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### **The Jiu Jitsu Answer Man**

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And, because students asked for it, these writings eventually became my first book, "The Jiu Jitsu Answer Man, Volume One." When I first began answering questions, I was a relatively new purple belt in Brazilian Jiu Jitsu. As of December 2017, I am now the highest ranking Native American Black Belt in the art.

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**The Jiu Jitsu Answer Man - Answers  
To Your Questions about BJJ**

Despite being famous for Brazilian Jiu Jitsu, he is equally as skilled in many other martial arts to include Jeet Kune Do and Filipino Martial Arts. He is a walking Google of martial arts information.

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**Amazon.com: The Jiu Jitsu Answer  
Man: Intriguing Questions ...**

The Jiu Jitsu Answer Man: Intriguing  
Questions, Thought-Provoking  
Responses, Informative Articles and  
Fascinating Stories. In this book series,  
you will read the updated versions of the  
questions Professor Harris answered

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beginning in 1994 and ending in 2010.  
Question #1: From your experience,  
what should a white belt in Brazilian Jiu  
Jitsu focus...

## **The Jiu Jitsu Answer Man: Intriguing Questions, Thought ...**

Since 1995, I have answered thousands of questions on a wide range of topics:

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Brazilian Jiu Jitsu, Bruce Lee's Jeet Kune  
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Defensive Tactics for Police Officers, BJJ  
over 40, BJJ over 50 and more!

**The Jiu Jitsu Answer Man, Volume  
One by Roy Harris : \$14 ...**

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Jiu Jitsu focus on in his training? My Answer:  
Here are a few of my thoughts on the  
topic: For starters, I believe a white belt  
should keep in mind that his or her  
involvement in Brazilian Jiu Jitsu is  
primarily for personal growth and  
enjoyment. In other words, Jiu Jitsu is a  
hobby and a sport. It is something to be  
enjoyed; something we do for fun in our

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**The Jiu Jitsu Answer Man -  
RoyHarris.com**

Becoming the Jiu-Jitsu Answer Man  
online many years ago How the internet  
has changed and effected learning BJJ  
Writing his book The Jiu-Jitsu Answer  
Man Why bridging is so powerful

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**Epi 238 Roy Harris The Jiu Jitsu  
Answer Man**

Beware: 'Old Man Strength' In Jiu-Jitsu is Real. Another part of the answer is genetics and part is a survival mechanism. Fred Hatfield in his writings for ISSA explained this phenomenon: "An individual who has developed some

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level of fitness at some point in life and then stops training, has certain slow twitch muscle fibers (I forget which)...

### **Beware: 'Old Man Strength' In Jiu-Jitsu is Real**

Home Advice THE ULTIMATE ANSWER TO THE AGE-OLD QUESTION: ... The exact same way you'd roll with a man of the

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same size. ... Averri is the managing editor for the Jiu-Jitsu Times. She's a purple ...

## **THE ULTIMATE ANSWER TO THE AGE-OLD QUESTION: How Should ...**

At least for the older BJJ practitioner. Pads and braces are another traits of "old man Jiu-Jitsu". The compression

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braces and additional support help with comfort, stability, and peace of mind. Knee and ankle braces become almost mandatory after the age of 40.

## **Old Man Jiu-Jitsu - Training Tips For Older Grapplers ...**

RoyHarris.com is currently under construction. Version 10.0 of the site will

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launch within the next week. In the  
meantime, if you need to get ahold of  
me, you can do so at the following email  
address: [roy.harris.info@gmail.com](mailto:roy.harris.info@gmail.com) Also,  
feel free to keep an eye on my Facebook  
feed, my Instagram feed, or my YouTube  
Channel for any new updates!. Thank  
you,

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Jiu-Jitsu Is The Answer. 4,934 likes · 2  
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## **Jiu-Jitsu Is The Answer - Posts | Facebook**

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Jiu-jitsu Catch Wrestling ...  
CatchJitsu.com Learn Best How to do

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MMA UFC Grappling Catch-Jitsu RCW  
Real Catch Wrestling Jiu-jitsu Techniques  
My MMA Neo ...  
And Fascinating Stories

**Man vs Woman Clark Tricky Darce  
Mixed Jiu-jitsu Catch Wrestling**

Which BJJ Techniques Work and Don't  
Work w/ Small Man Against Big Man.  
Guillotine 3. Collar Chokes 4. Lapel

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Chokes 5. North South Choke 6. Ankle  
Lock 7. Heel Hook 8. Toe Hold 9.  
Omoplata As you can see, there are  
plenty of options in the arsenal to choose  
from. These are the moves that cut off  
the air or blood supply to the lungs and  
brain.

**Which BJJ Techniques Work and**

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## **Don't Work w/ Small Man ...**

The Jiu Jitsu Answer Man: Intriguing Questions, Thought-Provoking Responses, Informative Articles and Fascinating Stories by Roy Harris This is a compelling and interesting read which answers many questions and helps getting the most from the Jiu Jitsu experiences.

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## **10 Best BJJ Books - Jiu Jitsu Legacy**

Gracie jiu-jitsu succeeds in virtually all areas of the martial arts: competition (judo and sambo), police and military work, self-defense, and in building maturity and self-esteem in youth. Few, if any, other martial arts can claim to accomplish so much with the same basic

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training program and techniques.

**THE ULTIMATE GUIDE TO JIU-JITSU  
BRAZILIAN**

But on Monday night, one man didn't heed this common-sense advice when he reportedly tried to enter a mother's car as she was on her way to pick her son up from jiu-jitsu class at Rip Tide, a

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...  
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**A Man Reportedly Tried To Enter A  
Woman's Vehicle In A BJJ ...**

I think it's especially great for women,  
specifically because women are more  
likely to deal with a 1 on 1 sexual  
assault scenario, which is likely to take  
place in one of BJJ's stronger positions:

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Questions Thought Provoking  
Guard. From guard, even if you are  
much weaker than... Informative Articles  
And Fascinating Stories

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