



Mastering the Rubber Guard: Jiu Jitsu for Mixed Martial Arts Competition

By Eddie Bravo, Erich Krauss, Glen Cordoza

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In *Mastering the Rubber Guard*, Eddie Bravo, the only American to submit a member of the legendary Gracie family in jiu-jitsu competition, reveals the techniques and strategy of the Rubber Guard, a revolutionary system of grappling designed specifically for the street and mixed martial arts competition.

Through descriptive narrative and nearly a thousand color photographs, Bravo teaches dozens of unique moves and submissions. Widely regarded as not only the most offensive, but also the most defensive, guard game in existence, the Rubber Guard will change the way you view and play jiu-jitsu.

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Editorial Review

Review

"Buy Eddie's book, read the book, and start putting his techniques to work because if you don't, you will soon be tapping out to some guy who did."—*'Big' John McCarthy, UFC Referee*

"Eddie Bravo's approach to jiu-jitsu is so unusual and innovative that it's literally a completely separate branch off the jiu-jitsu tree. And it's not just different; it's actually better. Much better."—*Joe Rogan, UFC Commentator and Host of NBC's 'Fear Factor'*

About the Author

Joe Rogan was the host of the hugely successful reality show, "Fear Factor," for six seasons on NBC. Prior to "Fear Factor", Rogan played Joe Garrelli, the resident electrician on the hit NBC comedy series "NewsRadio."

Since 2002, Rogan has provided color commentary for the UFC (Ultimate Fighting Championship) on Pay Per View and Spike Television and also hosts the syndicated show, "UFC Wired." Rogan's passion for MMA began with martial arts practice at the age of 13. Within two years, the Boston native earned a black belt and soon became the Massachusetts full contact Tae Kwon Do champion four consecutive years. By the age of 19, Rogan won the US Open Tae Kwon Do Championship and as lightweight champion went on to beat both the middle and heavyweight title-holders to obtain the Grand Championship.

Rogan's other true love is standup comedy. As a standup comedian for more than 20 years Joe has honed an inquisitive and intense comedic style. He exudes a mad joy for life in all its insanity and revels in the art of standup comedy to explore the world with raw honesty. This has made him a national headliner, a favorite performer at the prestigious Just For Laughs Festival in Montreal and a guest on "The Tonight Show with Jay Leno," "Late Night with Conan O'Brien" and "Jimmy Kimmel Live." In 2000, Rogan released his debut comedy album, "I'm Gonna Be Dead Someday," on Warner Bros. Records. In April of 2007 he released a follow-up CD, "Shiny Happy Jihad" on Comedy Central Records. Rogan's debut DVD "Joe Rogan Live" aired on Showtime in the spring of 2007. Joe's second hour comedy special, "Talking Monkeys in Space," premiered on Spike TV on June 20, 2009 dominating the average ratings in its timeslot among men 18-49 (150 percent more viewers), men 18-34 (180 percent) and men 25-34 (327 percent).

Rogan resides in Los Angeles and regularly performs stand-up locally and internationally.

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