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The Jiu Jitsu Answer Man: Intriguing Questions, Thought-Provoking Responses, Informative Articles and Fascinating Stories

Roy Harris

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For over a decade, Professor Harris has answered thousands of questions online - on various international martial arts forums - about Brazilian Jiu Jitsu, Self-Defense and various other styles of martial art. From theory to training to practical application, Professor Harris has answered every question thrown at him!

In this book series, you will read the updated versions of the questions Professor Harris answered beginning in 1994 and ending in 2010.

Here is a list of questions he answers in this volume:

Question #1: From your experience, what should a white belt in Brazilian Jiu Jitsu focus on in his training?
Question #2: I'm stuck in a rut. My motivation is slowly diminishing. What do I do?
Question #3: How long does it take to become a black belt in Brazilian Jiu Jitsu?
Question #4: How long did it take you to get your black belt in Brazilian Jiu Jitsu?
Question #5: Who were your most memorable Jiu Jitsu Instructors?
Question #6: What are some good exercises for Jiu Jitsu?
Question #7: What are some important training methods you have learned over the years?
Question #8: In your mind, how do you see the progression in Jiu Jitsu?
Question #9: I've heard others talk about timing. What exactly does the word mean? Can you explain it so that I can understand how to train it?
Question #10: Is there a type of guard someone should develop depending on their height?
Question #11: Now that you are older, how does it feel when you spar against students who are half your age?
Question #12: Coming up through the ranks, who were your Jiu Jitsu heroes?
Question #13: What is your favorite submission?
Question #14: When you studied all of the 27 different styles of martial arts, did you try to learn everything you could about that style or did you focus specifically on certain core stuff?
Question #15: Who were your best training partners, and why?
Question #16: I have some questions on awareness.
Question #17: Can you tell us about your experience training with the Gracie Brothers?
Question #18: What are some key points to your training that helped you along the way?
Question #19: What is your favorite position in Jiu Jitsu, and why?
Question #20: What are some unique things about your Jiu Jitsu game?
Question #21: How much time should I spend on ground fighting compared to the other ranges for a street fight?
Question #22: What kind of things do you do for enjoyment?

Here is a list of stories he tells in this volume:

Story #1: Slammed Unconscious

Story #2: Kick, slap and wristlock a police officer
Story #3: My colorful history with leg locks
Story #4: Biting and the military
Story #5: Someone pulled a knife on me
Story #6: Biting a student
Story #7: Jumped from behind by two students during a seminar
Story #8: The Ultimate Style, Part One
Story #9: Threatened from Brazil... Three Times
Story #10: The Ultimate Style, Part Two

Here is a list of articles he shares in this volume:

Article #1: What Makes a Good Instructor / Teacher?
Article #2: Effectiveness, Efficiency and Playfulness, Part One
Article #3: Defining the Terms
Article #4: Intermediate Level Brazilian Jiu Jitsu: What is it?
Article #5: Quantify Your Grappling Experience: Part One
Article #6: An Overview of Brazilian Jiu Jitsu Basics
Article #7: Legwork in Brazilian Jiu Jitsu
Article #8: Quantify Your Grappling Experience, Part Two
Article #9: From White to Black Belt
Article #10: Apprentice Grappling Instructor Manual Excerpt

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