



Brazilian Jiu Jitsu: The Ultimate Guide to Beginning BJJ

By Jeff McCall

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Brazilian Jiu Jitsu: The Ultimate Guide to Beginning BJJ By Jeff McCall

Getting started in Brazilian jiu jitsu can be daunting.

But training martial arts is one of the most beneficial things I've ever done, mentally and physically, but getting over the beginner's hump was where a chunk of those benefits come from.

Thankfully the Internet now allows us to learn more easily from those who came before us.

Here is what you will learn in Beginning Brazilian Jiu-Jitsu: The Ultimate Guide

- What is Brazilian Jiu Jitsu? (An Introduction)
- Why Train BJJ?
- What should I look for in a good BJJ gym?
- What happens in a typical BJJ class?
- Is BJJ right for Women?
- How should I wash my gi?
- How often should I train BJJ, as a beginner?
- Is BJJ just a sport, or will it teach me self-defence?
- I'm really out of shape: Do I need to get fitter before starting BJJ?
- What are the belt ranks in BJJ?
- I'm getting frustrated with my lack of progress: how can I overcome this?
- I get tired quickly when sparring: what can I do?
- I'm scared of sparring what should I do?
- How do I avoid injuries in BJJ?
- I'm worried about getting cauliflower ear. How do I avoid it?
- Some basic techniques that can be used in both BJJ and MMA (with videos)
- A Guide To Rolling (Sparring)
- A full guide to competing in your first BJJ Competition
- Returning from an Injury
- Why do so many students stop training? And how to stop it from being you
- **Effective Beginner BJJ Techniques (with Videos)**

- And much much more

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Editorial Review

About the Author

Jeff McCall has practised various martial arts over the last fifteen years. He started studying martial arts at an early age and is committed to getting more people studying and training martial arts. In his spare time he enjoys going for long walks in the countryside with his dog and watching Thrillers. Learn more by scrolling down the page and check out his books on training in martial arts...

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From reader reviews:

Troy Riley:

As people who live in the actual modest era should be update about what going on or data even knowledge to make them keep up with the era and that is always change and progress. Some of you maybe may update themselves by reading through books. It is a good choice for you but the problems coming to an individual is you don't know what type you should start with. This Brazilian Jiu Jitsu: The Ultimate Guide to Beginning BJJ is our recommendation to cause you to keep up with the world. Why, as this book serves what you want and want in this era.

Henry Howell:

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Micheal Ruiz:

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