

# Zen Jiu Jitsu White To Blue: The Path to Enlightenment Through Martial Arts

Jiu jitsu is a martial art that teaches you how to use your opponent's strength against them. It is a challenging and rewarding art that can help you develop your physical fitness, self-defense skills, and mental toughness. If you're new to jiu jitsu, then *Zen Jiu Jitsu White To Blue* is the perfect book for you.



## Zen Jiu Jitsu - White to Blue by Huntley Fitzpatrick

★★★★☆ 4.3 out of 5

Language	: English
File size	: 1533 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 120 pages
Lending	: Enabled



This book provides a comprehensive guide to the first stage of the jiu jitsu journey, from white belt to blue belt. It covers all the essential techniques, from basic escapes to advanced submissions. With clear and concise instructions, as well as helpful illustrations and photos, *Zen Jiu Jitsu White To Blue* will help you learn the fundamentals of jiu jitsu quickly and easily.

But *Zen Jiu Jitsu White To Blue* is more than just a technical manual. It also explores the mental and spiritual aspects of jiu jitsu. The book teaches you

how to develop mindfulness and self-awareness on the mats, and how to use jiu jitsu as a tool for personal growth and development.

Whether you're a beginner or an experienced jiu jitsu practitioner, *Zen Jiu Jitsu White To Blue* has something to offer you. This book is an essential resource for anyone who wants to learn more about jiu jitsu and its many benefits.

### **What You'll Learn in *Zen Jiu Jitsu White To Blue***

*Zen Jiu Jitsu White To Blue* covers a wide range of topics, including:

- The history and philosophy of jiu jitsu
- The different belts and ranks in jiu jitsu
- The basic techniques of jiu jitsu, including escapes, takedowns, submissions, and ground control
- The importance of mindfulness and self-awareness in jiu jitsu
- How to use jiu jitsu as a tool for personal growth and development

With its comprehensive coverage of both the technical and philosophical aspects of jiu jitsu, *Zen Jiu Jitsu White To Blue* is the perfect book for anyone who wants to learn more about this amazing martial art.

### **Free Download Your Copy of *Zen Jiu Jitsu White To Blue* Today**

If you're ready to start your jiu jitsu journey, then Free Download your copy of *Zen Jiu Jitsu White To Blue* today. This book is the perfect companion for your training, and it will help you develop the skills, knowledge, and mindset you need to succeed on the mats.

Click here to Free Download your copy of *Zen Jiu Jitsu White To Blue* today.

**\*\*ALT Attribute for Images:\*\***

\* Image of a white belt jiu jitsu student practicing a technique on a blue belt student \* Image of a group of jiu jitsu students meditating in a circle \* Image of a jiu jitsu instructor teaching a class of students



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