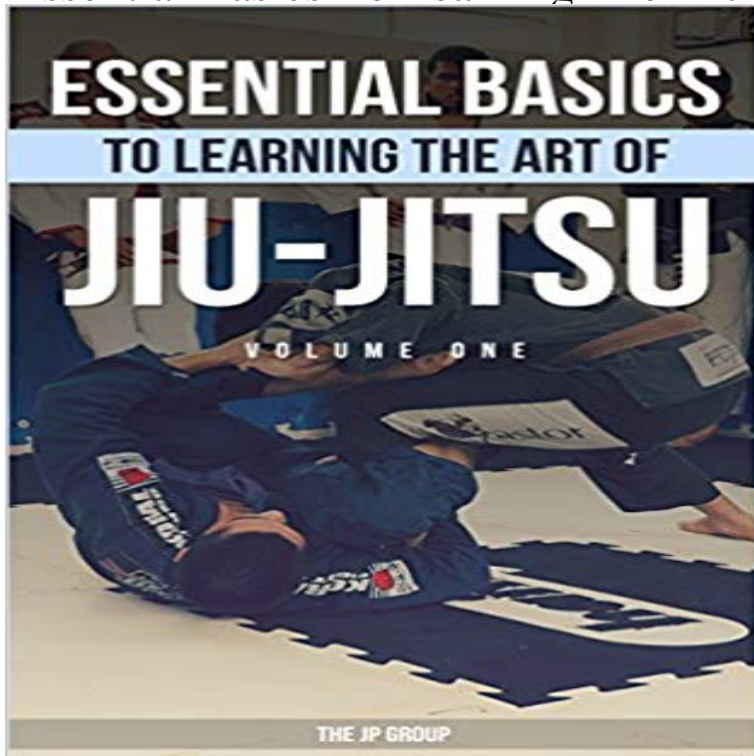


## Essential Basics To Learning The Art of Jiu-Jitsu: Volume One



Jiu-Jitsu is a combat sport that is practiced by thousands of people across the world. It is something that takes absolute dedication to be mastered. Im here to offer my simplified essentials to learning the art. I offer many ideas and techniques that may have not been widely covered while you have been learning on the mat. This can range from things that have been simply forgotten or just not had a lot of time being worked on. They can be huge helpful tips for the average beginner or can serve as wonderful refreshers and reminders for the most seasoned grappler. My goal is for you to come away from this short book after learning something brand new and I wish for you to use it to excel on the mats. Keep your eye out for future volumes as there will be two more following. I wish you the absolute best in the acceleration of your jiu-jitsu training!

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