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Von Rafael Santos

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Produktinformation - Verkaufsrang: #1012274 in eBooks Veröffentlicht am: 2015-09-20 Erscheinungsdatum: 2015-09-20 File Name: B015N933QA | File size: 23.Mb

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before purchasing it in order to gauge whether or not it would be worth my time, and all praised Brazilian Jiu Jitsu (BJJ) for Beginners: Two connected approaches: Physical and mental - The crucial you need to know to get started! (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Quite o.k.Von Mr. MagnusNice little book for getting some basic information about the idea and the techniques of BJJ.What I miss are some photos and /or drawings to show the techniques !And that is quite important to get an impression.The rest is quite o.k.Also it is a little short for a book !

KurzbeschreibungBrazilian Jiu Jitsu (BJJ) for beginners Two connected approaches: Physical and mental: The crucial you need to know to get started!You're about to discover how you can set up your mindset and your body to start this amazing martial art, the Brazilian Jiu Jitsu.Here Is A Preview Of What You'll Learn...The benefits, both physical and mental the basis for MMAThe mechanics to get startedmore than 25 techniques and concepts from the sportmethods to get the best of trainingFrequently Asked Questions of BeginnersMuch more!Download your copy today!Take action today and download this book for a limited time discount!Tags: jiu jitsu, Brazilian, Brazilian jiu jitsu, martial arts, training, sports, submission, beginners, mindset, sports, wrestling--KurzbeschreibungBrazilian Jiu Jitsu (BJJ) for beginners Two connected approaches: Physical and mental: The crucial you need to know to get started!You're about to discover how you can set up your mindset and your body to start this amazing martial art, the Brazilian Jiu Jitsu.Here Is A Preview Of What You'll Learn...The benefits, both physical and mental the basis for MMAThe mechanics to get startedmore than 25 techniques and concepts from the sportmethods to get the best of trainingFrequently Asked Questions of BeginnersMuch more!Download your copy today!Take action today and download this book for a limited time discount!Tags: jiu jitsu, Brazilian, Brazilian jiu jitsu, martial arts, training, sports, submission, beginners, mindset, sports, wrestling--