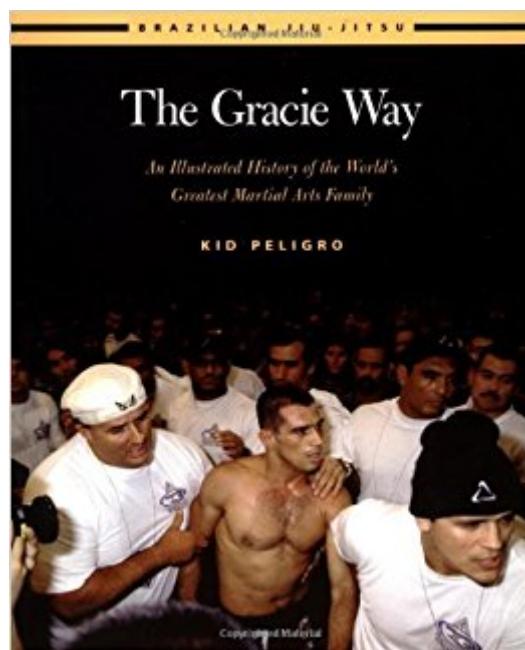


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# The Gracie Way: An Illustrated History Of The World's Greatest Martial Arts Family (Brazilian Jiu-Jitsu Series)



## **Synopsis**

The faces and stories of the sprawling Gracie family, who transformed Brazilian jiu-jitsu from an unknown street technique into the dominant form of martial arts today, are captured here. Introduced are Grandmaster Helio Gracie, who as a frail boy in Brazil in the 1930s developed the art, creating leverage techniques that allowed him to overcome other martial artists, regardless of size or strength; Rickson Gracie, the mystical family champion who has never been defeated in combat; and Royce Gracie, the most famous active martial artist in the United States, who put Brazilian jiu-jitsu on the map by winning the first three Ultimate Fighting Championships before the largest pay-per-view audiences in history. In addition to stunning action shots of the Gracies in all the legendary matches and their unique perspectives on what really went on during those fights, this book includes archival photos of the family, from their beginnings in Brazil in the 1930 to the present day and the new generation of champions. Fans will learn of Renzo's transformation from Rio street brawler to New York celebrity and revered teacher; of Royce and Royler's exploits as mischievous kids; and of Rickson's battle against one of Rio's toughest drug gangs.

## **Book Information**

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## **Customer Reviews**

Kid Peligro is a black belt in Brazilian jiu-jitsu and the winner of two World Titles. He is a columnist for Grappling and Gracie and the coauthor of Brazilian Jiu-Jitsu and Brazilian Jiu-Jitsu Self-Defense Techniques. He lives in San Diego, California.

This is probably my all-time favorite book on Martial arts. I've been training jiu jitsu for around five years and for me grappling has been one of my lifelong passions. I'm endlessly fascinated by the story of the origins of gracie jiu jitsu as well as the story of Helio Gracie (a genius on the level of Albert Einstein). I like Helio's style of grappling (it is absolutely spectacular to watch) and I also love the pure art of jiu jitsu like the Rickson style. Gracie jiu jitsu is my passion. I'm fascinated about how Carlos learned jiu jitsu from mitsuyo maeda and how later Helio adapted his jiu jitsu in order to base it on leverage as a way of overcoming his natural strength disadvantages. This book describes the life stories of ten different Gracies. My favorite chapters in this book are the chapters on Carlos, Helio, and Rickson. My least favorite chapter in this book is the chapter on Royler. Royler is just way too skinny and too much of a pack of bones for me to be able to either like him or respect him. My other least favorite chapters are the chapters on Carlson and Royce. Carlson for whatever reason, i just do not like him and royce well, after he was pulverized (to use a kid peligro term) i lost a little bit of respect for him (allthough i still respect him and think that he was a legendary fighter in his heyday). also the atory of Renzo Gracie is cool though Ib wish it were longer.

This is truly a unique write-up of the Gracie family, pioneers of Brazilian jiu jitsu and modern martial arts. The book is organized around chapters from the founders of Gracie Jiu Jitsu (Carlos and Helio) through the family champions (Carlson, Rolls and Rickson), famous instructors (Rorion and Carlos Jr.) and modern champions (Royler, Renzo & Royce).Behind the backdrop of personal biographies is a history of the art. Brazilian jiu jitsu started with Count Koma, who taught it to Carlos, who in turn taught it to Helio. Helio, Carlson and Rolls all put their own personal imprints on the art while in Brazil. Rorion brought the art to the US, introducing it to the masses through the Ultimate Fighting Championship.Although the book paints a very positive picture of the family, it does cover some of the troubles the family has seen. Royler, Renzo and Royce's defeats at the hands of Sakuraba are covered, as well as the breakup of Carlos's team of champions.The photographs alone make the book a treasure. Kid Peligro has unequaled family archives, which provides stories not heard elsewhere. In addition, he was able to interview many friends of the family such as Romero "Jacare" Cavalcanti and Carla Valente.A very interesting book to anyone interested in Brazilian Jiu Jitsu and the history. There's something new for everyone. Except maybe technique - that's another book! :-)

I love the mystique surrounding the Gracie family martial arts. I was enthralled with Royce Gracie as a kid, and still revere him as a hero of sorts. So, I really enjoyed this book, mostly because it talks about something there is simply not much literature written about.That said, it is biased. It's okay to

lose, and Kid P. should recognize this. All the greatest fighters in the world have lost, or certainly end up losing, eventually. Muhammed Ali lost his share of matches, but always fought to stay on top. He eventually didn't, but he revolutionized boxing and more because of his greatness. The Gracie's are the same way. Like it or not, the Gracie's changed everything, and made today's fighters what they are. They popularized vale-tudo fights, and taught the world (without reserve) their style. It constitutes half of MMA today. Without it, MMA would be Tank Abbot slugging it out with Ken Shamrock, or whatever. This celebrates the Gracie family in a non-academic approach. Get it, enjoy it.

The book is pure gold for anyone interested in Jiu-jitsu and in martial arts history. I got a great deal and it arrived exactly as expected. I got it a few days before I met Royler Gracie and was able to get him to sign it after a BJJ class. I found the books description of Royler perfect. The man was as described, direct, friendly and knowledgeable. This book helps one to understand the people behind the most effective self-defense martial art in the world, and in that, it helps you to understand the art itself. I highly recommend the book as well as the seller.

Front, back cover and pages them selves in good condition, so good purchase.

My family and I all compete in BJJ and knowing its history makes it all that much more fun for us all. The book itself is well written and organized. Not sure I would pay what some vendors are asking for a new copy, The used copy I bought was as good as new and a fraction of the new price.

just great

I'm really interested in Gracie Jiu Jitsu and this book was fascinating for me because it tells the story of their family and how it all happened. It's written by a friend of their family who has spent lots of time with them. I highly recommend.

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