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Brazilian Jiu-Jitsu (BJJ) is a martial art that focuses on grappling and ground fighting. /r/bjj is for discussing BJJ training, techniques, news, competition, asking questions and getting advice. Beginners are welcome. Discussion is encouraged.

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### **Jiu-Jitsu University Saulo Ribeiro Kevin Howell PDF**

Saulo Ribeiro is a Brazilian Jiu-Jitsu champion from the rough and beautiful Amazon-Manaus, Brazil. Not one to live within categories, Saulo's achievements go far beyond Jiu-Jitsu. He has gained acclaim as a lawyer and judge, and is now head instructor at the world-famous University of Jiu-Jitsu based out of San Diego, California.

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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.

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A Roadmap for Brazilian Jiu-jitsu, by Stephan Kesting [www.grapplearts.com](http://www.grapplearts.com) & [www.beginningBJJ.com](http://www.beginningBJJ.com) 4 of 35 The most complex of these 6 positions is the Guard, and this position is very central to the art of BJJ.

## **About the Author - Beginning Brazilian Jiu-jitsu (BJJ)**

Jiu-Jitsu University is a must-read for any serious judo, jiu-jitsu, or Brazilian jiu-jitsu enthusiast: if you're a neophyte, the book serves as an excellent supplement to your live jiu-jitsu course; if you're a veteran, Jiu-Jitsu University will challenge many of your existing pre-conceptions and take your grappling to a new level.

## **Jiu-Jitsu University by Saulo Ribeiro - Goodreads**

Ribeiro, along with his jiu-jitsu achievements, is a lawyer and judge and now head instructor at the world-famous University of Jiu-Jitsu based in San Diego, CA. Kevin Howell is a political science professor based in Huntington Beach, CA.

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