



A Story Of Invisible Power: A Path Towards Jiu Jitsu Principles & Execution

Tony Pacenski Jr.

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Jiu Jitsu from Brazil called Gracie Family Jiu-Jitsu, Gracie Jiu-Jitsu or Brazilian Jiu-Jitsu (BJJ) has gained popularity around the world since 1993 with the success in Mixed Martial Arts (MMA) as a style of fighting. Jiu Jitsu from Brazil is effective for self defense and for a MMA fight when a Jiu Jitsu fighter can control the distance and use an overall strategy of bringing a fight to the clinch and to the ground in the effort to find superior positioning toward finishing the fight with a submission, strike or verbal command. In the academy, the Jiu Jitsu fighter can train with freestyle sparring with or without strikes at different levels of speed and still go to work the next day. This ability to have these training methods helps to evolve Jiu Jitsu techniques, strategies and helps the art gain popularity because everyone can practice for their needs. This Book Includes: * Effective Principles That Will Help All People Better Understand Jiu Jitsu. * Philosophies And Approaches To Better Execution Of Jiu Jitsu. * Antidotes About The Gracie Family Including: Grand Master Helio Gracie, Master Rorion Gracie, Master Rickson Gracie and Prof. Royce Gracie. * Benefits Of The Art Including The Challenges For Women. * The Journey To Jiu Jitsu Black Belt And Beyond.

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