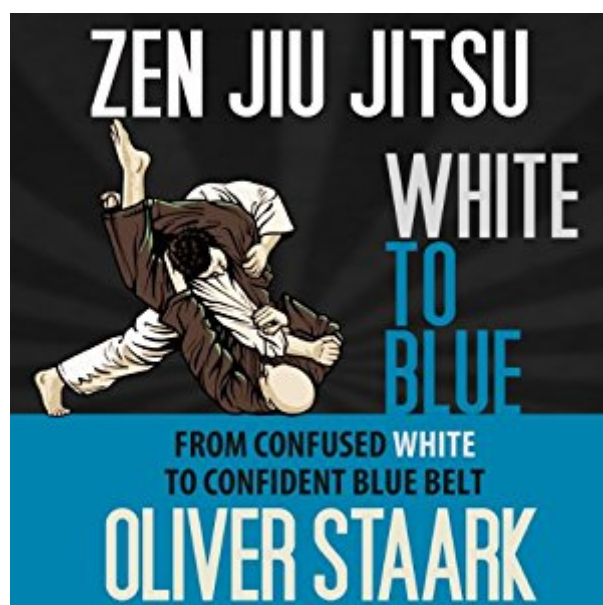


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# Zen Jiu Jitsu: White To Blue



## Synopsis

This is a manual designed to get White Belts to competent Blue Belts in as fast a time as possible. Zen Jiu Jitsu is more a rendition of concepts than techniques. This is the simplest and easiest way to break down and simplify the many and varied ideas, philosophies and combinations in the Brazilian Jiu Jitsu arsenal. For both competition jiu jitsu and self defense jiu jitsu most white belts need to fully understand the concepts, but it can be VERY confusing! Here is a short list of a few of the questions students ask, that are covered in depth: What is the guard and how do we utilize it best? What options do we have from guard? Why is posture and distance important? The mount is a powerful position but how do I get there?... And when I do get there, how do I stay there? This is a great manual for anyone just starting Brazilian Jiu Jitsu, Traditional Jiu Jitsu, MMA and Grappling.

## Book Information

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## Customer Reviews

I am a white belt only six classes in. I was looking for a book that would help me know what I should expect and give me some advise on my new adventure. This book was great and made me realize that the struggle and confusion I feel right now is completely normal. It tells you what moves you should focus on at the white belt stage and has some cool move maps at the end. Well written and easily comprehensible.

I enjoyed this book. I have been training Jiu Jitsu for a year now (three stripe white belt). There are so many times that I want to ask questions to my instructor, but it is really hard because he has

limited time to spend with all of us. This book explains a lot of the things I have been wondering about. In my progression in Jiu Jitsu I am beginning to pull off some chain-link moves. They are many examples of these moves towards the back of the book. I would love to see some videos on how to execute the chain drills. I know most of the moves individually, but to see how they are chain-linked together would be awesome and I think I could really improve my game.

This book has been very helpful and inspiring as I have just starting BJJ classes. If you are thinking about starting classes or have already begun, this book is incredibly helpful and is a great aid to help you get off to the right start!

As a bjj instructor, this book is a great guide on the philosophical game of Jiu jitsu. I have already recommended it to all of my students including blue and purple belts,, as it stands as a great refresher also. A must have for any serious grappler.

Bought and read this before my first lesson in BJJ, I'm a white belt with only 10 months now, but the philosophy and advice in this book really helps to augment what I'm learning on the mat. I also bought the journal and use it for every session, seminar, and tournament. I have much left to learn, but I have to give Mr. Stark my thanks for his books and his many helpful approaches to learning.

the author jumps around a lot and the book is a little hard to follow. But I still enjoyed reading it. This book provides answers to the "WHY" instead of the "HOW" as most books do. If you love bjj and are currently a white belt you will probably enjoy this book.

Though a somewhat short and simple book, it gets the job done. As others have said, if you are looking for a book with lots of pictures and detailed techniques, this isn't quite that. Oliver Stark goes into details about the journey from white to blue and how having the correct mindset will make that journey more understandable. Even though I rented this book for free with Prime, I plan to buy it as well.

WOW! That was literally my first impression when I started reading this book. I mean a book on the martial arts and there was only five pictures in it, and one of those pictures was of a couple of pages of a book! What? How is this going to help anyone learn Jiu Jitsu? Well let me tell you something, this is probably one of the best books you could ever read to teach you what every beginning

student should know and be doing when the start down the path to learning Jiu Jitsu or any martial art for that matter. The author is providing you not a manual on physical techniques, but a book on a more important component to your training and that is wisdom. I think I now have another "favorite" martial arts author to create a section for in my own personal library. Keep up the great work Mr. Staark! Shawn Kovacich Martial Artist/Krav Maga Instructor Author and Creator of numerous books and DVD's.

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