



Bjj Notebook (Paperback)

By Thadeu A Vieira

Createspace, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.If you don't know the answers to these questions. You need the BJJ Notebook! - What did you learn last week? - Can you remember that awesome class from last month? - How many times did you win or lose during the past 12 months? - What submissions caused you to lose more often than others? - Can you list all techniques that you learned in the last seminar? - How many points did you score in your last tournament? - What does your instructor recommend that you focus on? - What do you need to improve TODAY? This is the first non-instructional Brazilian Jiu-Jitsu book ever published and it is the most important to have because it is the only one about YOU. Helio Gracie, one of the founding fathers of Jiu-Jitsu, said that BJJ is for everyone. People will try and quit BJJ for a variety of reasons beyond a BJJ school's control. However, no one should quit BJJ because they didn't have every opportunity to succeed. There is no one-size-fits-all BJJ. Every student will receive and internalize...



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