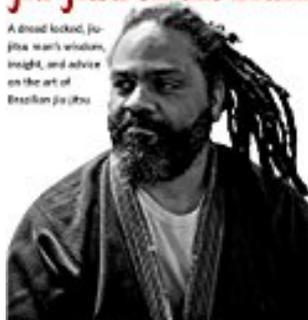


[PDF] Jiu-Jitsu On The Brain

- pdf download free book

Jiu-Jitsu on the Brain

A dread locked, jiu-jitsu man's wisdom, insight, and advice on the art of Brazilian jiu-jitsu



Mark "West Side" Johnson

Books Details:

Title: Jiu-Jitsu on the Brain

Author:

Released: 2012-01-07

Language:

Pages: 74

ISBN:

ISBN13:

ASIN: B006V5AFYE

[**CLICK HERE FOR DOWNLOAD**](#)

pdf, mobi, epub, azw, kindle

Description:

Jiu-Jitsu on the Brain is a little book about Brazilian jiu-jitsu. It's not a grab-the-lapel-with-your-left-hand kind of book. There are no techniques in it; it's not an instructional text. Those books already exist, and some of the most brilliant masters of jiu-jitsu have written them. This is a book about the everyday jiu-jitsu, the lessons that we learn on and off the mat, lessons we absorb from not only our professors, but also our peers, lessons about BJJ and life.

Section Titles include:

Alligator Arms
Cooking Your Opponent: A Recipe for Meathead Soup
Jiu-Jitsu as Mistress
If the Bone is Poking Through the Skin, it's Broken
Wipe your Bum
Technique: The Great Equalizer
An Expensive Gi will not Improve your Jiu-Jitsu
There is no Dim Mak
Technique Freaks

+23,000 words

- Title: Jiu-Jitsu on the Brain
 - Author:
 - Released: 2012-01-07
 - Language:
 - Pages: 74
 - ISBN:
 - ISBN13:
 - ASIN: B006V5AFYE
-