



# The Black Belt Blueprint: An Intelligent Approach to Brazilian Jiu Jitsu

By Nicolas Gregoriades

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**Written by Roger Gracie's first black belt and founder of the Jiu Jitsu Brotherhood, Nicolas Gregoriades, this is a comprehensive guide to the sport of Brazilian Jiu Jitsu.**

**It features a detailed and holistic approach to the training methods, techniques and concepts which underpin the art.**

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