



Ginga and Roll Strong: 10 Capoeira Exercises to Improve Your Bjj (Paperback)

By Chris Roel

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Bonuses Included: Links to tutorial video demonstrations, guide printouts , and more. Finally, there is a book that explains how Brazilian Capoeira will improve your Brazilian Jiu-Jitsu game. We interview four world class BJJ Black Belts, with combined Capoeira experience of over 80 years, explain how Capoeira has improved their lives on and off the mats. I then delve into a step by step explanation of the top ten exercises that made the cut. By the end of the book, you will have added some Brazilian swing to your game, while gaining acrobatic strength, body awareness, more flexibility and agility! Find out why the top Brazilian Jiu-Jitsu practitioners (and mma fighters) have a movement edge on their opponents! Welcome to the wonderful world of Brazilian Capoeira!.



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