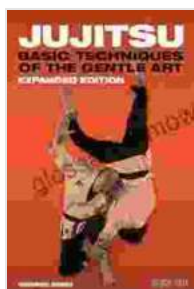


Master the Gentle Art of Jujitsu with Basic Techniques of the Gentle Art Expanded Edition

Are you ready to embark on a journey to master the intricate art of Brazilian Jujitsu (BJJ)? Look no further than *Basic Techniques of the Gentle Art Expanded Edition*, the definitive guide to unlocking the fundamentals of this dynamic martial art.



Jujitsu: Basic Techniques of the Gentle Art - Expanded Edition by George Kirby

★★★★☆ 4 out of 5

Language : English
File size : 13129 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 250 pages
Lending : Enabled



Unveiling the Secrets of BJJ

With over 40 years of experience in BJJ, acclaimed instructor John Danaher shares his invaluable knowledge in this comprehensive book. Through detailed descriptions and step-by-step instructions, Danaher provides a systematic approach to understanding the core principles and techniques of BJJ.

From fundamental concepts like body mechanics and leverage to advanced submissions, this book covers a wide range of topics essential for grapplers of all levels. Whether you're a beginner seeking a solid foundation or an experienced practitioner looking to refine your skills, *Basic Techniques of the Gentle Art Expanded Edition* has something for you.

In-Depth Techniques for Ground Domination

The expanded edition of this book delves even deeper into the technical aspects of BJJ, offering a thorough exploration of the most effective positions, transitions, and submissions. Danaher's clear and concise explanations make complex techniques easy to understand and apply.

You'll learn how to control your opponents from the mount, back, and guard positions. Master the art of executing chokes, joint locks, and sweeps with precision and efficiency. The book also provides valuable insights into the mental and strategic aspects of BJJ, helping you develop a complete understanding of the sport.

Essential Knowledge for BJJ Practitioners

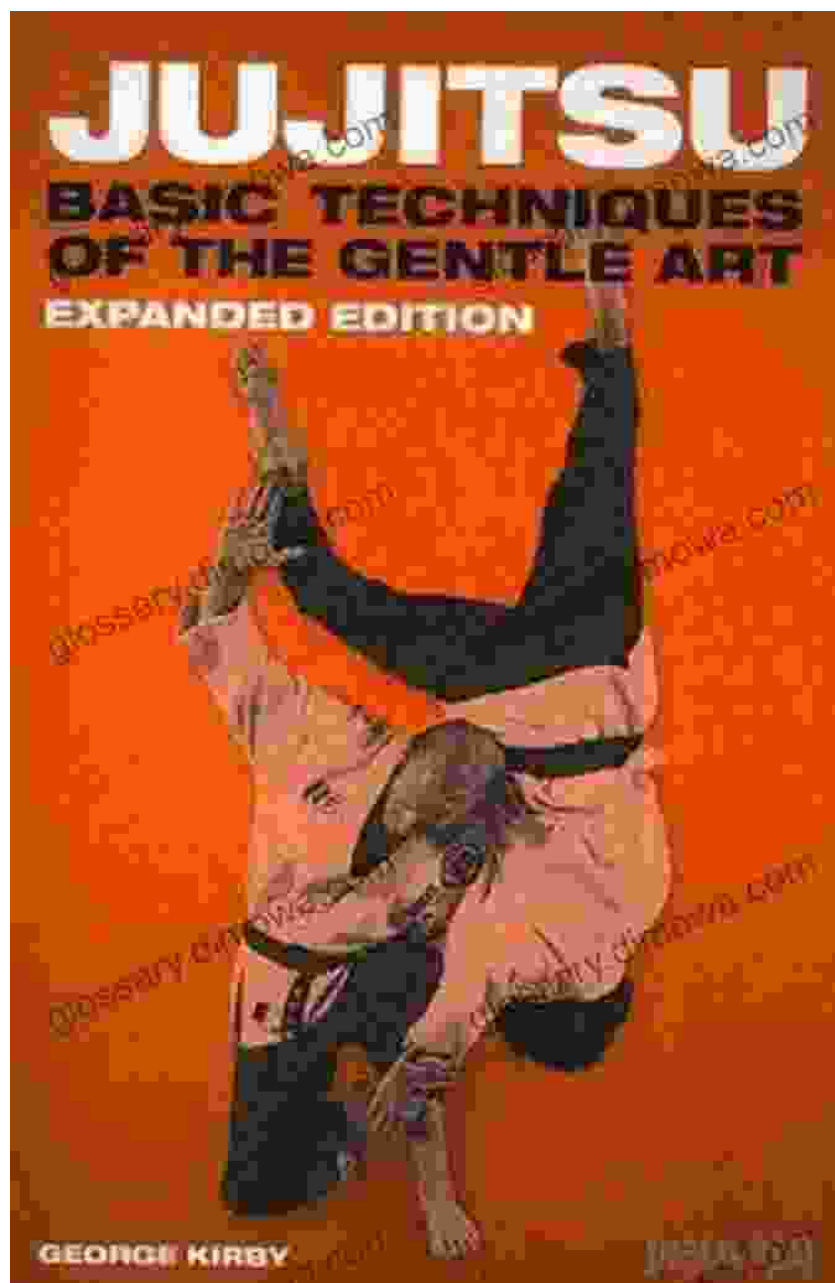
Basic Techniques of the Gentle Art Expanded Edition is not just a technical manual; it's a comprehensive resource that covers every aspect of BJJ. In addition to detailed instructions on techniques, you'll also find:

- Historical insights into the origins and evolution of BJJ
- Training tips and strategies for maximizing your progress
- Troubleshooting common mistakes and finding solutions
- Inspirational stories and quotes from renowned BJJ practitioners

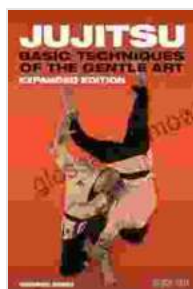
With over 800 pages of content, this book is a treasure trove of knowledge for anyone interested in BJJ. Whether you're a casual hobbyist or an aspiring professional, *Basic Techniques of the Gentle Art Expanded Edition* will empower you with the skills and understanding you need to succeed.

Elevate Your BJJ Game Today

Don't miss out on the opportunity to dive into the world of BJJ with the ultimate guide. Free Download your copy of *Basic Techniques of the Gentle Art Expanded Edition* today and start your journey to becoming a master of the gentle art.



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