



Jiu Jitsu: The Official World Jiu Jitsu Federation Training Manual : Blue Belt to Brown Belt (Martial Arts)

Robert Clark

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In this official manual, the author demonstrates hundreds of techniques through specially commissioned sequence photographs. The book is designed principally for students training for grades from Blue Belt to Brown Belt, but also for higher grade students and coaches. The instruction provided is not only essential to students of jiu jitsu, it is also of great interest to other martial artists wishing to add a grappling component to their syllabus. The author is also the founder member of the World Jiu Jitsu Federation, an international governing body with over 96 member countries.

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