

Gladiator Gear

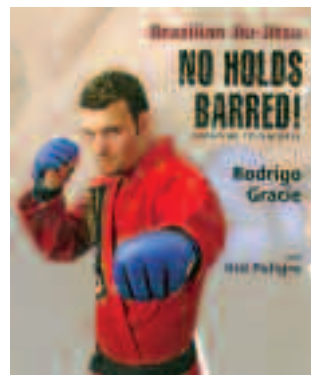
The New SPRAWL® GripFlex™

Sprawl, the leader in loose fit grappling shorts, has a problem. They can't seem to quit making their products better and better! Their latest masterpiece is a fifth generation fight short that provides the added benefit of increased grip to secure finishing holds and counter the effects of sweat. Sprawl, long known for over-engineering all their products (that's a good thing) uses a flexible lightweight, non-abrasive high-tech polymer fused to the shorts inseam to create "Grip-Zones." They have also upgraded the fabric on the rest of the short to a lightweight four-way stretch compared to the two-way stretch of their previous generation short (I told you they can't stop making improvements!). The SPRAWL® GripFlex™ provides a wide range of advantages including comfort, maximum flexibility for better kicking and guard-work, and superior traction to help secure finishing holds. Fighters are already saying it's the most functional fight short available. I only have one thing to say to all these improvements: "Why didn't YOU think of that?!" Sprawl products are available at jiujitsuprogear.com, sprawl.tv, and wherever else top-notch high-quality products are sold by people who have your best interests at heart. Get them today!



Defense Soap™: The Grappler's Edge Against Cooties!

Let's face it. It's an icky world out there. Your opponents don't shower, your training partner doesn't wash his gi, the mat at your school hasn't been cleaned since Helio Gracie was champion of Brazil, and your girlfriend's a skank (sorry, Defense Soap won't help you there). But on the grappling side, is there any hope of avoiding the rashes and skin conditions that are more dangerous than trying to steal "Rampage" Jackson's neck chain? Itch no more, my friends. Defense Soap, just now being introduced to the grappling world, should be in the gym bag of every grappler, jiu-jitsu player, and MMA fighter (right next to their copy of Gladiator Magazine). The anti-bacterial soap that many people currently use can disrupt the delicate balance of the skin flora and the body's immune system. And when that happens, susceptibility to infections follows. Defense Soap is made of the purest, natural pharmaceutical grade essential oils. The synergistic effect of these oils have been clinically proven to be a natural effective remedy and preventative for common skin infections such as ringworm, staph, herpes and countless other skin infections. So be icky no more. You've spent hundreds of dollars on kimonos, seminars, entrance fees, and DVDs, so spend a few bucks on something that will keep you from looking like a pound dog with mange. To get Defense Soap visit jiujitsuprogear.com or go to defensesoap.com.



Book Review

"Brazilian Jiu-Jitsu No Holds Barred Fighting Techniques,"

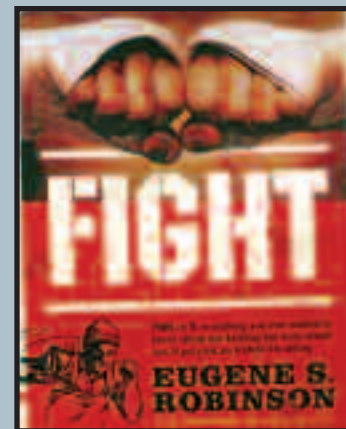
by Rodrigo Gracie and Kid Peligro, published by Invisible Cities Press. Invisible Cities Press, with a string of top-selling and high quality books on gi and no-gi grappling and MMA fighting has become the defacto gold standard for martial arts instructional books. Simply said, this is one of the best books ever written on NHB ring techniques. Rodrigo Gracie, a successful member of the famous Gracie fighting family, lays out a very structured and easy to understand methodology that includes mental preparation, conditioning, fight strategy, stand-up techniques, and complete groundfighting offensive and defensive techniques. Shot in full color in an oversize format with large photos, the book makes it easy to see the techniques without the use of an electron microscope. This book is bound to improve your MMA fighting game,

but can also be adapted for use in grappling tournaments simply by leaving out the strikes (duh!). But don't take my word for it, get the book and read through it. If you don't improve your skills then feel free to come looking for me (but I warn you, I already have a copy of this book!). To order go to bjjmart.com, jiujitsuprogear.com or to the Barnes and Nobles nearest you and ask for it by number (ISBN 1-931229-40-6). And pick up a copy of Gladiator Magazine while you're there (but I guess if you're reading this you already have? so never mind).

Book Review

"Fight: Everything You Wanted to Know About Ass-Kicking But Were Afraid You'd Get Your Ass-Kicked for Asking,"

by Eugene S. Robinson, published by Harper-Collins



Hey, you! Want a good laugh? Go look in the mirror. Want an even bigger laugh? Rush out and get a copy of "Fight," Eugene S. Robinson's irreverent masterpiece of the fighting and butt-kicking lifestyle that covers everything from cage fights, to hockey fights, to prison fights, to street fights, to soccer fights, to boxing fights, and more! Filled with photos from King of the Cage, Gladiator Challenge and other events that are NOT the UFC and didn't ask for a firstborn child for photo usage fees, "Fight" will give you an inside look at the people, places, and things related to fighting and will somehow leave you laughing at the same time (I don't know about you, but I always laugh when I'm getting pummeled). Featuring a beautifully bound hard-back cover and high quality interior printing, "Fight" will undoubtedly become a collector's item and is the perfect book to take to MMA events to get fighters to sign their photos. For more information on buying "Fight" visit your local bookstore and ask for it (ISBN 978-0-06-118922-7) or search for it on Amazon via the ISBN number as well (I just gave it to you, knucklehead). Do it NOW!