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## Zen Jiu Jitsu - White To Blue



## Synopsis

Feeling confused? ã ã Is beng 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... ã ã 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. ã ã 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

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## Customer Reviews

This book is a great read very insightful and easy. Its Jiu jitsu minus all the crazy expert jargon, I found this book even better after I read it the second time half way through my white belt and funny with a lot of aha moments after I actually got my blue belt ( thanks mostly to this book )this book was I great reference point to keep dipping to when the whole thing seemed a little to much during the tiredness ,the injuries and lack of motivation and for that I thank you Mr Stark,my journey is just now beginning

Bought and read this before my first lesson in BJJ, I'm a white belt with only 10 months now, but the philosophy and advice in this book really helps to augment what I'm learning on the mat. I also bought the journal and use it for every session, seminar, and tournament. I have much left to learn, but I have to give Mr. Stark my thanks for his books and his many helpful approaches to learning.

Very insightful. As a white belt for almost a year, I still found things that where helpful. I would recommend this to anyone wanting to start BJJ or who has started it. It'll help fill in some of the unspoken gaps at your school.

Changed my game as a white belt! There are some grammatical and spelling errors, which can be distracting, but the overall material is great. Very good things to think about for those that have not been training BJJ very long, or good reminders for the veterans!

Excellent Read! I started rolling almost three months ago, and I can strongly relate to the text. It has really openes my eyes, and gave me a deeper appreciation for the art. I am looking forward to read more of his publications and further myself in BJJ. Definitely a must read for all white belts!

it's a good book and does give you some ideas of how to start and persist in your BJJ journal. But honestly, most of the stuff in the book you will learn in about 1 month into your training, and from online BJJ forums etc. The information/content is justifiable with the price, but do not expect anything insightful and enlightening.

I enjoyed this book. It gave me a lot to think about regarding how I approach BJJ. Looking forward to applying the drilling at home concepts as well as becoming proficient at the techniques recommended at the end of the book. Good explanation of concepts for white belts to get their head 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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