

# ZEN JIU JITSU - WHITE TO BLUE BY MR OLIVER STAARK



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Feeling confused? Is being a White Belt creating a few challenges?

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?

>>> Zen Jiu Jitsu - White to Blue Answers these Questions and Many More... It covers, Core Principles, Drilling techniques, Choosing a School, Technique Concepts, Tactical Considerations and more. It even includes some technique chains and Maps for the white belt to try when doing specific training or sparring.

>>> Don't forget every black belt started out as a white belt. This manual also covers the motivational strategies to keep you moving along the path and towards becoming a competent blue belt. This is a great manual for anyone just starting Brazilian Jiu Jitsu, Traditional Jiu Jitsu, MMA and Grappling.

Scroll up and grab a copy today.

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- 118 pages

Most helpful customer reviews

9 of 9 people found the following review helpful.

Just what I was looking for

By Salvatore

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.

7 of 7 people found the following review helpful.

Simple Yet Fantastically Well Done

By Shawn Kovacich

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 they 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.

6 of 6 people found the following review helpful.

Great Book

By Johnny

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. There 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.

See all 75 customer reviews...

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