



## Don't Wear Your Gi to the Bar: And Other Jiu-Jitsu Life Lessons

By Marshal D. Carper, Darryl Cozza

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Don't Wear Your Gi to the Bar: And Other Jiu-Jitsu Life Lessons is a tongue-in-cheek guide to life on and off the mat. Veteran fight author Marshal D. Carper, best known for his books The Cauliflower Chronicles and Marcelo Garcia's Advanced Brazilian Jiu-Jitsu techniques, partners with designer Darryl Cozza to riff on jiu-jitsu culture, tackling such hot-button issues as how to pull guard in a crowded club and how to break a crazy girlfriend's guard. Written with the true jiu-jiteiro in mind, Don't Wear Your Gi to the Bar is an escape from the seriousness of the sport and a celebration of the art that has captured our curiosity and passion.

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