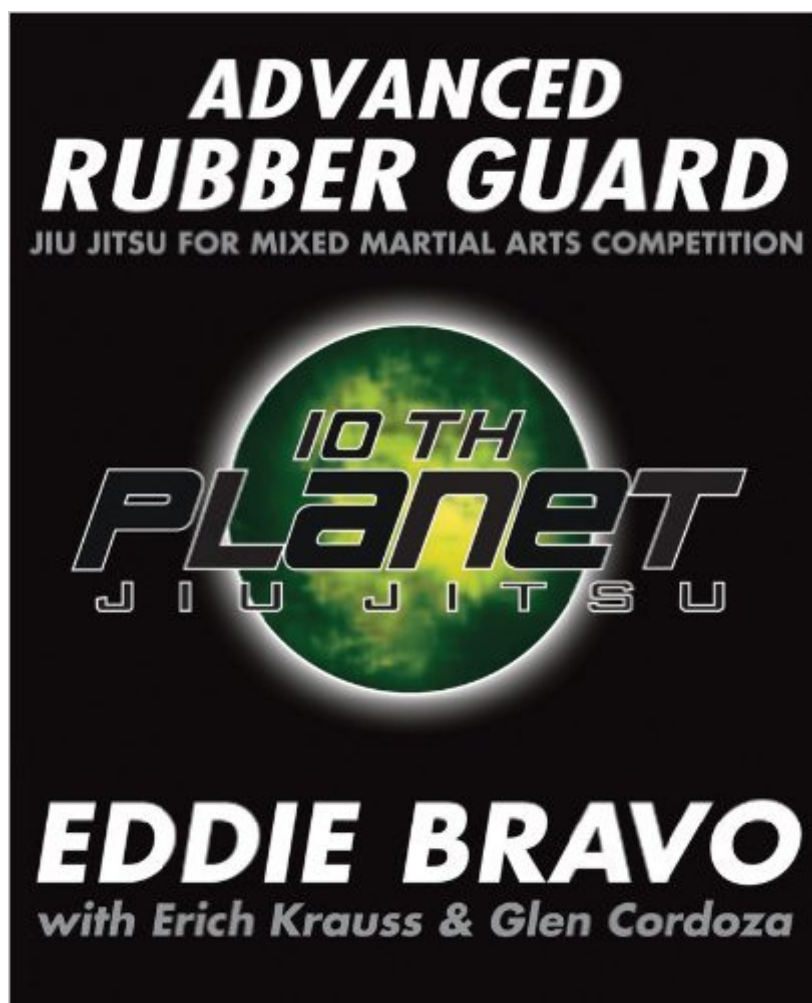


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Advanced Rubber Guard: Jiu-Jitsu For Mixed Martial Arts Competition



Synopsis

Eddie Bravo "world-renowned grappler and founder of 10th Planet Jiu-Jitsu" is one of the most revolutionary and controversial martial arts instructors in the world. Since unveiling his philosophy of no-gi jiu-jitsu in his bestselling martial arts book *Mastering the Rubber Guard*, Bravo has been at the head of the no-gi grappling movement. He now has dozens of affiliate schools around the globe, and some of the UFC's best fighters are seeking his tutelage, including UFC Welterweight contender Dan Hardy and UFC Lightweight contender George Sotiropoulos. In *Advanced Rubber Guard*, Bravo brings readers inside the evolution of the rubber guard. Through descriptive narrative and more than two thousand step-by-step color photographs, he unveils entirely new control positions and dozens of cunning attacks. Covering every avenue, Bravo also updates his half guard, butterfly guard, and x-guard systems with new and highly effective techniques. Whether you're new to the 10th Planet system or looking to expand your knowledge, this book will take you ahead of the competition.

Book Information

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Customer Reviews

In April 2009, I was sidelined with an injury. I was down in the dumps about my training and didn't feel like I was getting anywhere. I had watched tons of Youtube and looked at other training materials, but nothing was really laid out in a way that made sense. I bought the original *Mastering the Rubber guard* to read while I was injured | And it changed the way I practiced Jiu-Jitsu. In fact, it later led me to train with Eddie in person which led me to open a 10th Planet affiliate. That's how good I thought the first book was. This book is better; much better. In fact

there is really no reason to pick up the original now. It covers everything notable in the original only with huge improvements in most of it, closing holes that time had revealed in the previously state of the art techniques. Additionally, there is way more material. Advanced moves for rubber guard specialists like the "double bagger" series and also tons of game that is great even if you don't play rubber guard or aren't very flexible like the "prison guard" and many more options from the improved "lockdown" half guard and "dogfight". Honestly, whether you read the first book or not, everyone that does Jiu-Jitsu or MMA should pick this one up. Not only is this the ONLY book I'd consider consulting for the rubber guard or lockdown but I'd also say it's the best laid out path for a complete guard game I've ever seen (complete with MANY flow charts and advice on when to use what and why).

This edition of the 10th Planet bottom game is a great follow-up to the original Mastering the Rubber Guard. If you are not familiar with the 10th Planet system, this book may be a little overwhelming at first, so I would recommend picking up either the original book or DVD or subscribing to Mastering the System (I'd suggest doing that anyway, as it is one of the best ways that \$4.99 a month can help your jiu-jitsu.) However, if you want to go all in, there is definitely enough instruction that you will have little problem flowing through the basic path with enough times reading through and drilling. This book is laid out differently than Mastering the Rubber Guard; Advanced Rubber Guard gets right to the meat of the book, the rubber guard. What really stands out to me is the instructions on how to set-up rubber guard from traditional attacks (kimura, hip bump) and the details on how to re-counter from the defenses of those attempts to get a clinching style of attack going. Also the many triangle set-ups from common rubber guard counter techniques are very useful. If you are interested in the 10th Planet style of jiu-jitsu, I would definitely recommend picking this book up, and also come and register at the 10th Planet forum at 10thplanetjj.com

The content in this book is awesome and it genuinely expands upon the original Rubber Guard book and DVD. It takes the core foundation of what was previously taught and adds an incredible amount of variations for things like base positioning, setups, sweeps, passes, submissions, escapes, all with those crazy and easy to remember names like Special K, Five-O Sweep, Jellyfish, etc.. No doubt, everyone who trains MMA, No Gi, or even Gi, stands to benefit by incorporating the ARG curriculum into their game. As for the book itself, it has high quality thick color pages, the photography is excellent, and as usual it's very well written with detailed descriptions for every step. What's different from the other RG book is this book's layout feels more modernized. The fonts are easier to

read and the graphics and color scheme are super clean. One thing I like is Victory Belt chose to make multiple flow charts for each major topic rather than having one large flow chart at the beginning of the book which felt like they were cramming a lot of material in a relatively small space. Do yourself a favor and get this book!

I own many other books like M. Garcias "advanced BJJ techniques", "passing the guard by Ed Beneville", "Brazilian Jiu Jitsu Black Belt Techniques by Jean Jacques Machado", "Jiu-Jitsu University by Saulo Ribeiro", the first book of mastering the rubber guard, etc. The delivery was excellent. This book contains no blah regarding cannabis. It is much more serious and it helps to demonstrate Eddie's Bravo great ability to analyze movement. The way the techniques are shown is quite good and the illustration is rich and informative. It is one of the few books that have so rich troubleshooting section. Alternatives for so many counters that you may face. It is a great book to help you with your bottom and half guard game. Even if you do not care for the rubber guard, this book is great as it touches many other positions like half guard, butterfly, quarter guard, etc. Eddie Bravo seems to be a master in sweeping from his back and exploiting bad positions. I will update my review as I wish to spend more time with this book. I am not 100% sure, but I think that it is not required to have the first book as a lot of his techniques are repeated here but are updated with some additional troubleshooting. I am not following the 10th planet discipline, as I study in a Gracie Barra dojo, but Eddie's Bravo books influenced my game big time. Together with Ryan Hall deep half guard DVD it will help you develop a complete bottom game.

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