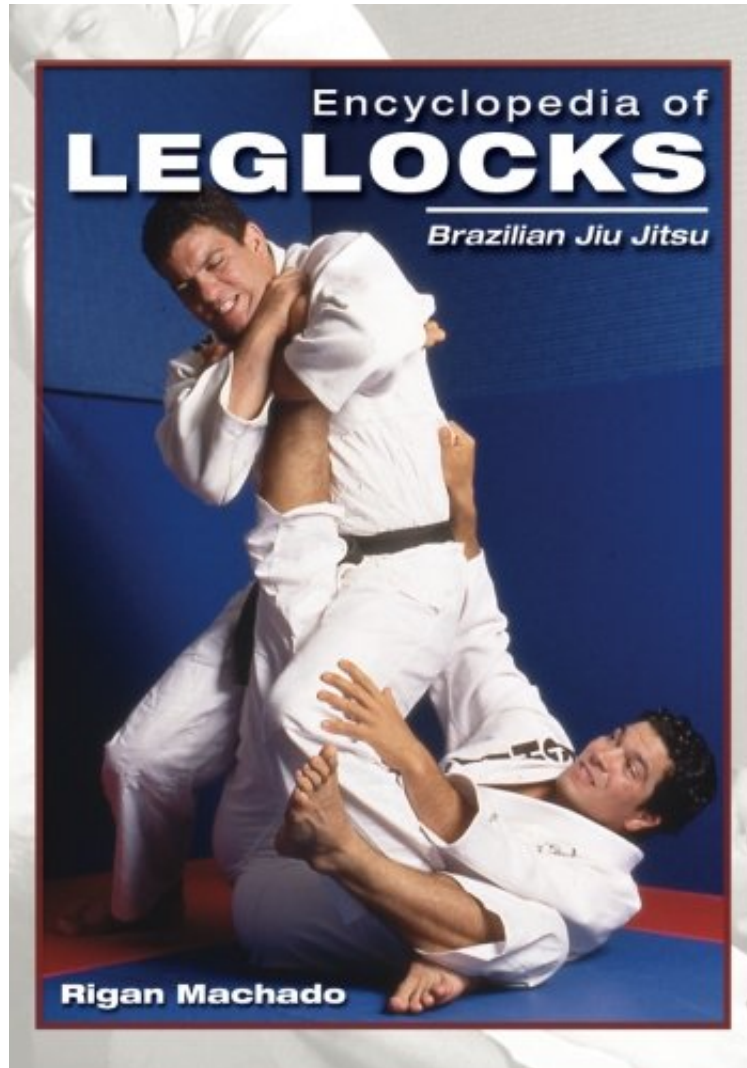


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## Encyclopedia of Leg Locks (Encyclopedia of Brazilian Jiu-Jitsu)

*Rigan Machado*

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A world Brazilian Jiu Jitsu champion and trainer of many top Mixed Martial Arts and Brazilian Jiu Jitsu fighters, Rigan Machado reveals the techniques, training, and strategy for dominating and submitting your opponent with leglocks. Time-tested in real competition, Rigan's book is considered by many experts as the ultimate guide to leglock

submissions, and a must read for all Submission fighters. It includes hundreds of photos and comprehensive information that will vastly improve the practitioners ability to finish the opponent with devastating leglocks. This unbeatable volume is the only book you'll ever need to learn the leglocks submissions for Mixed Martial Arts and Brazilian Jiu Jitsu.