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You're About to Discover Secrets About Jiu Jitsu That Most Fighters Will NEVER know. This book uncovers why techniques won't work with out the right STRATEGY! And Much Much More! Brandon 'Wolverine' Mullins is a BJJ black belt world champion, and Stephan Kesting is a renowned BJJ black belt educator with 40 years in the martial arts. In Non Stop Jiu-Jitsu you'll get their ultimate resource for breaking down high level jiu-jitsu into simple steps so you can add it to your game as fast as possible. This book is laid out in gorgeous full colour and multi-page spreads where you'll learn plug and play gameplans for exactly how to control and submit your opponent on the ground. These techniques and combinations have been developed and tested over decades of competition so you know you can rely on them when the chips are down. You'll also get advanced details, training tips and conceptual breakdowns that will make your jiu-jitsu more powerful than ever before. * 275 FULL COLOUR PAGES: Every page and technique is brought to life with high quality, full colour photography, clearly showing all the details you need to master the material.* STEP-BY-STEP TECHNIQUES: Every technique is broken down into easy-to-follow steps so that you always know how to advance your position properly.* DETAILS, CLOSEUPS AND ALTERNATE ANGLES: Every technique is shown from multiple angles, with special attention paid to the little details that make the difference between success and failure.* FUNDAMENTAL MOVEMENTS AND ADVANCED APPLICATIONS: The book covers the most important and fundamental movements in BJJ, exactly how to apply those movements in sparring, and how to link them together into advanced applications.* COMPETITION PROVEN STRATEGIES: The techniques, tips and strategies shown have been field tested in hundreds of high level matches against some of the best competitors in the world. With extensive, step-by-step photographs and instructions, this jiu-jitsu guide is an efficient tool for mastering this ancient martial art. The original Japanese martial art developed by the elite samurai class during Japan's feudal era, Jiu-jitsu is the forerunner of Judo and the precursor of today's ultimate fighting styles, such as mixed martial arts (MMA). For centuries, this method of unarmed self-defense proved so successful in combat that it was kept secret and taught only to a select few. Based on the author's study with instructors at the Tokyo police academy, this martial arts book presents all the traditional techniques of Jujitsu, also known as Jiu-jitsu. These methods teach you valuable restraining methods that force your opponent to submit without abuse by using pressure points. It shows you tips for search and seizure, and the almost extinct art of Hojojutsu—how to tie people up without using any knots. Japanese Jiu-jitsu: Secret Techniques of Self-Defense addresses and demonstrates the full range of Kaicho Goshin Budo Taiho Jitsu Ryu (Tokyo police self-defense). Learn specific techniques such as: The use of hands Throwing an opponent Attacking vital points with strikes and kicks The use of weapons (like the staff). This fascinating Jiu-jitsu book was designed as a training manual and serves as a remarkable illustrated guide to the secret art of Japanese samurai self-defense. This title brings together work on embodiment, action, and the predictive mind. At the core is the vision of human minds as prediction machines - devices that constantly try to stay one step ahead of the breaking waves of sensory stimulation, by actively predicting the incoming flow. In every situation we encounter, that complex prediction machinery is already buzzing, proactively trying to anticipate the sensory barrage. The book shows in detail how this strange but potent strategy of self-anticipation ushers perception, understanding, and imagination simultaneously onto the cognitive stage. This publication is a compilation of early development versions of work produced by Stephen Pritchard. This includes the following materials: 3 drafts of the Personality module 5 drafts of the Technology Update 4 drafts of the Turram Encounter version 0.91 of Martial Arts This publications shows you the original intent of the author before the material was mainstreamed for the universe or game mechanics by the publisher. It is also a helpful look into the evolution of product development by a team of indie game developers. A beautifully illustrated children's book about a seven-year-old girl named Noor, her mischievous ponytail, and her Baba (dad) Written by Roger Gracie's first black belt and founder of the Jiu Jitsu Brotherhood, Nicolas Gregoriades, this is a

comprehensive guide to the sport of Brazilian Jiu Jitsu. It features a comprehensive and holistic approach to the training methods, techniques and concepts which underpin the art. There are thousands of books on sales, and there are a growing number of books trying to tease out practical philosophies from Jiu-Jitsu. But what if a book did both? What if it combined proven and repeatable sales tools, systems, and processes with the actionable principles from Jiu-Jitsu to create a framework for success? That would be a book that serious sales leaders—those who want proven effectiveness, not platitudes or theory—could use to start generating results right away. ?? Sales Jiu-Jitsu is that book. Elliott Bayev and Daniel Moskowitz share a complete sales system for elite leaders and entrepreneurs to take their already successful sales teams and turn them into sales black belts. This book provides practical and actionable steps you can use to get results with your teams on their next sales engagements. Whether you are new to sales or a world-class salesperson who is leading sales teams, this book will give you a competitive advantage in your industry. Saulo Ribeiro—six-time Brazilian Jiu-Jitsu World Champion—is world-renowned for his functional jiu-jitsu knowledge and flawless technique. In Jiu-Jitsu University, Ribeiro shares with the public for the first time his revolutionary system of grappling, mapping out more than 200 techniques that carry you from white to black belt. Illuminating common Jiu-Jitsu errors and then illustrating practical remedies, this book is a must for all who train in Jiu-Jitsu. Not your run-of-the-mill technique book, Jiu-Jitsu University is a detailed training manual that will ultimately change the way Jiu-Jitsu is taught around the globe. Brazilian Jiu-Jitsu is a guide to the most effective and devastating techniques in popular martial arts by World Champion and Brazilian Jiu Jitsu legend Alexandre Paiva. The book contains over 1,000 full-color photographs demonstrating the moves that made the author the most feared competitor in BJJ circles and now one of the most sought-after instructors. Jiu-Jitsu or Jujutsu came into prominence in the early 90's when jiu-jitsu expert Royce Gracie won the first, second, and fourth Ultimate Fighting Championships against much larger opponents who were using other styles such as boxing, muay thai, karate, and wrestling. Since then it has become one of the most popular styles in MMA due to its focus on ground fighting. Learn the techniques that have proven dominant in Brazilian Jiu-Jitsu tournaments and in the Mixed Martial Arts cage: Takedowns The Closed Guard Passing The Closed Guard Butterfly Guard Open Guard Pass Side Control Half Guard Back Mount With sections devoted to both gi and no-gi techniques, whether training for a Brazilian Jiu-Jitsu tournament or a Mixed Martial Arts fight, Brazilian Jiu-Jitsu is one book no true competitor can afford to miss. *** Instant New York Times bestseller *** *** USA Today bestseller *** *** Wall Street Journal bestseller *** From legendary Brazilian Jiu-Jitsu and MMA master Rickson Gracie comes a riveting, insightful memoir that weaves together the story of Gracie's stunning career with the larger history of the Gracie family dynasty and the founding of the Ultimate Fighting Championship, showing how the connection between mind and body can be harnessed for success both inside and outside the ring. Undefeated from the late 1970s through his final fight in the Tokyo Dome in 2000, Rickson Gracie amassed hundreds of victories in the street, on the mat, at the beach, and in the ring. He has joined the pantheon that includes Bruce Lee, Chuck Norris, and Jackie Chan as one of the most famous martial artists of the twentieth century. Jiu-Jitsu, the fighting style developed and pioneered by his family, has become one of the world's most prominent martial arts, and Vale Tudo, the "anything goes" style of Brazilian street fighting over which the Gracies had a monopoly, was an early precursor to the Ultimate Fighting Championship. Simply put, without the Gracie family, there would be no sport of "MMA," no 4-billion-dollar UFC empire, and no "Brazilian Jiu-Jitsu" at strip malls all across America. In Breathe, for the first time, Rickson reveals the full story of how his father and uncles came to develop Jiu-Jitsu, what it was like to grow up among several generations of world-renowned fighters from the Gracie clan, and the principles and skills that guided him to his undefeated record. From learning to assert himself on the streets of Rio to gaining fame and honor in Japan and emerging through heartbreaking tragedy, the martial arts master shares tales of overcoming challenges, extolling universal virtues and showing readers how pride and ego are the enemies of success. With never-before-seen photos and profound insights into the sport and way of life that only a studied legend can provide, Breathe is an entertaining and magnified view of an enduring legacy as well as an inspiring tale of weathering life's complexities and overcoming them with style and grace. Zen and the Art of Jiu Jitsu - The 30 Day Program to Improve Your Jiu Jitsu Game 1000% Are you Stuck? Struggle. That's the word that comes to mind when I think about the transition from blue belt to purple belt. For reasons that I can't quite work out, when I came to the later stages of being a blue belt I felt confused and lost in my game. Trying to put all the pieces together seemed like a task too far and quitting looked like an option, after all, most guys my age are hitting the golf course or surfing not rolling on the floor with sweat soaked people. This quitting idea seemed an option at least. In an effort to review what I was doing and pushing through this plateau I developed a few habits that not only brought about a huge change in my game but by applying them on a consistent basis turned me into a respected player in my academy. From obscurity to recognition, even from Black belts, and it only took me one month! This is a great manual for anyone interested in Brazilian Jiu Jitsu, Traditional Jiu Jitsu, MMA and Grappling. Whether you're a software engineer aspiring to enter the world of deep learning, a veteran data scientist, or a hobbyist with a simple dream of making the next viral AI app, you might have wondered where to begin. This step-by-step guide teaches you how to build practical deep learning applications for the cloud, mobile, browsers, and edge devices using a hands-on approach. Relying on years of industry experience transforming deep learning research into award-winning applications, Anirudh Koul, Siddha Ganju, and Meher Kasam guide you through the process of converting an idea into something that people in the real world can use. Train, tune, and deploy computer vision models with Keras, TensorFlow, Core ML, and TensorFlow Lite Develop AI for a range of devices including Raspberry Pi, Jetson Nano, and Google Coral Explore fun projects, from Silicon Valley's Not Hotdog app to 40+ industry case studies Simulate an autonomous car in a video game environment and build a miniature version with reinforcement learning Use transfer learning to train models in minutes Discover 50+ practical tips for maximizing model accuracy and speed, debugging, and scaling to millions of users Written in English by a Japanese scholar in 1906, ""The Book of Tea"" is an elegant attempt to explain the philosophy of the Japanese Tea Ceremony,

with its Taoist and Zen Buddhist roots, to a Western audience in clear and simple terms. One of the most widely-read English works about Japan, it had a profound influence on western understanding of East Asian tradition. The Guerrilla JiuJitsu Files Top Secret Tactics to Become a Submission Focused Fighter. . The complete presentation of the system developed by Wally Jay, this book brings together elements from different arts, Jay's broad-based yet focused and effective system incorporates theories, principles, and techniques essential to the development of every martial artist, whether a novice or a seasoned veteran. In this definitive instructional text, Jay covers the history of small-circle jujitsu; techniques for warm-ups, falling and resuscitation; details on weaknesses of the human body; locking techniques for wrists, fingers, arms, and legs; throwing and choking techniques; and self-defense against strikes, chokes, body grabs, and wrist grabs. "I didn't care about what would happen. He might win the match, but he could never beat me. I was living my dream, traveling the world with complete freedom. Nothing could put me down. The play button was pressed again. My opponent took my back and I tapped to a bow and arrow choke. I laughed and shook his hand, as I stood back up. I was out of the competition. Everything was perfect. Life couldn't be better." After a training partner commits suicide, Christian Graugart feels obliged to do something with his life. Starting his own gym, dedicating almost all his time to the art of BJJ, alters everything, including the way he sees himself. The Brazilian Jiu Jitsu Globetrotter is not only a story about traveling and training in martial arts. It's about all the things that can happen to you if you choose to truly stay alive until you actually die. Submit Everyone features seven information-packed chapters on how to become a better submission artist. Pulling from Dave Camarillo's method of guerrilla jiu-jitsu, Submit Everyone uses guerrilla tactics of warfare to create a strategy for success. Incorporating elements like Psychological Operations and Ambushing, this book offers a refreshing approach to Brazilian Jiu-Jitsu that teaches you how to finish the fight! Get prepared to be the best grappler at your academy and start submitting everyone! Includes free DVD. The first book to bridge the competitive aspects of BJJ and its non-sportive aspects, especially Vale Tudo', or no-holds-barred. No Rules focuses on the techniques of Vale Tudo, the street applications for BJJ, teaching readers every aspect of no-holds-barred fighting - from standing techniques to brutal ground finishing strikes and submissions. Simco teaches techniques for self-defence through hundreds of step-by-step photos and a free instructional DVD.' Guerrilla Jiu-Jitsu is a groundbreaking system of grappling that integrates the Olympic sport of judo with Brazilian Jiu-Jitsu, today's most sought after grappling art. These are the techniques and strategies that allowed Camarillo to devastate the competition at some of the world's most prestigious judo and jiu-jitsu tournaments and have led his students to more than a dozen victories in the Ultimate Fighting Championship. Guerrilla Jiu-Jitsu offers a leg up on virtually every opponent who refuses to stray from the parameters of his discipline. A unique approach to personal finance that tackles money like a jiu-jitsu fighter would tackle an opponent In martial arts and personal finance, fundamentals are important. But while failing in Brazilian Jiu-Jitsu may be disappointing, it's nothing compared to failing to build wealth and creating a better future for your family. Nobody understands this better than Scott Ford, a top-ranked financial advisor and Jiu-Jitsu enthusiast. Now, in Financial Jiu-Jitsu, he shows you how to overcome your emotions and state of mind to excel at your investing endeavors. Along the way, Ford teaches you fundamental skills such as automating your savings and investments, the importance of paying yourself first, and managing credit wisely. Compares the patience and practice of the martial arts, specifically Jiu-Jitsu, to investing Offers an approach to adapting to financial change as you move through life, while maintaining the same guiding principles Author Scott Ford is ranked in the top one percent of all financial advisors The guiding principles in this book are the foundation of your financial fight plan and the keys to reaching your financial dreams. No matter what punches the market or the economy throws at you, if you follow these principles you'll always react well in the face of adversity. The Power of Nonviolence, written by Richard Bartlett Gregg in 1934 and revised in 1944 and 1959, is the most important and influential theory of principled or integral nonviolence published in the twentieth century. Drawing on Gandhi's ideas and practice, Gregg explains in detail how the organized power of nonviolence (power-with) exercised against violent opponents can bring about small and large transformative social change and provide an effective substitute for war. This edition includes a major introduction by political theorist, James Tully, situating the text in its contexts from 1934 to 1959, and showing its great relevance today. The text is the definitive 1959 edition with a foreword by Martin Luther King, Jr. It includes forewords from earlier editions, the chapter on class struggle and nonviolent resistance from 1934, a crucial excerpt from a 1929 preliminary study, a biography and bibliography of Gregg, and a bibliography of recent work on nonviolence. Heal from trauma and PTSD with the martial art of jiu-jitsu--written for survivors, mental health therapists, and trauma-informed martial arts instructors. This groundbreaking book introduces jiu-jitsu as a powerful embodied modality for trauma survivors in recovery, and includes 10 grounding practices, self-defense techniques, and 30 instructional photos. Unhealed trauma--from "little t" traumas to complex PTSD--leaves a lasting imprint on the bodies and minds of survivors. And in the aftermath of trauma, many people experience shifts in how they feel, connect with others, and interact with the world at large. This embodied, whole-person approach will help you heal the wounds of traumatic stress and how it shows up within yourself and your relationships, from disembodiment and numbness to anger, fear, anxiety, confusion, and dissociation. As part of a martial arts trauma recovery program, you'll learn about: • Trauma, embodiment, and the transformative power of jiu-jitsu • Self-defense skills that can help survivors of violence define boundaries and feel safe, secure, powerful, and at home in their bodies • Creating a welcoming, responsive practice space as a studio owner • Integrating jiu-jitsu practice into a safe, accessible recovery protocol for survivors--and how therapists can recommend them to clients or build them into a treatment plan Written for trauma survivors, mental health clinicians, and martial arts practitioners and studio owners who want to create a safe, empowering, and trauma-sensitive space, Transforming Trauma with Jiu-Jitsu is a unique and vital guide to healing trauma's invisible wounds. In 2016, a team of US Navy analysts stationed in a secret base near Bremerton, Washington, led by the no-nonsense Commander Tull, find themselves in the midst of chaos when a magnitude 9.3 earthquake strikes off the South Coast of Washington. Amid the chaos, one analyst,

Abbigail Connors, stands out for her remarkable composure. Commander Tull is impressed and secretly puts her in charge of his newly created Special Tactics and Recovery Team (START) to investigate the cause of the earthquake. As Abby delves deeper into her research, she discovers hidden messages that suggest something unnatural or man-made caused the earthquake. However, the government is aware of her findings and tries to take her into custody. In the meantime, Abby's husband, Capt James Connors, is part of the START team under a different name. When Abby discovers the truth about James' identity, their relationship is tested. Meanwhile, a billion years ago in the same solar system as Earth, different races are trying to work together despite their differences. The Monuans govern their people through scientific consensus, while the Martuans are recovering from a civil war between the united people and the King-Priests. The Ventusians are a battle-ready society where deeds from military service determine leadership. The Phoetuans are a hostile, combative, and untrusting military race. The Exalted is the political group of the different world's leadership that strives to work out deals, trade, technology, and conflicts. Each race has its own struggles and agendas. As the earthquakes continue to wreak havoc, Tull sends the START team to rescue Abby before other government agencies can get to her. They discover that the signals causing the earthquakes come from a strange device called Nah-Mah by the Monuans. In the past timeline, the different races finally come together to work against a common enemy. However, they are tested by mysterious villains called the Vrill. The story culminates in a thrilling climax as both timelines converge at the Nah-Mah.

This is the Complete Book of Jiu Jitsu Techniques for beginners through Masters. You will learn throws, chokes, hold downs, submissions, escapes, wrist locks. Everything you need to be a Jiu Jitsu Master A guide to the Pages, Numbers, and Keynote productivity apps for Mac covers such topics as iOS versions of the apps, the similarities in the interfaces and tools, and workflows using iCloud Drive, with a review of Apple certification exam topics. We will develop only the strength our environment demands of us. When our environment fails to challenge our depths, we are tasked to create one which does. Practitioners across the globe continue to use Jiu Jitsu as a tool for personal development. For many, the Jiu Jitsu academy is the one place in which we purposefully practice virtuous action. "On Jiu Jitsu" seeks to codify the mechanisms by which Jiu Jitsu shapes the individual, as the character traits required to achieve mastery in sport are the same which our highest humanity requires. It is the hope of the author that the articulation of these benefits will ensure the reader's continued practice of self-mastery through this sacred medium.

Kuntao Jiu-Jitsu: Your Guide to Realistic Self-Defense and Street Survival is written by Marc Bochner, a fifth degree black belt in Kuntao Jiu-Jitsu. This book details the new hybrid system, explaining the important incorporated elements from each martial art into Kuntao Jiu-Jitsu; this includes Kuntao, Jiu-Jitsu, Aikido, Arnis/Kali/Escrima, Judo, Kung Fu, and Muay Thai, as well as nerve priming and scenario training. Kuntao Jiu-Jitsu is a reality-based martial arts system that is designed with one main objective: To teach you how to survive a life-threatening altercation. This extensive book is a worthwhile read whether you are looking for intense martial art training or simply looking to gain knowledge about quick, effective and realistic means of defending yourself and your loved ones. Learn how to strike, throw, and control an attacker; how to use joint manipulations, survive a ground attack, verbally defuse a potential volatile situation, proper knife and gun defenses; and how to effectively condition your body for street survival. After reading this book, you will be able to confront fears and gain confidence in yourself!

The sequel to one of bestselling BJJ books of all time, Beyond the Black Belt: Reflections on the Art of Jiu Jitsu, is a collection of essays by 3rd Degree Black Belt Nic Gregoriades that is guaranteed to take your appreciation for and practice of jiu jitsu to the next level. Beyond the Black Belt also features content from UFC coaches, grappling world champions and other jiu jitsu luminaries. Inside you'll find: The 'Escape Mastery Formula' - the elements you need to get out of any tough situation Why leg-locks are the biggest trend in grappling - and how to learn and use them properly Why Roger Gracie is the best BJJ competitor of all time and what it's like to roll with him Essential guard-passing concepts and how to use them How aging effects your game - and how to minimize its effects The truth about the 'Jiu Jitsu Globetrotter' lifestyle and the best cities to train in The most important body part to train for better performance on the mat (hint: it's not your 'core') With a foreword by Roy Dean and over 220 pages of condensed jiu jitsu wisdom and full-color professional photographs, Beyond the Black Belt presents an illuminating look at all aspects of the gentle art. Among the many things you'll learn are: What really makes a good blue belt - and why most white belts aren't ready for it! The fastest ways to improve all types of guard Why learning the latest fancy move probably won't help you - and what to focus on instead Advice from a doctor (and BJJ black belt!) on how to deal with the most common jiu jitsu injuries How Kit Dale used progressive training methods to become one of the best grapplers in the world The 7 crucial mistakes you might be making during training - and how to correct them ...Plus much, much more! "It's clear that Nic Gregoriades has put a lot of thought and effort into his quest to understand jiu jitsu and this book shows it." Kurdt George - Renzo Gracie Black Belt "This is the book I wish I'd had when I started training. I'm just glad to have it now!" Stephen Jones - Roger Gracie Black Belt

In recent years, the grappling arts have proven to be the most effective form of combat in mixed martial arts (MMA) and no-holds-barred (NHB) competitions. Above all others, the Gracie brand of Brazilian jujitsu has become recognized as the preeminent fighting style in unarmed combat. Now Renzo Gracie—instructor; competitor; and champion of numerous grappling, MMA, and NHB events—reveals the inner workings of the art in his latest book, Mastering Jujitsu. From the origins of the art to personal techniques, you will experience the impact the Gracies have had on jujitsu and learn the strategies they have developed to dominate their opponents. Gracie shares the subtleties of the techniques necessary for mastering the art, and he clearly demonstrates the flow of movement with more than 250 high-quality photos. Not only will Mastering Jujitsu help you progress from isolated skill development techniques to a full set of tactics and fight plans, but it will also introduce you to the concept of combat phases and teach you to attack from any phase. You will learn how to react to your opponent in any situation. Whether you're caught in a bottom position or attacking from the top, Gracie reveals the key strategies designed to give you the upper hand. The depth and breadth of topics covered in Mastering Jujitsu will aid even the most experienced black belts in their understanding and

execution of Brazilian jujitsu. With detailed coverage on advanced principles, you will get all the tactics, strategies, techniques, and drills you need for close combat fighting. Contents Chapter 1. Classical Jujitsu: Theory and History Chapter 2. Modern Jujitsu: New Concepts, New Directions Chapter 3. Underlying Theory and Strategy of Modern Jujitsu Chapter 4. Free-Movement Phase Chapter 5. Clinch Phase Chapter 6. Ground Fighting Chapter 7. Winning From the Bottom Position Chapter 8. Winning From the Top Position Chapter 9. Training and Competition Chapter 10. Jujitsu for Self-Defense Andre Galvao has earned his reputation as one of the best and most exciting Brazilian Jiu-Jitsu champions of all time. Now, he brings his training methods to the public with Drill to Win: 12 Months to Better Brazillian Jiu-Jitsu. If you want to move like Galvao, submit like Galvao and win like Galvao, this is the book for you. In this one-of-a-kind manual, Andre outlines both a 1-year schedule to overall improvement as well as smaller game plans for short term competition preparation. This is not your average reference book, but instead a step-by-step guide to building a champion grappler. The key to this book is in its building block methodology that follows Andre's basics of grappling—the ability to move and adapt to new movements in Brazilian Jiu-Jitsu. So don't wait, pick up this book and start the first day of your BJJ explosion! In a clear and easy-to-follow format, Grand Master Helio Gracie addresses different aspects of the Brazilian jiu-jitsu method that bears his name. Learn how to systematically progress and technically improve mat game, regardless of background or grappling ability. When you see the power and effectiveness of the TJJ you will be amazed and a interesting thing might happen. You will ask yourself ‘how come I never learned this stuff before’ and that quickly will become ‘wait, I already know that technique’ and evolve into ‘I already know that, in fact I probably always did’ and finally ‘I thought of that first’. Well you didn’t know it, your didn’t think of it first and you never learned it until I just taught you. But in only a few months after reading this book and watching the video the word will indeed start to spread across the globe and millions of BJJ and Martial Arts Students will indeed think they already knew it and forget who ‘invented’ it all. I do ask that you try to remember that the greatest ideas and inventions are always the ‘simplest and most effective’ and when people see them, they always say ‘why didn’t someone think of that before’, and that is what is going to happen with TJJ. It is so effective, easy to learn and easy to teach, everyone will think they actually knew it before or thought of it themselves and many of you will in fact develop new and even better techniques. All I ask is that somewhere in the back of your mind you file the thought. Grandmaster Ted Gambordella developed TJJ...T-Shirt Jiu Jitsu and tell your students. And when you see the Gamboria...the most effective control technique in TJJ please call it the Gamboria...not something else. Thank You for learning TJJ from its originator. Grandmaster Ted Gambordella

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