



Brazilian Jiu-Jitsu: For Experts Only

Carlson Gracie, Julio Fernandez

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The moves that Carlson Gracie has taught to such stars as Vitor Belfort, Amauri Bitteti, Murilo Bustamante, Wallid Ismael, Mario Sperry, Kevin Costner, Catherine Zeta-Jones, and Mickey Rourke are revealed in this book on the Brazilian Jiu-Jitsu style of martial arts.

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