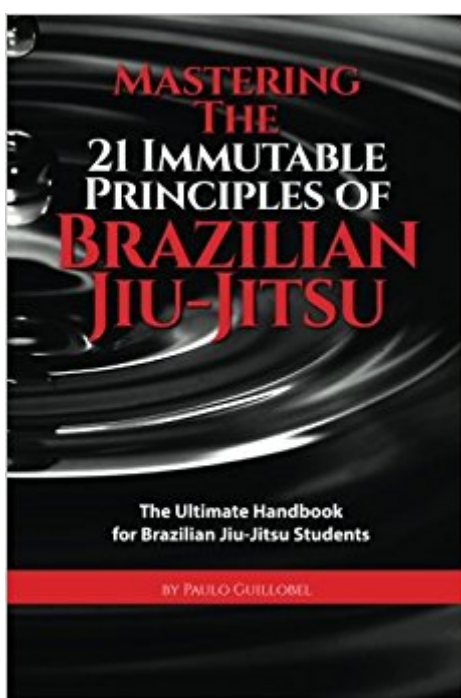


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Mastering The 21 Immutable Principles Of Brazilian Jiu-Jitsu: The Ultimate Handbook For Brazilian Jiu-Jitsu Students



Synopsis

"On 'Mastering The 21 Immutable Principles Of Brazilian Jiu-Jitsu', Paulo Guillobel wears a hat of a scholar and proves that, in more than 26 years of practicing, he has not only trained, taught and competed at high level, but most important of all, has studied the art thoroughly. Every student, teacher and master will surely take advantage of the knowledge carefully organized in this book. This is by far the best Jiu-Jitsu book I ever read." -Luca Atalla, Vice President and Chief Editor of Gracie Magazine Until this book, there has never been a Brazilian Jiu-Jitsu book that has comprehensively explained the most fundamental and unchangeable principles of this martial arts style. Paulo Guillobel's Mastering the 21 Immutable Principles of Brazilian Jiu-Jitsu is a one-of-a-kind book that goes deep into the foundation of the Brazilian Jiu-Jitsu techniques and strategies. With an understanding of the 21 principles revealed in this book, any BJJ student will be able to discover the invisible details behind any technique, and also understand why the techniques are being used.

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Customer Reviews

Well written and very helpfull guide for any beginner to start his or her journey into the great world of BJJ. This book helps me speed up my learning process and Paolo's video seminars really makes you want to practice.

I like what i see. Arrived on time without a hatch.

Good for beginners but more value with somebody with a couple years of experience, the reader can visualize the positions while reading, this was a good purchase!

I can tell this will be book that I'll keep revisiting. I'm just starting out, but I've already learned a lot that I was able to apply when rolling. I love basics and principles though. If you're looking for technical / submission techniques, this might not be for you.

This book is written well & is providing insight that I was looking for.

A good view into a lot of the theory behind what you will learn at your dojo. I read a little bit out loud every night to put my 4 year old to sleep.

I met Professor Guillobel at Saulo Ribeiro's University of Jiu jitsu in San diego and he was very helpful and obviously very knowledgable , I ordered his book immediately and was not disappointed. I have trained with many great world class instructor and currently train with Rickson once a month , this book helped me understand many things I knew but never applied , and some thingsI never quite understood. Conceptual/ principle teaching has always been better for me than cramming techniques, as im older now I find i am applying the use of "advanced" basics and this book has turbo charged my game and more importantly given me a deeper understanding of Jiu jitsu , which make me a better Instructor. Great job Paulo!Robert Morales

This is a concise book about the concepts that underlie most any BJJ technique. This is exactly what I was looking for and I love the brevity and simplicity of this book.I plan to re-read and continue to study and apply these ideas.

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