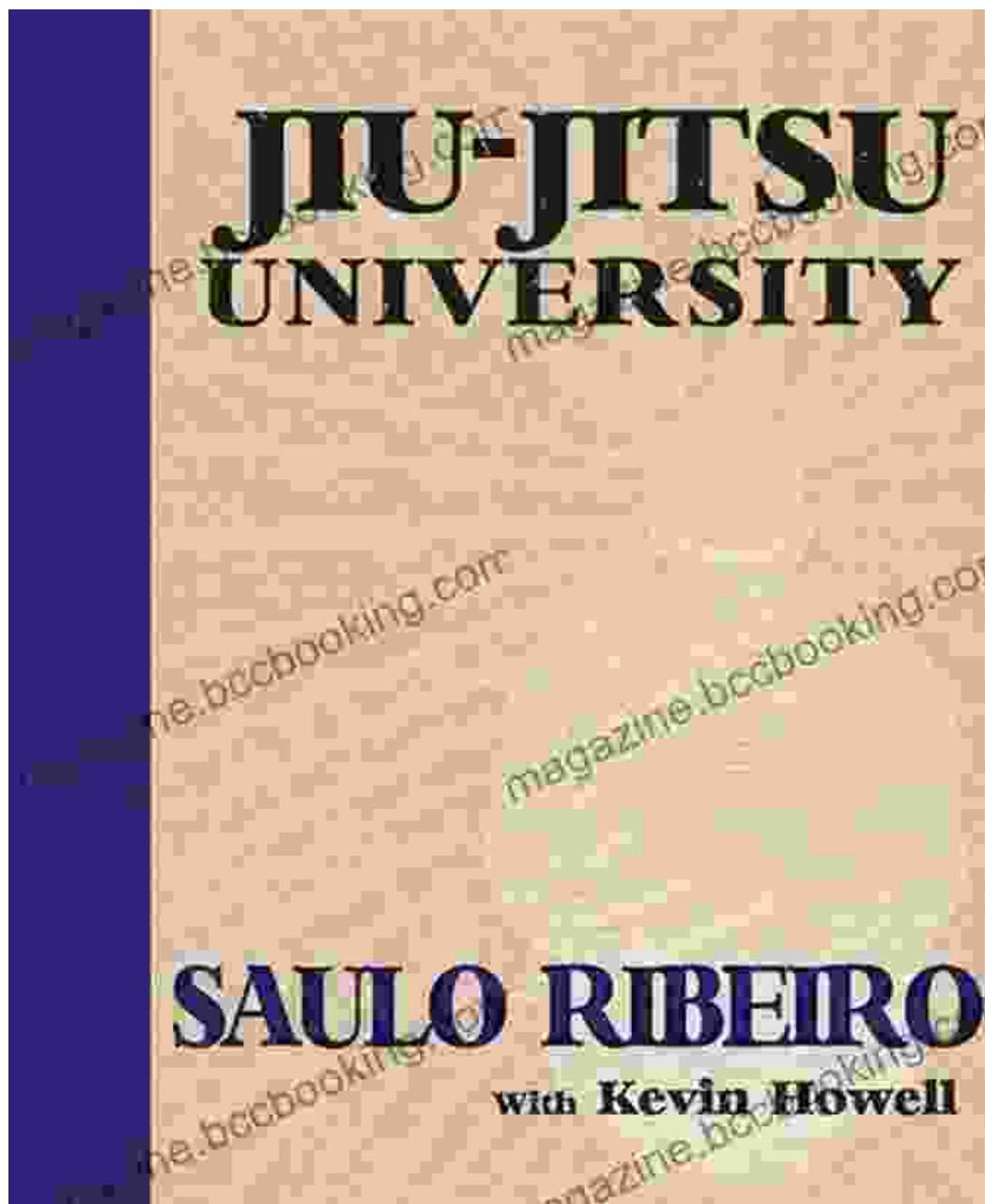


# Master the Art of Grappling with "Jiu Jitsu University" by Kevin Howell

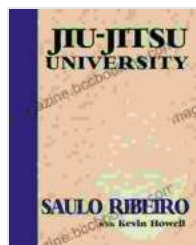


**Jiu Jitsu University**

**By Kevin Howell**

**Publisher:** BJJ Fanatics

**Publication Date:** November 14, 2019



## Jiu-Jitsu University by Kevin Howell

★★★★☆ 4.8 out of 5

Language : English  
File size : 34748 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 852 pages



**Pages:** 416

: 978-1950691024



## **About Kevin Howell**

Kevin Howell is a fifth-degree black belt in Brazilian Jiu-Jitsu and a highly respected instructor with over 20 years of experience.

Howell is known for his exceptional technical knowledge and his ability to break down complex grappling concepts into simple, easy-to-understand

explanations.

He is also a prolific author and has written several books and instructional videos on Brazilian Jiu-Jitsu, including "Advanced Jiu Jitsu" and "Hidden Jiu Jitsu Secrets."

## **What is "Jiu Jitsu University"?**

**Jiu Jitsu University** is the definitive guide to Brazilian Jiu-Jitsu. It is a comprehensive and detailed book that covers every aspect of the art, from the basics to the most advanced techniques.

The book is divided into 10 chapters, covering the following topics:

- Part 1: What is Brazilian Jiu-Jitsu?
- Part 2: The Basics of Brazilian Jiu-Jitsu
- Part 3: The Positions of Brazilian Jiu-Jitsu
- Part 4: The Submissions of Brazilian Jiu-Jitsu
- Part 5: The Strategies of Brazilian Jiu-Jitsu
- Part 6: The History of Brazilian Jiu-Jitsu
- Part 7: The Mindset of Brazilian Jiu-Jitsu
- Part 8: The Health and Fitness of Brazilian Jiu-Jitsu
- Part 9: The Martial Arts of Brazilian Jiu-Jitsu
- Part 10: The Future of Brazilian Jiu-Jitsu

## **What Makes "Jiu Jitsu University" Unique?**

There are several things that make "Jiu Jitsu University" stand out from other Brazilian Jiu-Jitsu books:

- **Comprehensive:** The book covers every aspect of Brazilian Jiu-Jitsu, from the basics to the most advanced techniques. No other book on the market offers such a complete overview of the art.
- **Detailed:** The book is extremely detailed and provides step-by-step instructions for each technique. This makes it easy for both beginners and experienced grapplers to learn new techniques and improve their skills.
- **Well-written:** The book is written in a clear and concise style, making it easy to understand even for those who are new to Brazilian Jiu-Jitsu.
- **Authoritative:** The book is written by Kevin Howell, a fifth-degree black belt with over 20 years of experience. This ensures that the information in the book is accurate and up-to-date.

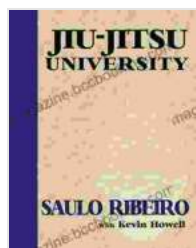
## Who Should Read "Jiu Jitsu University"?

Jiu Jitsu University is the perfect book for anyone who is interested in learning Brazilian Jiu-Jitsu. It is a great resource for both beginners and experienced grapplers.

**Beginners** will find the book to be an excellent to the art. The book provides a solid foundation in the basics of Brazilian Jiu-Jitsu and teaches the fundamental techniques that are essential for success in grappling.

**Experienced grapplers** will find the book to be a valuable resource for expanding their knowledge and skills. The book covers a wide range of

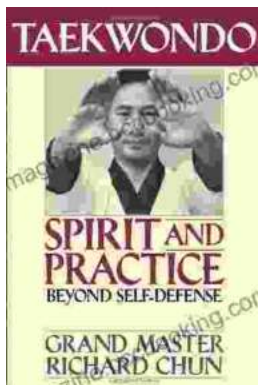
advanced techniques and strategies, and it is sure to help grapplers take their skills to the next level



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