



The X-Guard: Gi & No Gi Jiu-Jitsu

Marcelo Garcia, Glen Cordoza, Erich Krauss

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About this book Marcelo Garcia winner of five Brazilian jiu-jitsu world championships and a man many feel is the best pound-for-pound submission grappler of all time unveils the secrets behind the most effective guard system in existence-the X-Guard. Unlike most jiu-jitsu instructional books Garcia leaves no stone unturned. Not only does he show you how to sweep your opponent using the X-Guard from nearly every control position he shows you how to do it both with a gi and without. Covering everything from grips to timing this book will be a savior to anyone wishing to compete in jiu-jitsu tournaments no-gi grappling competition or mixed martial arts. Product Details Author Marcelo Garcia Erich Krauss and Glen Cordoza Photographer Eric Hendrikx Language English Format Softcover Pages 264 Publisher Victory Belt Publishing Book Dimensions Weight 2.6 Pounds Length 11 Inches Width 9 Inches Height 0.8 Inches

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