



How To Jiu Jitsu For Beginners: Your Step-By-Step Guide To Jiu Jitsu For Beginners

By HowExpert Press

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 154 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. How To Do Jiu-Jitsu For Beginners is oriented toward teaching basic jiu-jitsu techniques for self-defense. The book shows the user how to control stand up aspects of a fight as well as ground aspects. Over 200 photos are combined with step-by-step instructions to illustrate effective application of jiu-jitsu moves. The accompanying text offers further insight in the various techniques and principles of jiu-jitsu. From a standing perspective, the e-book will explain how to keep the distance in a fight as well as what type of takedowns an attacker may employ. The text outlines these takedowns in detail and show ways to avoid or counter these techniques. Users are instructed on how to perform these vary same takedowns, so that the defender can become the attacker should the need arise. On the ground, the text and photos outline how to control an attacker who wants to harm the defender. Defense for stopping punches, how to control an attacker, and how to reverse positions, are all covered in the text. How To Do Jiu-Jitsu For Beginners also details how to attack on...



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