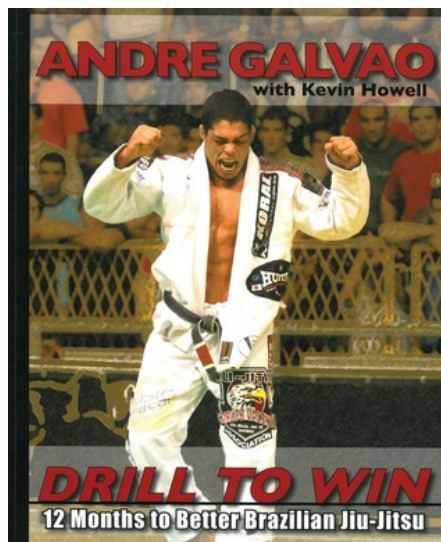




Drill To Win: 12 Months to Better Brazilian Jiu-Jitsu

Andre Galvao , Kevin Howell

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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!

Drill To Win: 12 Months to Better Brazilian Jiu-Jitsu Details

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Tom Bane says

This book contains many creative exercises specific to bjj, it takes you through them in a graduated progression and is very well photographed with just the right amount of explanation, Andre is a very nice guy as well :)
