



# Brazilian Jiu-Jitsu Mental Drilling

*S. G. Squires*

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# Brazilian Jiu-Jitsu Mental Drilling

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## **Brazilian Jiu-Jitsu Mental Drilling** S. G. Squires

The information in this book was written for the purpose of assisting you in your BJJ progression. The concepts, tactics, and principles included herewith are proven to be effective at increasing retention level, overcoming plateaus, competition readiness, attention for detail, overall game development, and a whole lot more. Applying the content of this book in your training will truly give you an edge on the mats. Some sections of this book are specifically targeted for the beginners, while other sections supplement the more advanced practitioner. One of the many amazing things about this BJJ book is that it outlines the tools and methodology that so greatly improves your training retention level unlike any other book. Ultimately, this book is designed to help you get the most out of your training, accelerating you to the next level in your jiu-jitsu journey.

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