *Brazilian Jiu-Jitsu Self-Defense Techniques*, and author of *The Gracie Way: An Illustrated History of the World's Greatest Martial Arts Family*. He lives in San Diego, California.

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