

**Mastering The Rubber Guard: Jiu Jitsu For Mixed
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Krauss;Glen Cordoza**

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Mastering the rubber guard: jiu jitsu for mixed

MY PERSPECTIVE First let me say that this book and it's predecessor "Mastering the Rubber Guard" have totally changed my game. I always disliked grappling because the

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Eddie Bravo, Glen Cordoza, and Erich Krauss Eddie Bravo focused his jiu-jitsu on training without the gi, partially because of the applications to mixed

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