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Grappling Basics: A New Twist on Conditioning

Brian Jones M.S.

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Even if you have no plans to become a mixed martial artist, honing your grappling skills will condition your body in new ways, building leg and arm strength, toughening your joints and tendons, and expanding your range of motion and flexibility. Brian Jones, an expert in judo and Brazilian jiu-jitsu, shows you the proper stances and footwork; key moves, like clinches and takedown, and ground positions and pins; and submission techniques; plus an extensive section on workouts and drills. While you'll want a training partner to work on the moves, many of the techniques and drills can be practiced alone. Grappling Basics will spice up your training and get your body into combat-ready condition, teaching you new skills that who knows? might even save your neck someday. Over 300 photos. 112 pp.

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