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Beginning Bjj: An Unfinished Journey in Brazilian Jiu-Jitsu

By Patrick Doucette

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Paperback. 148 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. What happens when a middle aged guy sees himself in the mirror and doesn't like what he sees? The bulging belly and the double chin stare back at him and yell 'You're losing it, dude!'. Where's your commitment to get in shape? The author faced that accusation and in response made a bold lifestyle change by taking up the study of Brazilian Jiu-Jitsu. Documenting his progress, he describes things he has learned both on and off the mat in this personal journal of discovery. Drawing on a lifetime of experience in a variety of martial arts, he brings these insights into his training and instruction in Brazilian Jiu-Jitsu and shares them so the reader may benefit. Topics include: Critical reasons why your BJJ techniques will often fail against an advanced opponent and how you can prevent this from happening. 21 ancient warrior precepts updated for the modern day BJJ enthusiast. Understanding the grading and ranking process used in Brazilian Jiu-Jitsu. How to quickly advance and succeed in your BJJ training. Very thought provoking and valuable, this book has...



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