

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

By Joe Moreira;Ed Beneville

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The Guard by Joe Moreira, Ed Beneville starting at \$81.03. The Guard is the quintessential Brazilian Jiu Jitsu position. First edition <http://www.hpbmarketplace.com/The-Guard-Joe-Moreira/book/9150386>

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.

[http://en.wikipedia.org/wiki/Guard_\(grappling\)](http://en.wikipedia.org/wiki/Guard_(grappling))

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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.

<http://www.ultimatejijitsu.com/learn-jujitsu-techniques/brazilian-jiu-jitsu-techniques/positions/the-guard/>

This is an older book now but is an amazing one and the only book I have found that has a ton of information and techniques Rubber Guard Def Jiu Jitsu

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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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