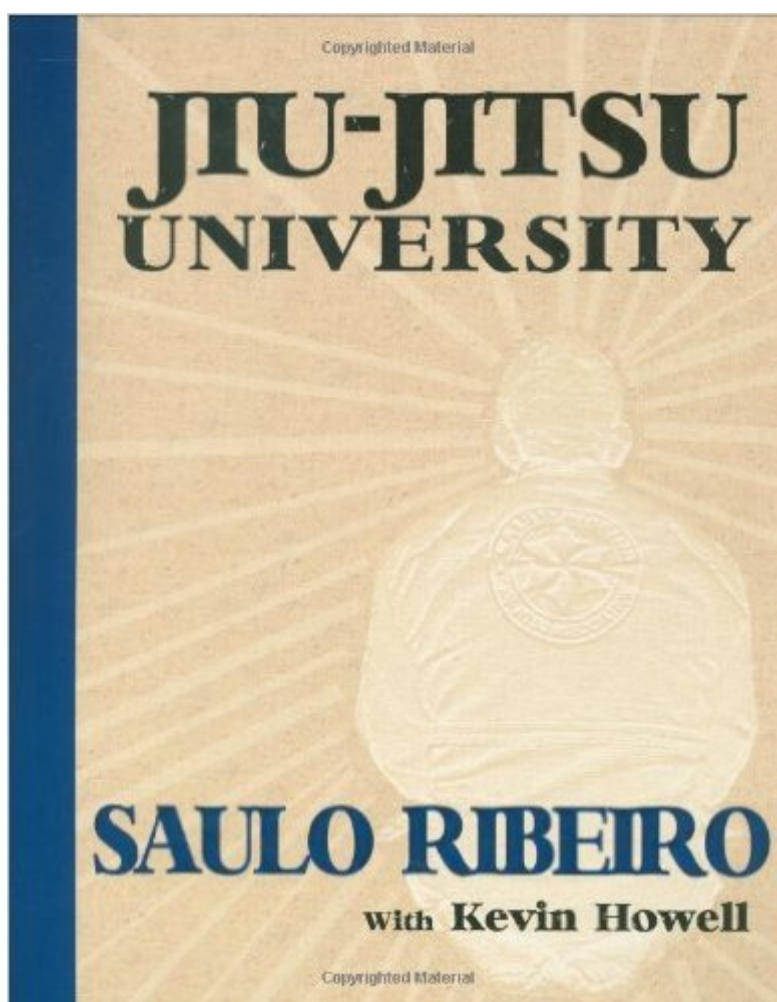


The book was found

Jiu-Jitsu University



Synopsis

Saulo Ribeiro "six-time Brazilian Jiu-Jitsu World Champion" is world-renowned for his functional jiu-jitsu knowledge and flawless technique. In Jiu-Jitsu University, Ribeiro shares with the public for the first time his revolutionary system of grappling, mapping out more than 200 techniques that carry you from white to black belt. Illuminating common jiu-jitsu errors and then illustrating practical remedies, this book is a must for all who train in jiu-jitsu. Not your run-of-the-mill technique book, Jiu-Jitsu University is a detailed training manual that will ultimately change the way jiu-jitsu is taught around the globe.

Book Information

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Customer Reviews

This is a fairly comprehensive survey of the basics, covered in a belt-by-belt perspective. The photographic quality is emblematic of the new style of MA tutorials, with clear pictures, and techniques portrayed from multiple perspectives in a top-down, linear fashion. It's the same style used in Couture's "Wrestling for Fighting" and several other recent works. There are scads of GJJ books on the market, so I will only cover what makes this one different from the rest. One noticeable difference is in the belt pedagogy. In the Gracie books, the techniques assigned to belt levels (if at all) are often apparently randomly selected and organized. Ribeiro, on the other hand, assigns a principle goal of each belt, and then organizes techniques in accordance with the goal. The main thing to realize is that many (most?) classes put defensive techniques and offensive techniques together at each belt level, with proficiency, as well as learning some advanced techniques, being the key to getting the belt. Ribeiro, on the other hand, groups like techniques. Therefore, the

reader's class will likely be out-of-step with this book. Ribeiro is presenting a pedagogy, not an encyclopedia of techniques, so if you're considering this book, keep that in mind. won't let you see the TOC yet, so I will break the chapters down. White belt: The goal is "survival," which seems completely reasonable to me, at least as a focus. This chapter covers the correct positions to attain and to hold while you're under another player's mount (top, side, back, etc.). Ribeiro lists the mistakes he thinks players typically make when defending against submissions in these positions, and some of his techniques are slightly different from what I've seen taught elsewhere.

If this is not the best book on Jiu-Jitsu then I want to buy whatever is better. Everyone has pretty much given the run-down on this superb book so I will just touch on a few points that are of particular importance to me: The breakdown by CHAPTER==BELT COLOR==GOAL, e.g., white=survival, blue=escape, is ESPECIALLY useful for those just starting jiu-jitsu or those teaching. The white belt "survival postures" and the blue belt escapes from those postures are worth the cost of the book alone. Saulo Ribeiro has managed to keep the survival postures to a minimum (even for side mount where there are numerous top pinning styles and arm positions) and they all seem to work off the same principals and even a similar pattern. Frequently, Ribeiro shows a better (according to him and his also multi-time world champion brother Xande [shandee]) way to do common techniques, and also shows the common mistakes including what is wrong with the usually given methods for that same technique. This book immediately made me almost happy to have my back taken (by a similarly experienced and sized opponent) since the very simple defenses and escapes to those positions worked on the first try even though I messed up some of the details. (Really! -- my training partner is a bit stronger, heavier, younger than I am and he has quite a bit of judo training, but he can no longer hold me FROM THE BACK.) Although the book stands alone, it is especially useful if you have any of Saulo Ribeiro's Jiu-Jitsu Revolution 1 or 2, or Freestyle Revolution DVD sets.

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