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## JIU-JITSU.NET E-BOOK

Samples from Brazilian Jiu-jitsu, The Master Text and Brazilian Jiu-jitsu, Basics By Gene "Aranha" Simco

### WARNING

The techniques presented in this book are dangerous. Before you begin your Brazilian Jiu-jitsu training, you should consult a physician. You and your partner should always communicate with each other and stop when the other signals. All techniques should be practiced under the supervision of a qualified instructor. The author of this book shall not be held liable for the misuse of any information contained within.

### INTRODUCTION

This book is not a replacement for a qualified instructor. This book does not contain all of the moves that make up the art of Brazilian jiu-jitsu. Only the core moves from each position are shown.

This E-book is intended to give readers a sample of certain areas within ***Brazilian Jiu-jitsu, The Master Text and Brazilian Jiu-jitsu, Basics***. As you read, you will notice that pages have been taken from different sections and are put together (re-arranged) in this E-book in an order according to the title of the E-book, not the order of the book the pages originally came from.

After reading this text, you may purchase another E-book from us or purchase the book itself. There is so much material in The Master Text that even if you purchase all of our online E-books, you will still not have all the material in the original text itself. Some text and content has been left out in this file due to the fact that it is on one subject area and is acting as an overview.

Enjoy this material and thank you for your patronage and support.

"From a technical perspective, Brazilian Jiu-jitsu, The Master Text, by Gene "Aranha" Simco, is the best book about the popular grappling art I've seen to date."- -- *Lito Angeles, Black Belt Magazine (6/2002)*

What really sets this book apart from any other grappling book on the market is the fact that it really represents where mixed martial arts is today. It explains Jiu-jitsu grappling and its different styles better than any other book on the market." - 5 Stars  
-- *Bill Lewis (12/2001)*

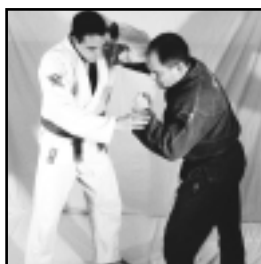
"One of my students got your book (The Master Text) and I personally think that is a great book. Very good technique and also good pictures. You are just making easy for people to learn."  
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## Standing Techniques Chapter Outline

Closing Distance



Punch Defense



Kick Defense



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