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Brazilian Jiu-Jitsu For Beginners: The Ultimate Guide For The Jiu-Jitsu White Belt

BRAZILIAN JIU-JITSU FOR BEGINNERS

THE ULTIMATE GUIDE
FOR THE JIU-JITSU
WHITE BELT

RAY
LEE



Synopsis

This book is exclusively for white belts in Brazilian jiu-jitsu who want to learn jiu-jitsu faster and simultaneously defend themselves against injuries that commonly afflict the average jiu-jitsu beginner. Written by a jiu-jitsu white belt (former black belt instructor in ninjitsu turned Gracie jiu-jitsu convert) who has recently stood right where you're standing, you'll learn the tips and tricks that will double or triple the rate at which you learn the art and science of jiu-jitsu, while decreasing the white belt "awkwardness" that many beginners feel! The strategies taught within this book were discovered during the author's own journey and his goal is to help you make fast progress while preventing injury! This beginner jiu-jitsu guide is a **MUST** have for all newbies in the art of Brazilian jiu-jitsu. Here's just a taste of what you'll learn in this book: 1. How to double (or even triple) the rate at which you learn jiu-jitsu while cutting your chances of injury in half 2. The 3 goals to keep in mind when choosing a jiu-jitsu school 3. The 3 goals of the white belt. **CAUTION: A HUGE** mistake that many white belts make is trying to focus on too many goals. Focus **ONLY** on these three goals and you'll learn much more in a far shorter period of time! 4. The 6 white belt rules of engagement • when training to improve your learning and significantly decrease your chances of injury 5. Why, as a white belt, you should **NOT** fight to win and a far better strategy to implement in the first few months of training. 6. A jiu-jitsu-changing lesson that I learned from a real-life ninja and ex-special forces instructor during my first ninjitsu, black-belt class. 7. The single greatest difference between the great jiu-jitsu artists and the "perpetually stuck" jiu-jitsu wannabes • Don't be a wannabe, follow **THIS** advice! 8. How to **NOT** look like a fool on your first jiu-jitsu class (like I did) 9. How to avoid being shunned as "The Guy To Avoid" in class and how to have people climbing over each other to train with you. 10. The 9 white belt mistakes to avoid! 11. The three ingredients of good jiu-jitsu (Warning: You need all three or you'll suck and won't know why) 12. How to use the concept of "Positional Hierarchy" to get out of sticky situations, even if you're face down on the mat with your opponent mounted on your back! 13. The simple three-step framework that will allow you to escape the worst positions (even mount and back mount) "even if you've never been taught how to escape the situation (**ALERT: Game-changing lesson**) 14. How to use **SAMS Rule** to stay cool and work your way out of a tough situation while rolling 15. And much, much more!

Book Information

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Customer Reviews

It's a solid book if this is your first month or two learning BJJ. First to the 2-star review. Ray did give a disclaimer in the intro; which was included in the free Kindle Sample. This book was intentionally edited to make it a 30-45 minute read, it's no grammatical masterpiece, and it's not full of techniques (because there are already plenty of resources on the subject). Instead, this book was meant to give you a framework and mindset to make the most of your first 2-4 months as a white belt. With that being said, I was originally at a 2-star review because (it appears at the time of writing) Ray is still a white belt himself, working on his Gracie Blue Belt. Which I understand belts aren't "given" in BJJ they are "earned," so a typical black belt takes 10-20 years depending on hours practiced/week (verses others that take 2-4 years). However, I was a bit leery he was going to just say things that are common sense; see my other reviews for BJJ books I returned. To his credit, he is a black belt in ninjitsu, so he knows a thing or two about the martial arts mindset. While he didn't quite give "wax on, wax off" level advice ;), it was really solid advice. Maybe if you're a black belt in another martial art you probably already learned this strategies. But if you're not an advanced belt in any art, then it's definitely something that puts you leaps and bounds ahead of your peers. For example, a black belt is NOT someone who knows super secret/complex techniques, but someone who has mastered the basics (of lower level belt skills). I won't give away the rest, because I think it's a good book to buy and read (it's only \$2.99 people); but let's just say I took a page worth of

notes. If this is your first month or two in BJJ (or you're still getting owned on the mat) and you're not an advanced rank in another martial art, then this book is for you. He writes it from one white belt (that's probably a year into the art) to another white belt (that's in his/her first month); just one friend giving advice to another. I'm sure we've all had things in our life, where you wish someone would have told you x-y-z when you first started. Well this guide is it for BJJ. My final review: It's a 4-star book based on correct expectations. I don't normally give 5-stars unless I'm blown away. But I think his book is underrated (because of people that don't read the disclaimers), so I'm equalizing the scales. Either way, it's a good buy.

It would have been nicer with some graphics

Fortunately, I read this book for free. In about twenty minutes. Not only is Lee's book incredibly short, it is also badly edited which made it painful to read. There are basic spelling errors (e.g., "shear" instead of "sheer," "bear" instead of "bare," "complement" instead of "compliment") and comma splices galore. The material here is good advice, I suppose, but nothing that common sense or a month of classes at any decent BJJ school wouldn't get you. Bottom line: not worth \$3.

This book has great and useful tips along with lessons. It will point you in the right direction and start you on the path to really learning bjj. I'm glad I read it.

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