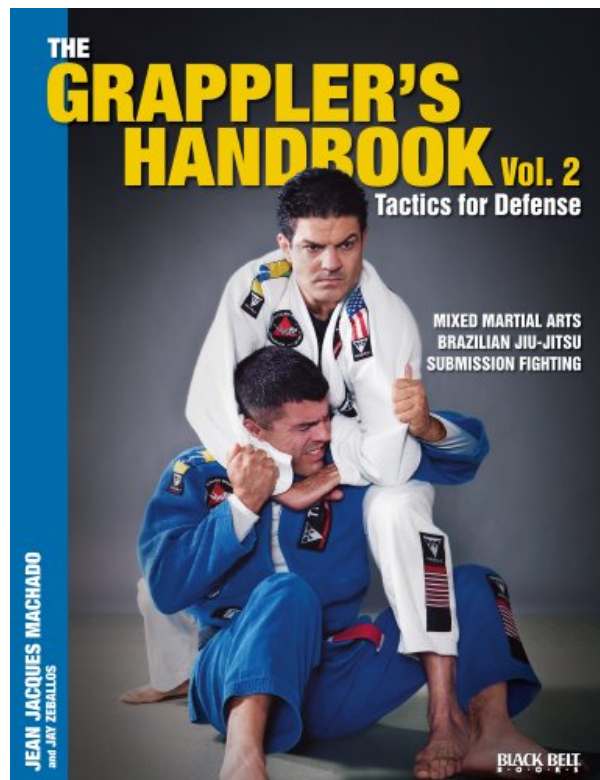
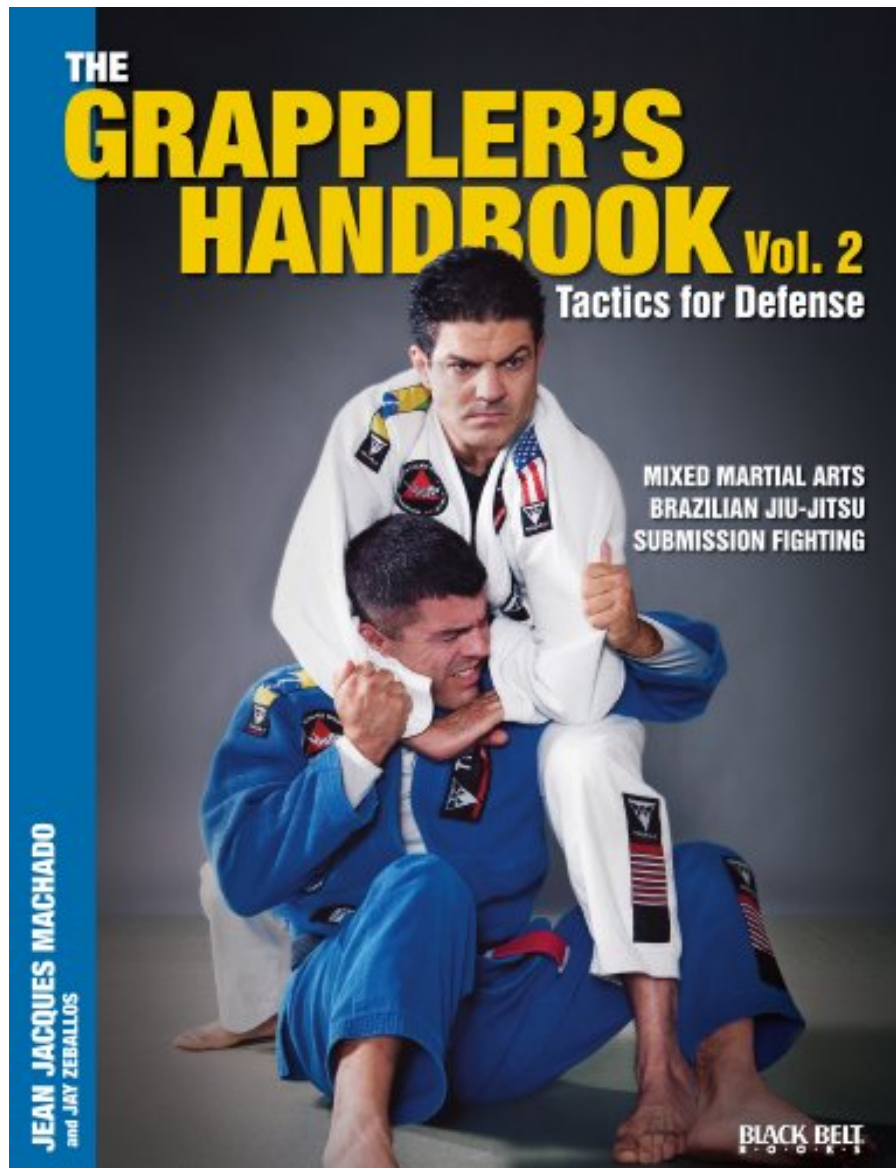


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Jean Jacques Machado is one of the five brothers of the world renowned Brazilian jiu-jitsu family. He is the author of *Brazilian Jiu-Jitsu Black Belt and Championship Techniques* and he has appeared in the motion pictures *Force of the Spirit* and *Redbelt*. He lives in Los Angeles. Jay Zeballos is a black belt under Jean Jacques Machado and is active as a competitor, teacher, and student. He is a cofounder of Lo9on, Inc., a website design company that developed and manages the Jean Jacques Global Online Training Program. He lives in Quartz Hill, California. They are the coauthors of *The Grappler's Handbook: Gi and No-Gi Techniques*.

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By E. Chu

I just borrowed this book from the local library. It is well written with numerous pictures. It covers both basic BJJ defensive techniques as well as multiple variations to escape common dominant position. JJ Machado shows his true mastery of brazilian jiu-jitsu.

I am giving it four stars instead of five for a few little things. First, all the pictures are with the instructors wearing a gi. Second, while some of the techniques can be used for no-gi grappling or MMA, the book does not specify which ones until you read thru the captions. While comprehensive, it seems to primarily focus on traditional grappling with a gi at the expense of other methods.

Nevertheless, I am impressed and find it useful. It should be considered as a supplement if you have a martial arts library.

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