

Lovers JiuJitsu

Jiu Jitsu Complete Jiu-Jitsu University The Black Belt Blueprint Beginners Jiu Jitsu Guide Jiu-Jitsu University Kiyose Nakae Saulo Ribeiro Nicolas Gregoriades Keisuke Andrew Saulo Ribeiro Jiu Jitsu Complete Jiu-Jitsu University The Black Belt Blueprint Beginners Jiu Jitsu Guide Jiu-Jitsu University *Kiyose Nakae Saulo Ribeiro Nicolas Gregoriades Keisuke Andrew Saulo Ribeiro*

saulo ribeiro six time brazilian jiu jitsu world champion is world renowned for his functional jiu jitsu knowledge and flawless technique in jiu jitsu university ribeiro shares with the public for the first time his revolutionary system of grappling mapping out more than 200 techniques that carry you from white to black belt illuminating common jiu jitsu errors and then illustrating practical remedies this book is a must for all who train in jiu jitsu not your run of the mill technique book jiu jitsu university is a detailed training manual that will ultimately change the way jiu jitsu is taught around the globe

written by roger gracie s first black belt and founder of the jiu jitsu brotherhood nicolas gregoriades this is a comprehensive guide to the sport of brazilian jiu jitsu it features a comprehensive and holistic approach to the training methods techniques and concepts which underpin the art

this book is the black and white edition of beginner s jiu jitsu guide it was written by enso jiu jitsu head instructor and owner keisuke andrew 2nd degree black belt in brazilian jiu jitsu this book is easy to read it has 79 pages and includes detailed illustrations it was written specifically for brazilian jiu jitsu students that are just starting their jiu jitsu journey table of contents origin of jiu jitsu academy etiquette how to tie your belt sports jiu jiu roll diagram jiu jitsu in a one on one fight hierarchy of jiu jitsu positions positions submissions how to build your game

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