

Download Brazilian Jiu Jitsu A Training Manual

Renzo Gracie is a two-time world Abu Dhabi submission jiu-jitsu champion, two-time Brazilian national champion, World Combat champion, and Martial Arts Reality Superfight champion. Guerrilla Jiu-Jitsu is a groundbreaking system of grappling that integrates the Olympic sport of judo with Brazilian Jiu-Jitsu, today's most sought after grappling art. Now offering daily classes in Small Circle Jujitsu, Judo, Muay Thai, Group Fitness, Kids program and indoor Slackline! Full Contact Chess...Its your move! Jiu jitsu training is more rigorous than many other martial arts, owing to the intensely physical nature of grappling. A typical session includes cardiovascular training, stretching, breathing work and a resistance workout; the latter is derived from working with a resisting opponent approximately your size.