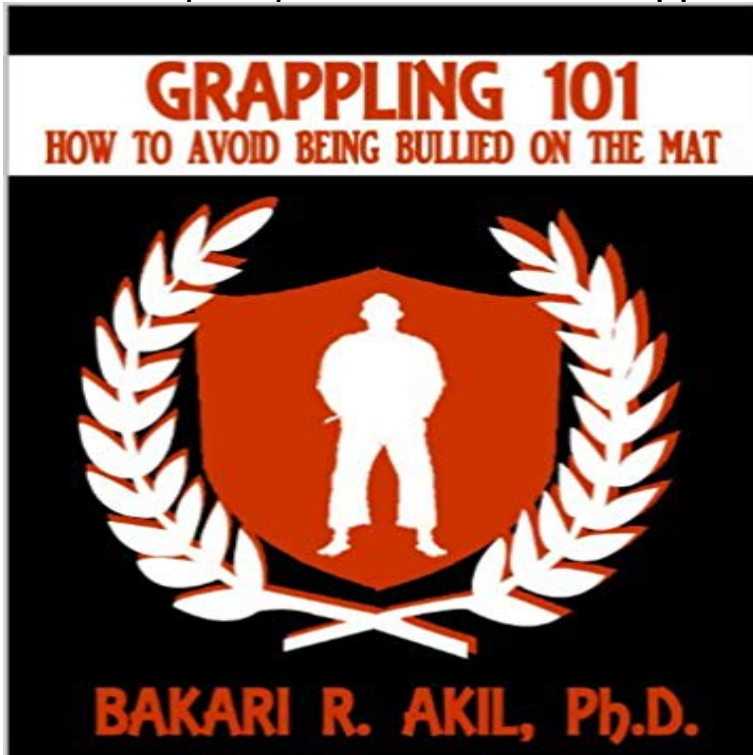


Grappling 101: How to Avoid Being Bullied on the Mat (Brazilian Jiu-Jitsu [BJJ] & Submission Grappling)



This is the Bully Proof for beginning grapplers. Itll help you develop a force field to help shield you from making newbie mistakes. The advice in Grappling 101 is information that people will not share with you during instruction or drill, but will tell you at the most inopportune moments. They are pointers that everyone should give you on day one, but end up as sporadic pieces of advice; usually shouted out while someone is handing your ass to you. This is not a handbook that shows you step-by-step sequences that will help you wreak havoc in your gym or on the competition mat. Instead, it is grappling theory. It was written with the intention of keeping you from becoming a victim. Theoretically, if you use the advice in this book it will save you a lot of grief and help you to avoid a lot of needless tapping. The information in Grappling 101 will take months and in some cases years away from time that would normally be spent as a newbie, then as a rookie. It will keep you from making what someone, who is hard on themselves, would describe as stupid or silly mistakes.***Attention: This book is for beginners. Read this book before you begin grappling! That said; if you have already begun to study submission wrestling then youve probably learned whats in this book the hard way. Yet, it is always good to review the basics, so Grappling 101 can be read by all.

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