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The Bible of Brazilian Jiu Jitsu: Kioto Jiu Jitsu System

Francisco Mansur

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The Bible of Brazilian Jiu Jitsu is a special book for studying and perfecting the "soft art" of the Brazilian Jiu Jitsu. It displays in a step by step fashion the technical aspects of various techniques and submissions in details using pictures to make it easy to understand. Grand Master Francisco Mansur shows us how to get out of submissions with a theme that no one has yet explored as deeply. The book continues with the arm lock immobilization using kioto jiu jitsu system practiced in allowing the practitioner to obey a progressive form of reflexive acts, control and intelligence that includes: propioceptive capabilities, psycho motor skills, multiple intelligence, cardio-vascular system, and muscular -skeletal. The kioto jiu jitsu system transforms practitioners into confident people by eliminating the common fear of a physical strikes from the unconscious.

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