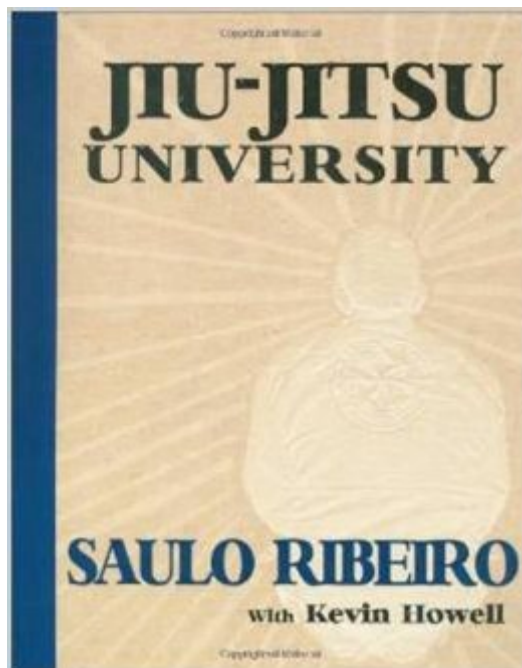


The book was found

Jiu-Jitsu University



Synopsis

Saulo Ribeiro "six-time Brazilian Jiu-Jitsu World Champion" is world-renowned for his functional jiu-jitsu knowledge and flawless technique. In Jiu-Jitsu University, Ribeiro shares with the public for the first time his revolutionary system of grappling, mapping out more than 200 techniques that carry you from white to black belt. Illuminating common jiu-jitsu errors and then illustrating practical remedies, this book is a must for all who train in jiu-jitsu. Not your run-of-the-mill technique book, Jiu-Jitsu University is a detailed training manual that will ultimately change the way jiu-jitsu is taught around the globe.

Book Information

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Customer Reviews

Saulo Ribeiro is a Brazilian Jiu-Jitsu champion. Ribeiro, along with his jiu-jitsu achievements, is a lawyer and judge and now head instructor at the world-famous University of Jiu-Jitsu based in San Diego, CA. Kevin Howell is a political science professor based in Huntington Beach, CA. He holds a brown belt in judo and a purple belt in Brazilian Jiu-Jitsu.

I have the paper version of this. The kindle version is easy to read. Pages formatted very well for my 7" nexus. The pictures look a little grainy, but the techniques are still easy to see.

A quite a comprehensive BJJ guide but with the evolving nature of the sport I felt as many moves were missing from the book. It is 2017, the photos in the book should all be high resolution, instead of seeing some blurry pixels when zooming in. All in all a great guide for white belts like myself, but I

doubt higher belts would benefit from this book immensely. Would give five stars if the photos would be clearer and bigger and if there would be more moves in the book.

This first Jiu-Jitsu book I own. I asked several upper belts, including my black belt instructor, and every one exclusively said this was the book to buy. I am a blue belt and the information in this book is incredible, I've used everything from the survival techniques, and escapes to a few passes in the short time I've owned it. With my limited knowledge I would say this is a book that you can buy and study throughout your jiu jitsu journey. Don't hesitate, buy it and study it.

If you are getting into BJJ or are a long time practitioner, this book will be a great reference for you for solid techniques, guidance, and wisdom from one of the best instructors in the sport. This book guides you along Prof. Ribeiro's recommended area of focus for each belt level of BJJ: survival positions (white), escapes (blue), guard (purple), passing guard (brown), and submissions (black). Each techniques is broken down step by step with multiple pictures with different angles for more complicated/subtle movements. Prof. Ribeiro also shows common pitfalls/mistakes that practitioners can make in their BJJ game. While it takes years to become proficient in BJJ, I personally noticed improvement in my BJJ training and understanding of the sport within the first few weeks of using this guide.

This is an excellent book on the art of Jiu - Jitsu. I will give one caveat. I would not recommend it for absolute beginners. Get a basic understanding of the positions, escapes and submissions before reading this book. You'll get a lot more out of it. Otherwise, it's an excellent book and well worth the money.

If you do BJJ and you don't buy this book you will have holes in your game. You do not want holes in your game. It's really as simple as that. It will teach you solid fundamentals for all scenarios that you really just cannot be lacking as a newcomer to BJJ. Most guys I know have read this book and therefore have added that into their arsenal. Rolling with someone that has this when you don't will put you at a serious disadvantage. Buy this incredible book. It will help you in a big way.

I've been practicing BJJ for 10 years now and have found this book to be one of the best, most complete BJJ instruction manuals. There's Carlson, Rickson and Saulo. A must have for any level BJJ practitioner.

Bought this for my son who recently started jiu jitsu training. He tells me he has already memorized all the beginner forms and it shows as he is progressing in class rapidly.

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