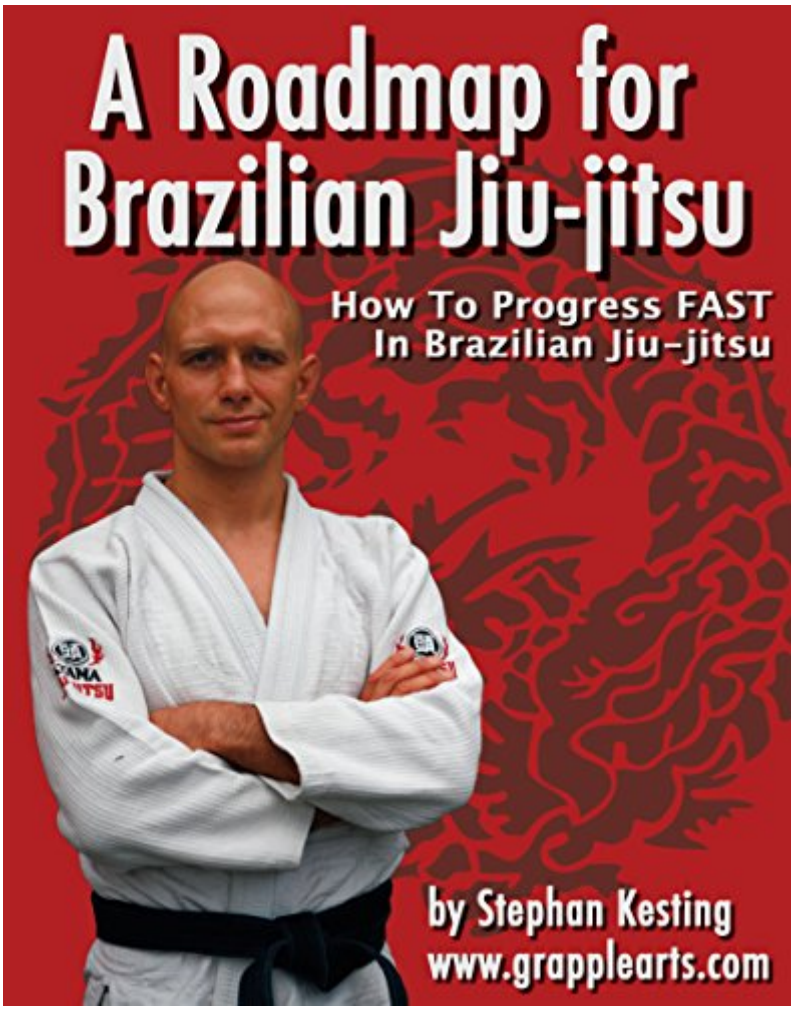
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A Roadmap For BJJ: How To Get Good At Brazilian Jiu-Jitsu As Fast As Humanly Possible



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Synopsis

Tips and strategies that can be applied in sparring right away.Explanations (with photos) of how to use the six most important positions in Brazilian Jiu-jitsu to dominate your opponents.How to figure out which techniques you need to learn and practice next.What the highest percentage submissions and escapes are for each position.The background you need to avoid asking stupid questions in class.My best tips to maximize your training time, and to avoid injuries on the mat.And a ton of illustrations, photos, and links to important articles and techniques you must know.

Book Information

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Customer Reviews

Stephan covers a lot ground quickly. LuckyÃƒÂ¢Ã â ¬Ã â for me he keeps it simple to understand. He frames and teaches BJJ in such a way that you'll never feel lost when you start. This book is a fair and reasonable introduction to BJJ while pushing you towards his other products. They are all worth thier price (I own them and would rate them 5*) and should at least be considered if your serious about learning BJJ.

I've been studying martial arts for 30 years and recently took up BJJ. The art is so much different than any other art I've studied so I got lost at the beginning. This book was a great help. I'm 6 months into my training now and things are rolling along. :)

Filled with links to buy more of his products. Very little useful techniques in here, just tells you what the six positions are. You can get all of this from articles on the internet.

I love Stephan's work, but I will say the app can be finiky. It might be my phone or it may be the app itself, i'm not sure. That said, when the app works, you get a lot of insight and knowledge. My favorite thing about Stephan is he is always a student- even when he is teaching. He doesn't talk as if he is above you, but as if he is in the trench learning along side you. I think every instructor could learn a thing or two from this man.

BEWARE!!! You can get this book for free on Stephan Kesting's website.That being said, its a great book for BJJ beginners

It's important see the where you're going before you start racing your vehicle at top speeds. This book shows you exactly where you're headed, with practical advice and a clear view of the landscape. An invaluable resource for new students of the game.

A little too simplistic and does not go into any real strategies or reasoning. Simple explanations of the simple positions in bjjOk if your brand new but really, this info can be had for free easily, or explained in your first class.

Very basic but a great distilling of the complex world of beginning bjj. The focus on positions and how to move in and out of them is great. I just wish more space was dedicated to how to perform the transitional moves that are mentioned.

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