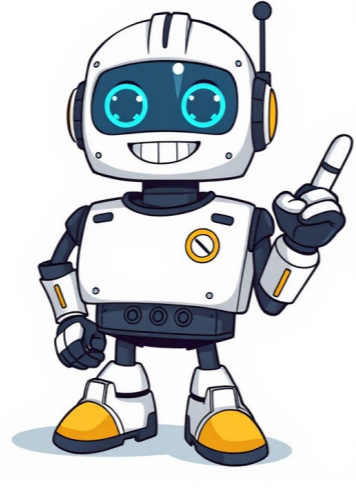


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Drill to Win: A Comprehensive Guide to Improving Your BJJ Game by Andre Galvao ===== I recall watching Andre compete live at the 2008 Mundials, and one performance that still stands out is him executing a flawless break dance routine on an opponent's back. This viral video left a lasting impression on me, and I was convinced that Galvao had something special in store for his students. Since then, I've been an avid follower of his work, and it wasn't long before I heard about his forthcoming book, "Drill to Win". As a drilling book, I had high expectations, and this title did not disappoint. The book begins with a captivating biography of Andre's journey, from his humble beginnings as a young grappler to his current status as one of the sport's greatest competitors. I also appreciated the insight into his relationship with Terere, his instructor who played a pivotal role in shaping Galvao's skills and technique. This portion of the book expertly sets the tone for what's to come. "Drill to Win" is divided into 12 months, each week comprising five days of training. The drills within this structure focus on specific aspects of your BJJ game, such as balance, movement, and transitions. These fundamental movements are the backbone of Galvao's style, which makes him so formidable to watch. One notable aspect of the book is its approachability, despite being around 300 pages in length. I've found that it's essential to take this instructional book in doses, rather than trying to read everything at once. Many of the drills are movement-based and repetitive, with repetitions designed to help your brain and body build muscle memory. While I did not strictly adhere to Andre's weekly program, I did mark down the drills that resonated with me based on my athletic ability and student level. The results have been impressive, with noticeable improvements in their transitional games and, personally, a considerable boost to my own skills. The book also delves into competition preparation and nutrition plans, providing valuable insights for those seeking to take their game to the next level. It's essential to note that this guide is geared towards higher-level practitioners, such as blue belts, purple, and brown belts. Even black belts will find much to appreciate in Galvao's unique approach. For its price point of \$25, "Drill to Win" represents an exceptional value. You'll gain unparalleled access to Galvao's training methods, offering a unique perspective on the sport. I wholeheartedly endorse this book for anyone seeking to elevate their BJJ game and, in doing so, appreciate Andre's remarkable journey as a competitor. As I continue to incorporate these drills into my own practice, I remain eager to see how Galvao will contribute to future issues of BJJ WEEKLY. Drill to Win: A Step-by-Step Guide to Better Brazilian Jiu-Jitsu ===== \_\_\_\_\_ kicks once, but I fear the man who has practiced one kick 10,000 times." - Bruce Lee...Where to start with this book. It covers so many topics from strength, stretching, balance, and basic dieting. This book helps any one at any level of Jiu Jitsu. From the basics to more advanced drills it goes month to month, week to week. Andre Galvao provides drills from every position. Andre is a champion in numerous different world class events, his most recent is winning the 2011 Pan Ams Black Belt medium-heavyweight division. He does a great job of demonstrating each drill in a very good way for anyone to understand. Kevin Howell from Victory Belt books does a good job making sure that pictures are clear and show the correct movements. Also the techniques have a small paragraph that explain the situation and provide pointers to complete each drill. This book enhances all areas of your game, making your reflexes better, making you have better balance, and allowing you to time your opponent. Overall this 288 page book has a ton of knowledge for everyone. I love this book, I recommend it to anyone I can. It really isn't a reference book like many of my other books I have, this is a step by step guide to better your game. You can take bits and pieces to help you, but it won't be as successful as following the the book from day one to the end of week 52. Andre offers many points from the aspect of a champion and from his experiences through out his career. This easy to read book is a 10/10 from me. As a close, repetition is key to success, and the book explains why, and holds the key. There have been dozens of Brazilian Jiu Jitsu manuals, many by legends of the sport, but Drill to Win: 12 Months to Better Brazilian Jiu-Jitsu by Andre Galvao with Kevin Howell, is a unique and valuable addition to the canon. Where most jiu jitsu manuals focus on presenting a dizzying array of techniques, Galvao's book focuses on practical drills that will help the diligent reader master the movements involved jiu jitsu and dramatically improve their competition game. Galvao is a highly decorated grappler with multiple World Jiu-Jitsu Championships and IBJJF Pan American Championships as well as taking second and third place prizes at the ADCC World Championships. In the introduction to the book Galvao describes his effort intensive approach to jiu jitsu and the way he, an athlete of limited natural gifts, outworked and surpassed many more talented training partners. Howell is the co-author of Saulo Ribeiro's Jiu Jitsu University, which judging by its amazing sales on Amazon seems to have become THE standard jiu jitsu instructional book. Drill to Win is the perfect complement to Jiu Jitsu University with its plethora of drills for each stage of your jiu jitsu game. Galvao and Howell cover diet, balance and strength drills, breakfalls, grip fighting drills, takedown drills (both wrestling and judo), guard pulling, basic escapes, guard passes, top position drills, two chapters worth of guard drills (including exotic positions like x-guard, spider guard and de la riva guard), and a great chapter on transitioning drills that will allow the diligent student to transform themselves into a very dangerous jiu jitsu player able to string together combination attacks. Visually the book is amazing, graphic artist Kathy Howell has outdone herself as every move is illustrated with a series of photographs of Galvao and training partner Marcel Louzado moving through each sequence of events step by step. I can't describe it alot other than to say its really good. The book's visual approach makes it seem like an animated sequence rather than a collection of static photos, thanks to the cropped backgrounds that focus on the figures in motion. With up to two dozen photographs illustrating the most complex moves, the pages remain clear and easy to follow. I highly recommend "Drill to Win" to anyone looking to significantly improve their jiu-jitsu skills, as Galvao and Howell provide step-by-step instructions and drills, leaving the reader to put in the hard work. Having seen Andre Galvao compete live at the 2008 Mundials, where he broke out into a backflip on an opponent's back - now a famous YouTube video - I was excited to learn from his unique approach. The book breaks down a 12-month drill cycle to enhance every aspect of one's game, from standing to ground techniques, focusing on balance, movement, and transitions. Many drills work on fundamental movements that make Galvao's style so engaging to watch. The book begins with Andre's bio, covering his training journey, relationship with instructor Terere, and the trials he faced, making for an interesting introduction. Divided into 12 months, each week is split into five days of training, with daily drills targeting specific areas of one's bjj game. While the book covers 10 months of physical technique, it also addresses diet in Month 1 and includes a "final exam" in Month 12. As an instructional book, it should be taken in doses, with many movement-based and repetitious drills designed to build muscle memory. Both solo and partner drills are included, though some advanced movements require a Swiss ball and multiple sessions to master. Although the book is structured into a 12-month program, I opted to pick and choose drills based on my athletic ability and body type, as well as those suitable for my students' level, and have seen significant improvement in their transitional games after testing the drills in class. ===== Drill to Win: A Comprehensive Guide to Better Brazilian Jiu-Jitsu ===== I believe this book is very good for blue belts who want to improve their jiu-jitsu skills. Andre Galvao teaches us how to do their moves with more effect. He has alot of experiance in jiu-jitsu and MMA. For only £25 you get a lot of great content and can learn from one of the best grapplers ever. =====