

## Jiu-Jitsu Confidence: A Parent's Guide to Raise Confident, Disciplined and Bully-Proof Children (Paperback)



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*This book is definitely worth acquiring. Yes, it is enjoy, still an amazing and interesting literature. Its been written in an remarkably basic way and is particularly simply soon after i finished reading through this pdf where actually changed me, affect the way in my opinion.*  
**(Murray Marquardt)**

## JIU-JITSU CONFIDENCE: A PARENT'S GUIDE TO RAISE CONFIDENT, DISCIPLINED AND BULLY-PROOF CHILDREN (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This is a guide to parents on why martial arts and specifically Brazilian Jiu-Jitsu is an essential life skill for kids of all ages, abilities and stages of life. Brazilian Jiu-Jitsu is a martial art developed in Brazil by the Gracie family. It uses Judo and traditional Japanese Jujitsu techniques that allows for a smaller, weaker person to defend themselves against a larger opponent by using leverage and proper technique. Like learning how to swim or read, Jiu-Jitsu will give your child a set of skills that will not only benefit him or her directly but help them excel in all aspects of their personal and professional life. In a world where technology is shaping kids confidence, self-esteem and social interaction, Jiu-Jitsu is a perfect and essential tool to add to your child's character development.

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