



The Gracie Way: An Illustrated History of the World's Greatest Martial Arts Family (Brazilian Jiu-Jitsu series)

By Kid Peligro

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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.

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Editorial Review

About the Author

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.

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