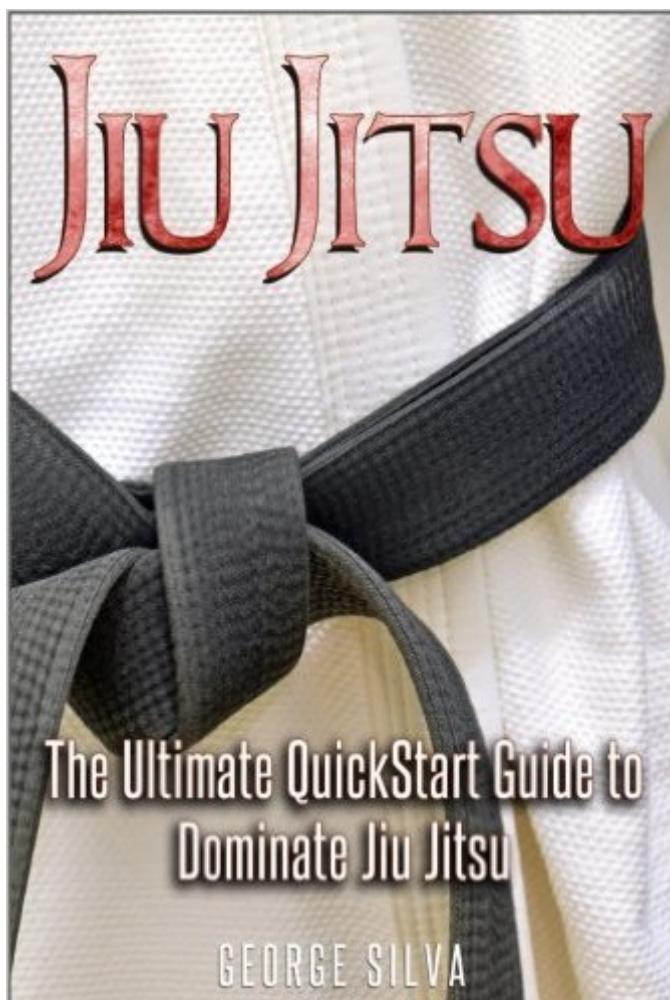


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Jiu Jitsu: The Ultimate Quick Start Guide To Dominate Jiu-Jitsu (Jiu Jitsu, Krav Maga, MMA)



Synopsis

Expertise in Jiu-Jitsu and Conquer the Ring! While most hand to hand fighting arrangement deals with the underlying punching and kicking phases of combat, Jiu-Jitsu focuses on ground combat. This guide shows how to use Jiu-Jitsu to increase combat effectiveness! When you read Jiu-Jitsu - The Ultimate Quick Start Guide To Dominate Jiu-Jitsu , you'll learn the most effective and devastating techniques of Jiu-Jitsu: Jiu-Jitsu Origin and Philosophy Jiu-Jitsu Benefits Jiu-Jitsu Techniques Defensive and Submission Best Exercises for Practitioners White and Blue Belts Final Advice to Dominate and More! This book is for any individual who needs to exceed expectations in Jiu-Jitsu and command the ring! Jiu-Jitsu - The Ultimate Quick Start Guide To Dominate Jiu-Jitsu is your essential guide to master the techniques of ground combat! This book is a complete aide that covers the whole range of Jiu-Jitsu, let you catch and ace the systems of this art. This manual offers directions on each part of the world's best and great form of martial art. You'll find out about the center theory and strategies required, a legitimate outlook and activities to help you develop in Jiu-Jitsu! What are you waiting for? Get your copy of Jiu-Jitsu - The Ultimate Quick Start Guide To Dominate Jiu-Jitsu today! You'll be so glad you did!

Book Information

Series: Jiu Jitsu, Krav Maga, MMA

Paperback: 106 pages

Publisher: CreateSpace Independent Publishing Platform (July 13, 2016)

Language: English

ISBN-10: 1535250372

ISBN-13: 978-1535250375

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7.5 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ See all reviewsÂ (52 customer reviews)

Best Sellers Rank: #810,401 in Books (See Top 100 in Books) #137 inÂ Books > Sports & Outdoors > Individual Sports > Mixed Martial Arts #2011 inÂ Books > Sports & Outdoors > Individual Sports > Martial Arts #10443 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

This book is all about Jiu-Jitsu. Jiu-Jitsu is a one of a kind exercise or self defense system. Everybody should learn it for their own protection or for their own recreation. Jiu Jitsu is an ancient self defensive way. This book has everything, how to start, tips and tricks, techniques etc. and much

more about Jiu-Jitsu. Grab a copy, you will never regret.

This book is perfect for you if you really want to learn Jiu-Jitsu. It has all the moves, practices, ways, tips and techniques that you need to learn to master Jiu-Jitsu. It will be your teacher which will show you the right path of self improving by learning Jiu-Jitsu. This ancient form of self defense system is not only a technique to fight, it's a great exercise and also an art. So I highly recommend this book to you.

Jiu-Jitsu is an ancient form of self defense. But if you want to master it you need to work hard and practice more and more. This book will help you to do so. With its techniques you will be able to teach you everything about Jiu-Jitsu. I really liked this book. Good luck while you become a master of Jiu-Jitsu.

I knew a little about Jiu-Jitsu, but I was eager to learn more about it as Jiu-Jitsu is mostly used for defensive purposes.. This book introduces me with the origins and philosophy behind it . Besides this, it includes techniques to practice it through the right way. I found this book very effective to dominate over Jiu-Jitsu.

Its a deal that is all about self defense utilizing and mastering the techniques of this Jiu-Jitsu martial arts. I have been clues on a number of defensive mechanism including Thai fighting and this book is a great tool to be add more techniques, Although It is required to have a trainer if interested in taking it professional.

Jiu-Jitsu is a great form of art, exercise and self defense. You need to practice hard to master it properly. But this book will be the best guide for you if you want to learn jiu-jitsu. You will master all the moves and rules of jiu-jitsu within some days. So I highly recommend this book for you.

A guide that will certainly help you to become more dominant in jiu-jitsu. If you can learn how to master this skill there will be no stopping you. It is even more helpful because it helps you remain in top shape if you train it regularly. You will be a walking machine and with this book you can master it in even less time. It's a guide from an author that has mastered the skill close to perfection and that's what makes it unique.

I heard so much of Jiu-Jitsu, but never know the origins and philosophy behind it. All I know is that Jiu-Jitsu is mostly use for defensive purposes. Only in reading this book did I know that the underlying philosophy of Jiu-Jitsu is using our opponent's strength against them. I really thought we need to be more powerful to defeat our opponent. As I was reading the Jiu-Jitsu techniques, I also tried to search and watch it in youtube to see the proper way of doing those techniques. These techniques are very dangerous if use by people with wrong mentality. It's not good for people who easily flares up and definitely not for show off person. We need to be humble. The more we grow our skills and knowledge for this kind of martial art, we need to be more humble. I love how this book also includes the best exercises for this martial art. I love this guide! If practiced properly, it can save not only our lives, but also the lives of people who are in danger.

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