

Resources and Reference

References:

University of Jiu Jitsu. Saulo Ribeiro and Kevin Howell. Victory Belt Publishing 2008

Outliers. Malcolm Gladwell. Back Bay Books 2011

Roadmap to the Zone. Robert S Neff Ph.D. And Michael K Garza Ed.D. Authorhouse 2004

2012 World Jiu Jitsu Championships Case Study. BishopBjj.com

The Essence of Buddhism. David Tuffley. Kindle Edition 2011

Joe Lewis Fighting Systems

Recommended Reading:

University of Jiu Jitsu. Saulo Ribeiro and Kevin Howell. Victory Belt Publishing 2008

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Jiu Jitsu Unleashed. Eddie Bravo. McGraw-Hill 2005

The X Guard. Marcelo Garcia with Eric Krauss and Glen Cordoza. Victory Belt Publishing 2008.

The Cauliflower Chronicles. Marshal D Carper. Victory Belt Publishing 2010

Recommended Watching:

Jeff Glovers Deep Half Guard. Cryo Productions 2009

Saulo Ribeiro Jiu Jitsu Revolution. Series 1 and 2.

Robson Moura. Fusion 1 and 2.

111 Half Guard Techniques with Caio Terra. Cryo Productions 2011

Caio Terra Modern Jiu Jitsu. Mobile Black Belt 2012

Leandro Lo 4 DVD Set - Matrix Guard

Fight Club. 20th Century Fox. 2002.

Recommended Websites:

<http://bjjtech.com/tech/>

<http://bishopbjj.com>

<http://fightlogmedia.com>

<http://www.igrapple.com>

<http://www.grapplingdummy.net>

<http://www.joelewisfightingsystems.com>

<http://tapordiecompany.com>

Grapplers Guide 2.0 <http://www.grapplersguide.com>

Mendes Bros Online Training Program <http://www.mendesbros.com>

Marcelo Garcia in Action <https://www.mginaction.com>

Training Aids

FREE Zen Jiu Jitsu Training Log - Available at <https://oliverstaark.com>