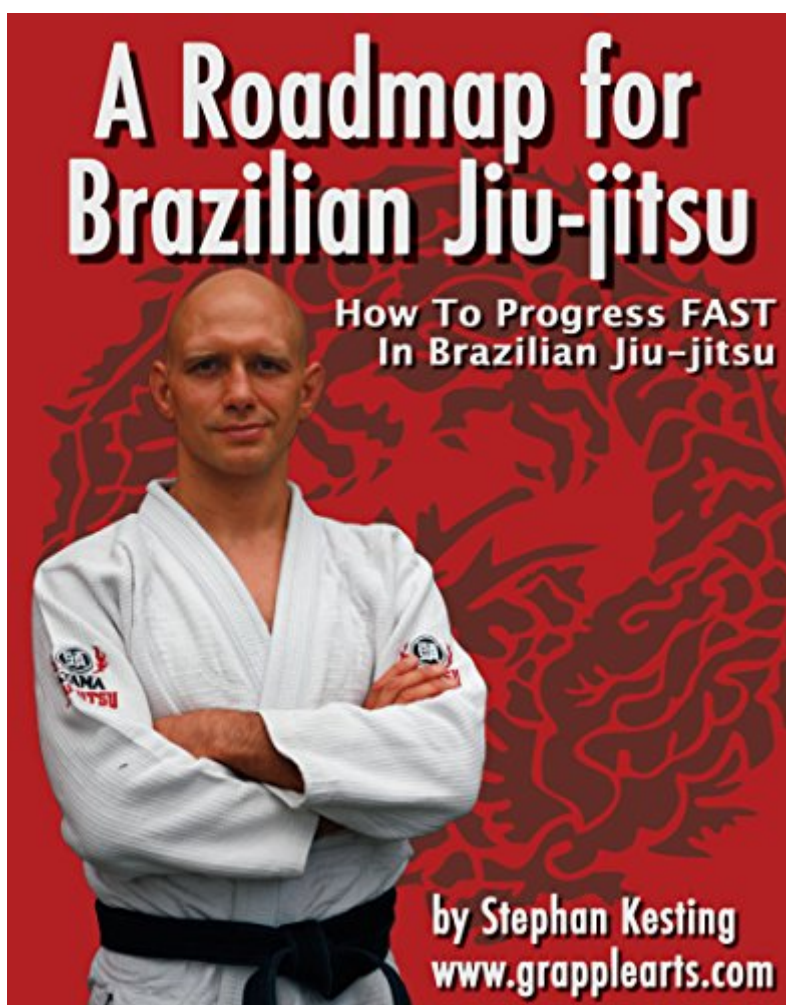


The book was found

A Roadmap For BJJ: How To Get Good At Brazilian Jiu-Jitsu As Fast As Humanly Possible



Synopsis

Tips and strategies that can be applied in sparring right away. Explanations (with photos) of how to use the six most important positions in Brazilian Jiu-jitsu to dominate your opponents. How to figure out which techniques you need to learn and practice next. What the highest percentage submissions and escapes are for each position. The background you need to avoid asking stupid questions in class. My best tips to maximize your training time, and to avoid injuries on the mat. And a ton of illustrations, photos, and links to important articles and techniques you must know.

Book Information

File Size: 5112 KB

Simultaneous Device Usage: Unlimited

Publisher: Grapplearts.com; 1.4.1 edition (August 12, 2015)

Publication Date: August 12, 2015

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B013V1H4F8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #56,198 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #4

in Â Â Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Wrestling #18

in Â Â Books > Sports & Outdoors > Individual Sports > Wrestling #21 in Â Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Martial Arts

Customer Reviews

Stephan covers a lot ground quickly. Lucky! fÂçÂ â -Â â for me he keeps it simple to understand. He frames and teaches BJJ in such a way that you'll never feel lost when you start. This book is a fair and reasonable introduction to BJJ while pushing you towards his other products. They are all worth thier price (I own them and would rate them 5*) and should at least be considered if your serious about learning BJJ.

I've been studying martial arts for 30 years and recently took up BJJ. The art is so much different than any other art I've studied so I got lost at the beginning. This book was a great help. I'm 6 months into my training now and things are rolling along. :)

Filled with links to buy more of his products. Very little useful techniques in here, just tells you what the six positions are. You can get all of this from articles on the internet.

I love Stephan's work, but I will say the app can be finiky. It might be my phone or it may be the app itself, i'm not sure. That said, when the app works, you get a lot of insight and knowledge. My favorite thing about Stephan is he is always a student- even when he is teaching. He doesn't talk as if he is above you, but as if he is in the trench learning along side you. I think every instructor could learn a thing or two from this man.

BEWARE!!! You can get this book for free on Stephan Kesting's website. That being said, it's a great book for BJJ beginners

It's important see the where you're going before you start racing your vehicle at top speeds. This book shows you exactly where you're headed, with practical advice and a clear view of the landscape. An invaluable resource for new students of the game.

A little too simplistic and does not go into any real strategies or reasoning. Simple explanations of the simple positions in bjj. Ok if your brand new but really, this info can be had for free easily, or explained in your first class.

Very basic but a great distilling of the complex world of beginning bjj. The focus on positions and how to move in and out of them is great. I just wish more space was dedicated to how to perform the transitional moves that are mentioned.

[Download to continue reading...](#)

A Roadmap for BJJ: How to Get Good at Brazilian Jiu-Jitsu as Fast as Humanly Possible Mastering The 21 Immutable Principles Of Brazilian Jiu-Jitsu: The Ultimate Handbook for Brazilian Jiu-Jitsu Students Brazilian Jiu-Jitsu: The Ultimate Guide to Dominating Brazilian Jiu-Jitsu and Mixed Martial Arts Combat Guerrilla Jiu-Jitsu: Revolutionizing Brazilian Jiu-jitsu Brazilian Jiu-Jitsu For Beginners: The Ultimate Guide For The Jiu-Jitsu White Belt Easy Portuguese Cookbook: 50 Authentic

Portuguese and Brazilian Recipes (Portuguese Cookbook, Portuguese Recipes, Portuguese Cooking, Brazilian Cookbook, Brazilian Recipes, Brazilian Cooking Book 1) The Brazilian Jiu Jitsu Globetrotter TRAILBLAZERS Stories of Training Brazilian Jiu-Jitsu in Rio de Janeiro 1988-2005 The Gracie Way: An Illustrated History of the World's Greatest Martial Arts Family (Brazilian Jiu-Jitsu series) Motivation: Stories on Life and Success from Brazilian Jiu-Jitsu Black Belts Ground Fighting Techniques to Destroy Your Enemy: Mixed Martial Arts, Brazilian Jiu Jitsu and Street Fighting Grappling Techniques and Strategy (Self-Defense Book 3) Zen Jiu Jitsu - White to Blue Jiu-Jitsu University Advanced Rubber Guard: Jiu-Jitsu for Mixed Martial Arts Competition Mastering the Twister: Jiu Jitsu for Mixed Martial Arts Competition STING LIKE A MOTH A BEE- Shawn Kunkler, author of the world's most (fun) badass training manual: Advanced Training for MMA, Jiu Jitsu, Kung Fu, Boxing, Martial Arts: How to Maximize Your Advantage Mastering the Rubber Guard: Jiu Jitsu for Mixed Martial Arts Competition Daniel Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook) FBA: The Mastermind Roadmap to Discovering Lucrative Private Label Products that Sell on FBA (Mastermind Roadmap to Selling on with FBA Book 1) Brazil: Travel Guide for Men, Travel Brazil Like You Really Want to (Brazil Travel Book, Brazilian Escorts, Body Massages, Brazilian Girls, Rio De Janeiro Travel Guide)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)