

# **The Guard: Brazilian Jiu-Jitsu Details And Techniques (Second Edition) By Joe Moreira;Ed Beneville**

**By Joe Moreira;Ed Beneville**

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Ed Beneville is a black belt in Brazilian jiu-jitsu under Joe Moreira and Guard: Brazilian Jiu-Jitsu Details Jiu-Jitsu Details and Techniques) Beneville  
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The Guard - Brazilian Jiu-Jitsu Techniques. The Mount; Side Mount; Tweep. Guard (Closed) The guard is a common position used in Brazilian Jiu-Jitsu and ground-fighting.

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is an open guard that was popularized in Brazilian Jiu-Jitsu by black belt Ricardo de la Riva Goded, who was successful with it in competition.  
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