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Zen Jiu Jitsu - White To Blue



Synopsis

Feeling confused? Is being a White Belt creating a few challenges? This is a manual designed to get White Belts to competent Blue Belts in as fast a time as possible. Zen Jiu Jitsu is more a rendition of concepts than techniques. This is the simplest and easiest way to break down and simplify the many and varied ideas, philosophies and combinations in the Brazilian Jiu Jitsu arsenal. For both competition jiu jitsu and self defense jiu jitsu most white belts need to fully understand the concepts, but it can be VERY confusing! Here is a short list of a few of the questions students ask, that are covered in depth: What is the guard and how do we utilize it best? What options do we have from guard? Why is posture and distance important? The mount is a powerful position but how do I get there?... And when I do get there, how do I stay there? >>> Zen Jiu Jitsu - White to Blue Answers these Questions and Many More... It covers, Core Principles, Drilling techniques, Choosing a School, Technique Concepts, Tactical Considerations and more. It even includes some technique chains and Maps for the white belt to try when doing specific training or sparring. >>> Don't forget every black belt started out as a white belt. This manual also covers the motivational strategies to keep you moving along the path and towards becoming a competent blue belt. This is a great manual for anyone just starting Brazilian Jiu Jitsu, Traditional Jiu Jitsu, MMA and Grappling. Scroll up and grab a copy today.

Book Information

Series: Zen Jiu Jitsu

Paperback: 118 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (July 17, 2013)

Language: English

ISBN-10: 1491023740

ISBN-13: 978-1491023747

Product Dimensions: 5.5 x 0.3 x 8.5 inches

Shipping Weight: 7.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 98 customer reviews

Best Sellers Rank: #84,267 in Books (See Top 100 in Books) #88 in Books > Sports & Outdoors > Individual Sports > Martial Arts #108 in Books > Sports & Outdoors > Miscellaneous > Sports Psychology #1064 in Books > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

This book is a great read very insightful and easy. Its Jiu jitsu minus all the crazy expert jargon, I

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but I have to give Mr. Stark my thanks for his books and his many helpful approaches to learning.

unspoken gaps at your school.

been training BJJ very long, or good reminders for the veterans!

more of his publications and further myself in BJJ. Definitely a must read for all white belts!

anything insightful and enlightening.

around.

Good read for concepts/actions to accelerate your game, even if you've been going awhile. Note this is not a techniques book per se, but more about where/how to invest your time to maximize your progress. Such as a section on considering having a grappling dummy.

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