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Brazilian jiu-jitsu is a complex martial art. For every technique " takedowns, sweeps, guard passes, submissions, escapes" there are multiple counters. And multiple counters for every counter. Need a visual on that? Check out some BJJ flow charts. How is a person supposed to remember all of this? Keeping a jiu-jitsu notebook helps.

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A Roadmap for Brazilian Jiu-jitsu, by Stephan Kesting www.grapplearts.com & www.beginningBJJ.com 4 of 35 The most complex of these 6 positions is the Guard, and this position is very central to the art of BJJ.

About the Author - Beginning Brazilian Jiu-jitsu (BJJ)

THE ULTIMATE GUIDE TO BRAZILIAN JIU-JITSU Rorion Gracie (top) choke hold gets the job done a lot faster, and with a lot less effort. Another thing missing from Gracie jiu-jitsu is adherence to Oriental etiquette

and traditions. For example, in Gracie jiu-jitsu, nobody bows.

THE ULTIMATE GUIDE TO JIU-JITSU BRAZILIAN - Icspert

This BJJ notebook is the first BJJ JOURNAL, which was designed to make the most out of the beginning steps in what is hopefully a long and fruitful BJJ journey. Encouraging the use of the BJJ notebook is one of the ways a BJJ school can make the BJJ journey more accessible to those willing to put in the effort.

BJJ Notebook Paperback â€“ September 1, 2011 - amazon.com

However, keeping track of class techniques is only a small part of what the BJJ notebook is for. Lets walk through some popular elements of a great jujitsu notebook. Imagine each page of your notebook containing a small section for each off the parts below.

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