



# The Brazilian Jiu-Jitsu Way

By Thadeu Vieira

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In The Brazilian Jiu Jitsu Way, third degree Jiu Jitsu black belt Thadeu Vieira masterfully provides us with a unique performance guide to high level competitive Jiu Jitsu, a handbook cultivated from a life spent developing champion competitors. He blends his life experience with current psychological research and has created a rare synthesis of performance insight. What you hold in your hands is a gem full of competition and training wisdom. Professor Vieira weaves his teachings with the ancient wisdom of Sun Tzu and Miyamoto Musashi, providing a reflective text of golden lessons that will enhance your connection to the sport.



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