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# JIU-JITSU UNIVERSITY



**SAULO RIBEIRO**

with **Kevin Howell**

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Saulo Ribeiro and  
Jiu-Jitsu University



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Saulo Ribeiro is world-renowned for his functional jiu-jitsu understanding and flawless technique. six-time Brazilian Jiu-Jitsu World Champion Illuminating common jiu-jitsu errors and illustrating practical remedies, this publication is crucial for all who train in jiu-jitsu. In Jiu-Jitsu University, Ribeiro shares with the general public for the very first time his innovative program of grappling, mapping out a lot more than 200 methods that carry you from white to black belt. Not your run-of-the-mill technique reserve, Jiu-Jitsu University is an in depth training manual that may ultimately change just how jiu-jitsu is trained around the globe.



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Exceptional guide for the road ahead I wrestled in high school thus when I decided to join a BJJ class, I thought it could be a straightforward transition. However, I believe I found it harder to learn techniques and positions than a person who acquired no grappling knowledge at all. Jiu-Jitsu University helped me rewire my human brain to break bad habits and laid out a blueprint on what to do in situations but more importantly. One or more times in the publication, the idea of View of instruction adjustments from Saulo to his brother - this was VERY confusing to me until I figured out what was going on... So reading from an expert that the art of survival was worthy of mastering in of itself provided me an excellent perspective, contributed to motivation and setting anticipations. Ribeiro describes in easy to follow steps with images highlighted in green but also displays common misconceptions highlighted in red, basically the do's and the don't's for a sequence of techniques. This book emphasizes that a white belts definitive goal is survival. I could honestly say this publication helped me improve my video game tremendously by teaching me to close many gaps and prevent unfavorable situations that may lead to submissions. This reserve has 368 webpages and addresses what each belt should focus on. Prefacing each chapter is some great writing upon his fighting philosophy plus some nice tales - great addition to the book and actually gives it character and intimacy. Although not really meaning that what's in the dark belt chapter a white shouldn't learn. It should be clear that book covers NO-STRIKING grappling. This is not Japanese Jiu Jitsu, that is Brazilian Jiu Jitsu. This does not cover self-defense or MMA but could bring over with modification - first and foremost this is an instructional on, I'd say, "competition" BJJ. I'd give it 5 celebrities if there were more text on person techniques by means of bullet factors and the change between Saulo and Xande was absent. If it were self-defense/MMA - you'd probably desire to bridge as quickly as possible and trap and roll but I have no idea enough about this. Also talks about common misconceptions on each. It switches into great details with pictures to guide you. The publication is normally divided up by belt and the techniques Saulo connected with each belt: White colored - Survival, just concentrate on not obtaining tapped. Blue - Escaping Purple - Safeguard Positions Brown - Passing the Guard Black - Submissions I think that his rationale is genius. Everyone's organic talents and skills differ, but I understand for me, I spent a whole lot of amount of time in inferior positions when I 1st started and hardly ever got the chance to even try for a submission. why to accomplish it. Great for anyone just engaging in BJJ. His rationale in a nutshell for mastering your survival positions: Once you are confident your opponent cannot tap you, you are more relaxed which frees up your energy and time to focus on escaping, passing, positioning, and submitting. Saulo highlights many details about his survival positions: your preemptive position to be able to safely chill out while in an inferior placement - or in least really produce the other guy work for the tap. Each chapter is divided into belt color. That's fine to switch it up, but there was no see to the reader that I can recall. The basics are valid for no-gi and gi. For instance, escaping with no-gi can be like with gi - it's even less difficult since there is less friction. I have to say, some of his points are subtle and are hidden in the photos - I wish we were holding a little clearer. This book has been a fantastic find. If you're interested in this reserve, buy it. So Saulo is displaying what functions for him nonetheless it might not work for you. He essentially treats it similar to bottom-halfguard with emphasis positioned on using bottom arm to block the crossface. It's all the little things! Well worth the money. There are plenty of positions and techniques which have never even presented themselves to me yet - he offers you a whole great deal to take into account and function on week after week.. In other words, for some of the book, the text is usually describing what Saulo is doing or must do - then in another technique it switches to Xande's perspective. Yet, while this reserve is 100% gi, I'd say the majority of the book's concepts do well for no-gi, save for the submission section which is certainly gi focused of course. No biggie if you know this. Now that I've had a little more experience and have, hopefully, learned a couple of things, I know a few of the methods taught in the reserve usually do not function for me, or just aren't my specialty and There is additional tools that better fit me. Everyone's game is a little different. For instance, there are lots of ways to

escape aspect mount or get the clock choke [ all of the little items] and everyone provides his beloved particular way that works for him. I desire there have been bullet points of key points, that would have already been great. I wouldn't expect any book to show me THE definitive method to accomplish BJJ, but this definitively an advisable foundation. That is something I'd recommend to any white belt and nearly every blue belt. If you are bottom side mount he would say to bridge, hip get away to create room, then recover guard. I've found this could be hard if your opponent is normally a reasonable size larger than you and really know how to weigh down. And it seems sensible given different classes with different attendance schedules for everyone. Like a great many other reviewers state, if you're just getting started in bjj this is actually the book to certainly buy. Overall, a good book. For example, if you are in bottom mount, you understand he is not likely to punch you in the facial skin so you can and should maintain your elbows down and near your body. I go over chapters as often as possible and Personally i think like I have been able to close therefore many gaps in my defense that I didn't even understand I had. Beginners would do well to understand this book just for that section. For example, in his section covering bottom mount survival, he lies somewhat on his side [rather of totally on his back] - initially, this was imperceptible to me, perhaps because the gi is naturally baggy and so that subtly is lost. I had no earlier martial arts experience ... This book is a fantastic find. I experienced no previous martial arts experience prior to becoming a member of the jiu jitsu fitness center I currently attend. A lot of good info Product exceeds objectives. Chapter 2 (Blue Belt) Escapes Escapes from chokes, joint locks, and positional escapes. I also felt like I was missing something. I came across this reserve and decided to purchase it and I have already been thrilled with the improvement I have been in a position to make. The Survival chapter will probably be worth the cost of the book itself. Maybe this was because I didn't go to class more than enough but I'm even more inclined to think that it is more because my trainer simply doesn't cover some of the more fundamental stuff because he doesn't want to bore the higher belts. To provide more of a concept of what you're getting I'll break down each chapter! Among the best references for getting were only available in BJJ "Technique of your day" is the default teaching style in BJJ/subgrappling. If you feel as if you are stagnating in your jiu jitsu purchase this book and READ and Research it. Plenty of great images and illustrations, along with explanations. The best BJJ book ive bought so far I'm 7 a few months in on my bjj journey and I'm a 2 stripe white belt. This book is the best bjj book I've found yet. Intelligent author/authors. A lot of emphasis on protection/survival. Overall the book is beautiful, printed on solid paper with large color photos. When I first started, I grappled nearly exclusively in no-gi. DRG Great Foundation for BJJ This is actually the first book I purchased upon starting BJJ - disclaimer, I'm only at year two now. It's really 368 pages of pure goodness. Regardless, the bigger belts have a much harder time submitting me and I've begun to develop my offensive game (at last! Chapter 1 (White colored Belt): Survival Survival from the back, all fours, mount, side control, knee-on-belly. Give small details that make huge differences. I really do not doubt that Saulo or any competent BJJer could deal with himself in a striking environment but that is not what this book is about. However, I started to obtain discouraged and sensed like I was stagnating and making the same mistakes again and again. Chapter 3 (Purple Belt) The Guard Breaks straight down all types of guards, butterfly, spider, cross grasp, de la riva, sit -up, reverse de la riva, and half Chapter 4 (Brown Belt) Safeguard Passing Pasig closed guard, safeguard from standing, core open guard passes, butterfly safeguard passes, and more. Chapter 5 (Black Belt) Submissions Shows all sorts of submissions out of every position Chapter breakdown does it no justice, because there is thus many information that's missed. This would be great for white and blue belts, but even the top rank belt would advantage as a reminder of the small technical details that we forget. If you're like me, if im not performing something everyday I'll ignore, so this is what I turn to along with YouTube. That time and other similar factors could have been more explicit, perhaps with no-gi complementary photos or written in text. I put it off for about per month before I purchased it, but I could tell you wholeheartedly that is a fantastic book and 100% pleased

that I bought it. Great read This book was but still is si helpful. Learn BJJ from a hall of famer! I love this book so far. The instruction for every move are filled with details and pictures. Very happy with this buy!The book is large. Not worth it Just look it up on you tube I dont know how to read Good photos though! Ive had it for a 12 months and continue steadily to refer to it Bible for beginners. It became that much more fun to go train with an eye on mastering survival initial and paying my dues before expecting that I'd strike submissions and reversals.) because I am confident in my own defense. The solution is usually to combo your get away techniques, not just depend on the typical bridge. But having resources that let us go back to specific problems/positions we're dealing with is invaluable. My personal example here's that Saulo emphasizes the bridge a whole bunch for his escapes. Only a bunch of well explained, solid techniques. Even while I've developed my own style and choices (as everyone does) I still sometimes refer to it and incredibly much worth having had access even to the techs that I now do differently. Personal opinion/fine detail: I also think that just how Saulo teaches basic posture in bottom aspect control is incredibly important and an approach that I still seldom seen. Overall though, you can glean a lot of details from the photos if you go over them over and over. That bit alone could have been worth the price of the publication for me and is something I still make use of to great impact. Also, price is just crazy good compared -- specifically by bjj specifications. I regularly attended classes twice a week for over a year. Has the most evaluations for grounds. Just got this recently because I started Jiu jitsu about 6 weeks hence. Very well written. This book can help you feel in gaps where maybe your professor hasn't demonstrated you however or things maybe something you've forgotten. Photos are very good quality. Very good detailed breakdown from starting to throughout entire book Superb book for the fundamentals This book lays the foundation for everybody BJJ journey.



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