



Zen Jiu Jitsu - Kindle Publishing Package: 30 Day Protocol + White to Blue + BJJ Over 40

Oliver Staark

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Are you Stuck? Struggling to find a game that works in the Academy?

Struggle! 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!

Feeling confused?

Is being a White Belt creating a few challenges?

This is a manual designed to get White Belts to competent Blue Belts in as fast a time as possible.

Zen Jiu Jitsu is more a rendition of concepts than techniques. This is the simplest and easiest way to break down and simplify the many and varied ideas, philosophies and combinations in the Brazilian Jiu Jitsu arsenal. For both competition jiu jitsu and self defense jiu jitsu most white belts need to fully understand the

concepts, but it can be VERY confusing!

Here is a short list of a few of the questions students ask, that are covered in depth:

- What is the guard and how do we utilize it best?
- What options do we have from guard?
- Why is posture and distance important?
- The mount is a powerful position but how do I get there?
- ... And when I do get there, how do I stay there?

??? Zen Jiu Jitsu - White to Blue Answers these Questions and Many More...

It covers, Core Principles, Drilling techniques, Choosing a School, Technique Concepts, Tactical Considerations and more. It even includes some technique chains and Maps for the white belt to try when doing specific training or sparring.

??? Don't forget every black belt started out as a white belt!

This manual also covers the motivational strategies to keep you moving along the path and towards becoming a competent blue belt.

This is a great manual for anyone just starting Brazilian Jiu Jitsu, Traditional Jiu Jitsu, MMA and Grappling.

Over 40 and training in BJJ? Zen now offers New concepts that will change the way you think and train instantly

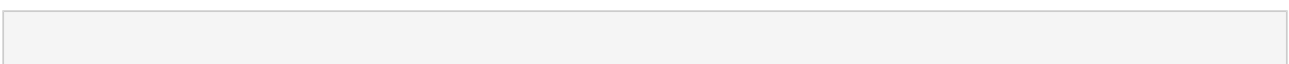
An Easy and Accessible manual for the Over 40's from the Bestselling Zen Jiu Jitsu series!

This is the book I wish I had when I began training in Brazilian Jiu Jitsu. My age I didn't think was a factor at the time and now after many years on the mats I've found that certain strategies and concepts when applied save me from constantly being injured or de-motivated by plateaus. I know how it feels to wonder if this is a long term game or just something I wish I could be good at. Follow the advice and ideas in this text and you'll be training into your seventies!

Topics covered include...

- Having a Training Life
- Motivation
- Age versus Talent
- Getting and Staying Fit
- Staying Injury Free ... and much more!

??? The features in Zen Jiu Jitsu for the Over Forties cover a lot of ground...



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Annie Boyd:

This Zen Jiu Jitsu - Kindle Publishing Package: 30 Day Protocol + White to Blue + BJJ Over 40 book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is information inside this e-book incredible fresh, you will get data which is getting deeper you actually read a lot of information you will get. This kind of Zen Jiu Jitsu - Kindle Publishing Package: 30 Day Protocol + White to Blue + BJJ Over 40 without we recognize teach the one who studying it become critical in contemplating and analyzing. Don't be worry Zen Jiu Jitsu - Kindle Publishing Package: 30 Day Protocol + White to Blue + BJJ Over 40 can bring any time you are and not make your tote space or bookshelves' become full because you can have it in your lovely laptop even cellphone. This Zen Jiu Jitsu - Kindle Publishing Package: 30 Day Protocol + White to Blue + BJJ Over 40 having very good arrangement in word and also layout, so you will not experience uninterested in reading.

Paul Heisler:

Are you kind of stressful person, only have 10 as well as 15 minute in your time to upgrading your mind expertise or thinking skill also analytical thinking? Then you are experiencing problem with the book when compared with can satisfy your short period of time to read it because all of this time you only find guide that need more time to be learn. Zen Jiu Jitsu - Kindle Publishing Package: 30 Day Protocol + White to Blue + BJJ Over 40 can be your answer given it can be read by anyone who have those short time problems.

Sara Burns:

Is it an individual who having spare time subsequently spend it whole day by means of watching television programs or just lying down on the bed? Do you need something totally new? This Zen Jiu Jitsu - Kindle Publishing Package: 30 Day Protocol + White to Blue + BJJ Over 40 can be the answer, oh how comes? It's a book you know. You are and so out of date, spending your time by reading in this new era is common not a geek activity. So what these guides have than the others?

Keith Karam:

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