



The Beginner's Guide to Brazilian Jiu-Jitsu: Principles and Strategies

Ryan Fiorenzi

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“This book is a very insightful roadmap that I would definitely recommend to every beginner that wants to find simple directions in understanding and applying the basics of Brazilian Jiu-Jitsu.”

-Roger Machado, Brazilian Jiu-Jitsu Legend

This guide is for the beginner in Brazilian Jiu-Jitsu looking to avoid a lot of the frustration that many students experience.

Most books about BJJ teach technique. If you are looking for more techniques, this book is not for you!

This guide will teach you:

- 1) How to not be overwhelmed by the huge amount of techniques in BJJ.
- 2) The secret to good defense.
- 3) How to not develop the most common bad habits that almost all beginners fall into.
- 4) How to prevent and deal with injuries.
- 5) How to not get tired while training, without having to develop ridiculous cardio.

“Ryan is leading a new generation of American BJJ Black Belts who have all of the competitive skills, but also a great ability to communicate and teach the underlying concepts. That’s exactly what this book does so well.”

-David Meyer

Member of the “Dirty Dozen,” One of the Original 12 American Black Belts, and Creator of the Master Class Curriculum.

“This book is an invaluable resource for grapplers. Mr. Fiorenzi’s guidance helped me reach another level. Not only did Mr. Fiorenzi’s book allow me to take an outside look at my game, it allowed me to reflect on my character, and ultimately, become a better person.”

-Scott Burke, Blue Belt

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