



Fluid BJJ: Scrawny "Middle Aged" Guy's Guide to Getting Submissions

Karel Silver Fox Pravec

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"Karel is one of my favourite training partners. The insights in his book are excellent to learn many techniques for advanced martial artists." - Georges St. Pierre, 12 time UFC World Champion, one of the greatest MMA fighters of all time & BJJ Black Belt The concept of "fighting" is at the heart of Brazilian Jiu-Jitsu. We study the art to learn how to win fights. We even refer to matches in our sport competitions as "fights". The methods of learning the art are rugged, and at best transform our bodies into fighting machines. But applying this fight mindset to everyday training can cause us to use methods that destroy training longevity, and ultimately rob us of the ability to practice the art we love. What good is learning to fight like a badass if your body is too broken to put up a fight? Renzo Gracie Black Belt, Karel "Silver Fox" Pravec wants to share his insights as a 23+ year practitioner of, and competitor in the art of Brazilian Jiu-Jitsu. In his first book, Fluid BJJ, Professor Pravec provides concepts, transitions, and drilling sequences that are geared towards practicing the combat art in a way that allows us to exhibit greater levels of mastery and ability as we age. And to ultimately return to the core essence of BJJ: The application and triumph of human intelligence to the problem of fighting. Endorsed by martial arts legends: - Master Renzo Gracie, Grandson of BJJ Founder and Author of Mastering Jiu-Jitsu - Matt Serra, former UFC World Champion & Decorated BJJ Black Belt - Georges St. Pierre, 12-time UFC World Champion - Firas Zahabi, Renowned MMA Coach

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Have you spare time to get a day? What do you do when you have much more or little spare time? That's why, you can choose the suitable activity intended for spend your time. Any person spent all their spare time to take a stroll, shopping, or went to often the Mall. How about open or perhaps read a book allowed Fluid BJJ: Scrawny "Middle Aged" Guy's Guide to Getting Submissions? Maybe it is for being best activity for you. You already know beside you can spend your time with the favorite's book, you can wiser than before. Do you agree with the opinion or you have different opinion?

Lien Fugate:

In this 21st century, people become competitive in every way. By being competitive today, people have do something to make these survives, being in the middle of often the crowded place and notice simply by surrounding. One thing that sometimes many people have underestimated it for a while is reading. Yep, by reading a publication your ability to survive improve then having chance to remain than other is high. For you who want to start reading some sort of book, we give you this kind of Fluid BJJ: Scrawny "Middle Aged" Guy's Guide to Getting Submissions book as beginning and daily reading reserve. Why, because this book is greater than just a book.

Evan Miller:

Spent a free time for you to be fun activity to accomplish! A lot of people spent their free time with their family, or their very own friends. Usually they undertaking activity like watching television, likely to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Will you something different to fill your own free time/ holiday? Could be reading a book is usually option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to test look for book, may be the book untitled Fluid BJJ: Scrawny "Middle Aged" Guy's Guide to Getting Submissions can be good book to read. May be it may be best activity to you.

Irvin Ehlers:

A lot of people always spent all their free time to vacation or go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity here is look different you can read a book. It is really fun for you. If you enjoy the book you read you can spent all day long to reading a e-book. The book Fluid BJJ: Scrawny "Middle Aged" Guy's Guide to Getting Submissions it is quite good to read. There are a lot of individuals who recommended this book. They were enjoying reading this book. If you did not have enough space bringing this book you can buy the e-book. You can m0ore simply to read this book from the smart phone. The price is not too expensive but this book offers high quality.

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