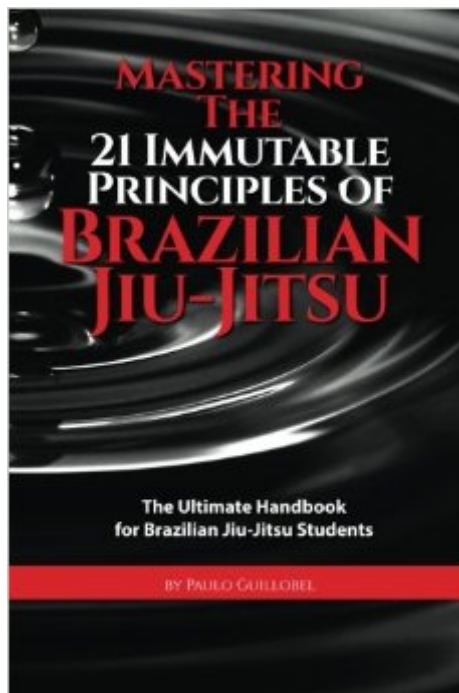


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Mastering The 21 Immutable Principles Of Brazilian Jiu-Jitsu: The Ultimate Handbook For Brazilian Jiu-Jitsu Students



Synopsis

"On 'Mastering The 21 Immutable Principles Of Brazilian Jiu-Jitsu', Paulo Guillobel wears a hat of a scholar and proves that, in more than 26 years of practicing, he has not only trained, taught and competed at high level, but most important of all, has studied the art thoroughly. Every student, teacher and master will surely take advantage of the knowledge carefully organized in this book. This is by far the best Jiu-Jitsu book I ever read." -Luca Atalla, Vice President and Chief Editor of Gracie Magazine Until this book, there has never been a Brazilian Jiu-Jitsu book that has comprehensively explained the most fundamental and unchangeable principles of this martial arts style. Paulo Guillobel's Mastering the 21 Immutable Principles of Brazilian Jiu-Jitsu is a one-of-a-kind book that goes deep into the foundation of the Brazilian Jiu-Jitsu techniques and strategies. With an understanding of the 21 principles revealed in this book, any BJJ student will be able to discover the invisible details behind any technique, and also understand why the techniques are being used.

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Customer Reviews

I've been teaching BJJ for almost 5 years (currently a brown belt with two stripes). Currently I own more than 25 books related to BJJ, however this book is unique in some aspects when compared to others:- As a practitioner this book has the finest explanations of the concepts behind great BJJ players and their "invisible" jiu jitsu. While those concepts are familiar to most bjj players with a couple of years in the field, the analogies are so well tailored that makes every principle looks almost obvious.- Unexpectedly, this book improved my strategy during the randori. Clear principles brings better understanding, which translates in better tactics.- As a teacher, the simple terms from

Prof. Guillobel helped me to improve my lessons. My students have right now a better understanding of the game from a wide perspective, and are less prone to make tactical mistakes. Actually I've seen in his faces the bright of an "Aha" moment many times since I put those concepts at class. This is priceless and made it worth every penny spent on this book. Believe me! What not to expect from this book:- This is not a book about BJJ techniques. If you're looking for one of those, look for Saulo Ribero's Jiu Jitsu University.- A fancy edition. This book is a paperback, with black and white print. Please, do not judge a book by his cover... especially this one.- A long book. You can read this book in an afternoon, however I encourage you to underline, write comments on the pages, and review them quite often.-A book for beginners. A white belt is not going to grasp the concepts at the first glance, but as he progress, he'll see how the pieces start to fit together.-A kindle book.

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