



Brazilian Jiu Jitsu for Beginners: An Essential Guide to Getting Started in the Sport of BJJ - (Brazilian Jiu-Jitsu)

Beto Ferreira

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If you're new to jiu-jitsu, then the first thing you need to do is shed any semblance of ego. You're going to be tapping out, a lot. And that's fine. It's what's supposed to happen. At first, you're likely going to be dumbfounded by how a person of similar size and strength can so effortlessly tie your body up in knots. Not to worry though; that will soon be you on the other side. Brazilian jiu-jitsu is a grappling-based martial art premised on the concept that a smaller, weaker person - when armed with superior technique - can defend himself against someone bigger and stronger. In addition to being a martial art, Brazilian jiu-jitsu has also become synonymous with a certain lifestyle characterized by maintaining a healthy diet, choosing tact and strategy over brute force, and constantly recognizing opportunities to gain advantages in life, just as in competition. This book was written as an easy-to-read guide for those getting started in the sport and discipline of Brazilian jiu-jitsu. Whether you're interested in the sport for the purpose of practical self-defense, competition, physical fitness, or all of the above, here you'll find a fundamental "lay of the land," with everything you need to know in order to get started.

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