



## Brazilian Jiu-Jitsu: For Experts Only

*By Carlson Gracie, Julio Fernandez*

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The moves that Carlson Gracie has taught to such stars as Vitor Belfort, Amauri Bitteti, Murilo Bustamante, Wallid Ismael, Mario Sperry, Kevin Costner, Catherine Zeta-Jones, and Mickey Rourke are revealed in this book on the Brazilian Jiu-Jitsu style of martial arts.

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## **Brazilian Jiu-Jitsu: For Experts Only By Carlson Gracie, Julio Fernandez Bibliography**

- Sales Rank: #709945 in Books
- Brand: Brand: Invisible Cities Press Llc
- Published on: 2004-08-01
- Original language: English
- Number of items: 1
- Dimensions: 11.00" h x .47" w x 8.50" l, 1.60 pounds
- Binding: Paperback
- 256 pages

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Playing with family inside a park, coming to see the coastal world or hanging out with good friends is thing that usually you will have done when you have spare time, in that case why you don't try factor that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Brazilian Jiu-Jitsu: For Experts Only, you can enjoy both. It is excellent combination right, you still want to miss it? What kind of hang-out type is it? Oh can happen its mind hangout guys. What? Still don't understand it, oh come on its identified as reading friends.

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