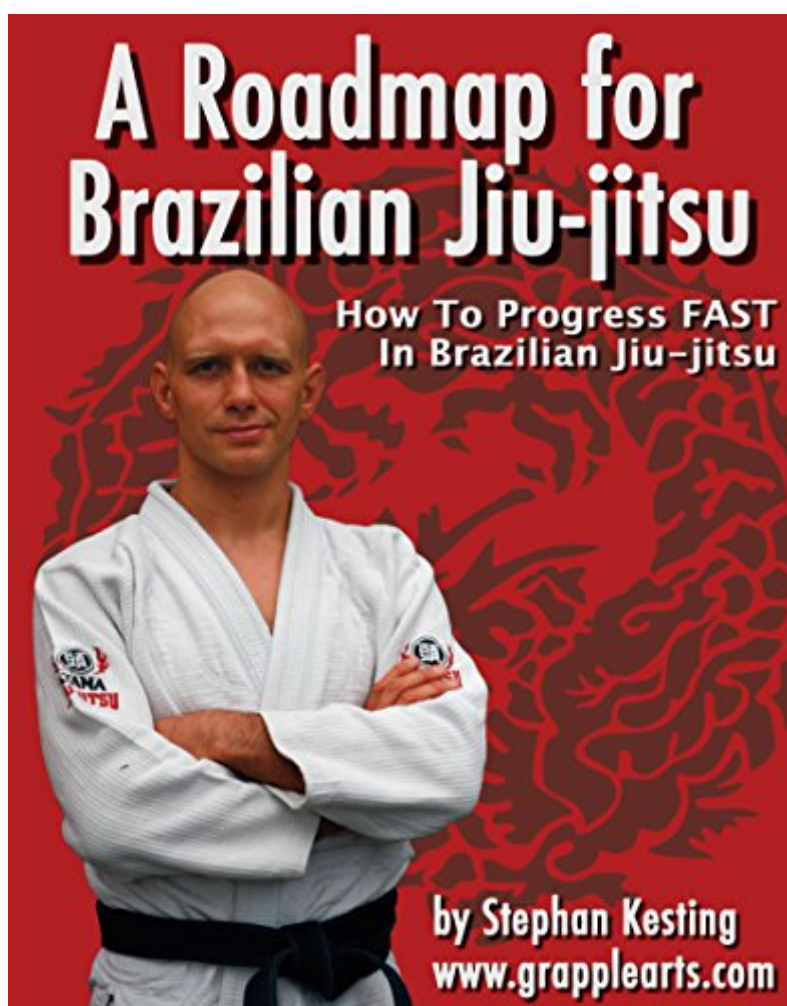


The book was found

A Roadmap For BJJ: How To Get Good At Brazilian Jiu-Jitsu As Fast As Humanly Possible



Synopsis

Tips and strategies that can be applied in sparring right away. Explanations (with photos) of how to use the six most important positions in Brazilian Jiu-jitsu to dominate your opponents. How to figure out which techniques you need to learn and practice next. What the highest percentage submissions and escapes are for each position. The background you need to avoid asking stupid questions in class. My best tips to maximize your training time, and to avoid injuries on the mat. And a ton of illustrations, photos, and links to important articles and techniques you must know.

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Customer Reviews

Leave it to Stephan Kesting to create a conceptual guide for the murky world of BJJ. Ever wonder about positional hierarchy or what techniques lend themselves to what positions? Here is an easy to follow guide that answers those questions. If you are a beginner to BJJ this info is a must. If you are teaching BJJ, this is a way to organize the material. If you are an MMA fan and you want to understand the ground game - this is for you. If you are a blue belt like me and find yourself reevaluating position and tactics - here is a systematic way to review and see what might be missing from your game. Recommended!

I am still a beginner in BJJ, but this book helped provide me with a clear and succinct overview of the basics of this deep art. It is well worth reading for anyone starting out in, or considering starting, BJJ.

I highly recommend this book to all beginners and even those who have trained for some time. The book is set out clearly and could not be named more aptly, I was feeling lost with what I was supposed to be doing . After reading it, I was able to gain a much better and quicker understanding of what position I was in and what I was supposed to be trying to do in each position. I created a roadmap for my training and am seeing massive improvements in my BJJ and am having much more fun because I can recognise whats happening. The tips and strategies are fantastic and I use them everyday at training, I have recommended this book to all my training partners and have seen vast improvements in their BJJ . Very highly recommended

This book covers the six positions... Literally the six positions. No instruction on how to do any techniques(i.e. arm bars, chokes, etc.) Every chapter ended with a link to take you to his website for more information. I would have learned more from buying a comic book and trying to fight like the cartoons.

I love Stephan's work, but I will say the app can be finiky. It might be my phone or it may be the app itself, i'm not sure. That said, when the app works, you get a lot of insight and knowledge. My favorite thing about Stephan is he is always a student- even when he is teaching. He doesn't talk as if he is above you, but as if he is in the trench learning along side you. I think every instructor could learn a thing or two from this man.

This is great, as is every single one of Stephan's products. I recommend everything he produces and he is a stand up guy to boot. In a world of shady marketing, Stephan is a breath of fresh air and his willingness to reach out and share his knowledge makes him a true asset to the art. Thanks Stephan!

I'm not an expert at this stuff. I'm actually new to all of this. I actually came across this because I was too shy to join my first Brazilian jiu Jitsu class. So I tried learning abit at home so I wouldn't go into my first class bewildered. I'm very happy I got this before joining my first martial arts gym. It

really saved me some embarrassment in the beginning. There was some intermediate stuff here for people that are a little more advanced but most of the instructions were very easy to learn. Stephan was very easy to follow and really took the fear out of learning self defence. I will definitely check out the other volumes of this series as I keep getting better!

Man, as always Stephan has come out with another great product. If you are a fan of Stephan's previous work (and even if you aren't) you will love this. It is filled with a ton of helpful information. One of the things that I like the most about this is that Stephan always seems to know the questions that you want to ask and then he breaks the answers down for you in a way that makes it so simple. He has a real talent for taking complicated material and making it useful (and understandable) for even the most confused beginner, and helps to clear up some of the most confusing techniques for even experienced grapplers. I highly recommend this book for anyone, it's basically impossible to not learn something new here. BUY IT!

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