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# Zen Jiu Jitsu



## Synopsis

Zen and the Art of Jiu Jitsu - The 30 Day Program to Improve Your Jiu Jitsu Game 1000% Are you Stuck? Struggling to find a game that works in the Academy? That's the word that comes to mind when I think about the transition from blue belt to purple belt. For reasons that I can't quite work out, when I came to the later stages of being a blue belt I felt confused and lost in my game. Trying to put all the pieces together seemed like a task too far and quitting looked like an option, after all, most guys my age are hitting the golf course or surfing not rolling on the floor with sweat soaked people. This quitting idea seemed an option at least. In an effort to review what I was doing and pushing through this plateau I developed a few habits that not only brought about a huge change in my game but by applying them on a consistent basis turned me into a respected player in my academy. From obscurity to recognition, even from Black Belts, and it only took me one month! This is a great manual for anyone interested in Brazilian Jiu Jitsu, Traditional Jiu Jitsu, MMA and Grappling. Don't forget every black belt started out as a white belt... This manual covers various motivational strategies to keep you moving along the path and towards creating a game plan you can work! Scroll up and grab a copy today.

## Book Information

File Size: 1401 KB

Print Length: 128 pages

Simultaneous Device Usage: Unlimited

Publisher: Createspace (August 28, 2012)

Publication Date: August 28, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B0093QHNBG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #81,164 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #34 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Miscellaneous > Sports Psychology #40 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Martial Arts #98

## Customer Reviews

After first finding out about Zen JiuJitsu, I hesitated for a few days before buying it, or even downloading the free sample. Frankly, I've blown a lot of money on supplemental materials for BJJ that are all collecting dust on a bookshelf or drawer somewhere. Finally I ended up reading through the sample. When I came to the end of it, I clicked the "buy now" link without pausing. From only reading the sample, I figured out three things:1) The author doesn't just give lists of techniques to learn. It is more of a discussion about our mindset and strategy for approaching training.

"Philosophy" if you will. In the age of the Internet, finding random techniques to practice is a piece of cake. What we need to figure out is how to choose the techniques we NEED.2) The author's writing echoed my own thinking about BJJ and learning in general.3) It clearly represented a fresh perspective.I've been learning BJJ for a few years now and have spent big money on various DVD sets and books, and hours upon hours watching YouTube videos. The vast majority of these books, even the 'bibles' of the BJJ world seem to focus exclusively on cramming as many techniques as possible into your head (although they may differ on WHICH techniques or the finer points of certain ones).The problem is, I have never learned well this way. Trying to learn German and Spanish at various points in my life by studying flashcards for hours on end proved to be as fruitless as it was tedious. And yet, now I am nearly fluent in Korean, one of the hardest languages in the world for native English speakers to learn. I've done it through directed, systematic, study and a LOT of immersion. And I've had fun doing it.Zen JiuJitsu advocates a similar approach with learning BJJ.

Even if I consider myself of having an average experience of BJJ, I'm still a white belt as of today. I'm a small guy and I was recently injured (broken ribs) due to rolling with much larger guys. I was looking for a book to expand my knowledge about BJJ while taking out the most of my time off the mats. As of today, getting opportunities to learn new technics is absolutely not an issue: you get so many of them on YouTube for free, and you can also find GREAT books and instructional DVDs. No, what I was looking for was a book about "how to train BJJ", something that would bring my BJJ to the next level thanks to a new approach. An approach that has been tested by a true BJJ practitioner who suffered from the same issues we've all met as we try and write our path along the line of BJJ: how to deal with larger people, injuries, how to memorize the numerous technics, how to make sure you do not lose your time in doing things the bad way but clearly use it consistently so as to progress at each training session...This book answered my questions. Well, I won't lie about what

I know and what I don't know: as of today, I cannot confirm the book works 100%. To do that, I would need to have practised its approach for at least a few months and see to what extent my game really evolved on the mats. Still, all I can say is that the book brought me the original information I was looking for: I enjoyed the flow of the text, the book structure and the blend of pedagogical anecdotes and illustrations. You really feel like the author is here with you on the mats and tell you about his personal experience: what worked for him, what did not. Generally speaking, it helps you stay motivated while giving you an overall picture of your game and its possible evolution in the long run.

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Brazilian Jiu-Jitsu: The Ultimate Guide to Dominating Brazilian Jiu-Jitsu and Mixed Martial Arts Combat  
Zen Jiu Jitsu Zen and Zen Classics volume 1: From the Upanishads to Huineng (Zen & Zen Classics)  
Zen: Zen For Beginners - The Ultimate Guide To Incorporating Zen Into Your Life - A Zen Buddhism Approach To Happiness And Inner Peace  
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