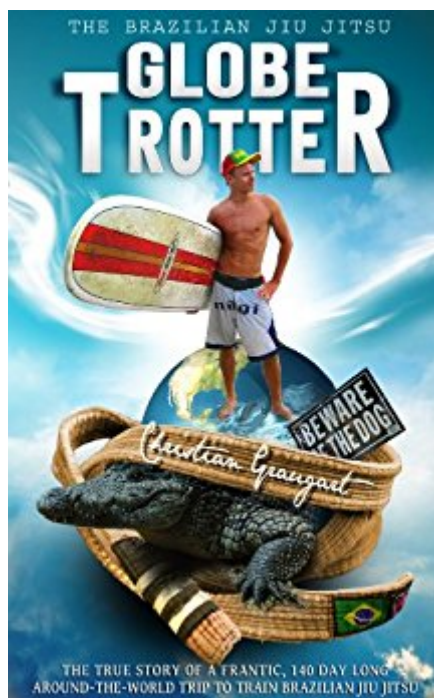


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# The Brazilian Jiu Jitsu Globetrotter



## Synopsis

"I didn't care about what would happen. He might win the match, but he could never beat me. I was living my dream, traveling the world unhindered, completely free. Nothing could put me down. The play button was pressed again. My opponent took my back and I tapped to a bow and arrow choke. I laughed and shook his hand, as I stood back up. I was out of the competition. Everything was perfect. Life couldn't be better."After a training partner commits suicide, Christian Graugart feels obliged to do something with his life. Starting his own gym, dedicating almost all his time to the art of BJJ, alters everything, including the way he sees himself. The Brazilian Jiu Jitsu Globetrotter is not only a story about traveling and training in martial arts. It's about all the things that can happen to you if you choose to truly stay alive until you actually die.

## Book Information

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## Customer Reviews

If you have just the slightest idea about what Brazilian jiu-jitsu is, then you MUST read this book. And even if you don't, I suggest you read it anyway, you'll probably want to start before you finish the book.Christians humorous, stream-of-conscious style of writing is addictive. You'll most likely laugh out loud on several occasions (I did) and you'll feel like you're the one taking the journey of a

lifetime around the globe. Whether it's rolling in the freezing cold of Moldova or acting crazy in a tropical storm in Jamaica (hilarious), you'll feel like you're the one there. Along the entire trip, his story about the compassion, hospitality and laid-back attitude of the jiu-jitsu community is truly inspirational, to the point where you can't help but want to be a bigger part of it. I've never envied anyone as much as I envy Christian for this round-the-world adventure, as I'm sure you will too.

I really liked the book, thoroughly enjoyed reading about faces of jiu jitsu across the globe. It is inspirational in the sense that this is the kind of book I wish I could have written (implication is that I would have taken the trip myself), as well as in that it brings you to what jiu jitsu is really about - a lifestyle, a philosophy on life, a playful attitude towards life, and caring for those around you. Graugart also ended up being a humanitarian as a result of the book, helping many jiu jitsu programs/schools around the world get the equipment that was out of reach previously (i.e. a small village in Moldova). Drawbacks to the book are the writing style, which is probably related to the fact the author is not a native English speaker; additionally there were too many references to being unable to train due to excessive drinking efforts on the previous night, which I find a bit disrespectful towards the individuals that you are training with and that made the effort to bring you into their community. It isn't too big of a deal if it happens here and there, obviously Graugart was travelling the world and you need to have fun with the locals, but being that it almost became a theme at certain points, it is a nuisance for the mentioned reasons. Overall, I do recommend it and have enjoyed reading it, especially since it inspired me with regards to training Brazilian Jiu Jitsu.

I thoroughly enjoyed this read, the adventures this guy had and the pace in which his travels take place sets the pace for the whole book. I am not exclusively a Jiu Jitsu guy, but I very much enjoy everyone's experiences with their different arts as a whole and this is no exception. I highly recommend this book for any Jiu Jitsu practitioner as well! Oh, and Noxious is not a 'feeling', nauseated is. So if there is one thing I have you NOT take away from this book, it's that. You'll see what I am saying when you read it!

The BJJ Globetrotter is one of the best books I've ever read...and it was about BJJ! Christian is a fun writer, and really spends the time to share his experiences in full details. I had a great time reading about his travel adventures and training at both famous and less famous gyms. At the end, it was all about the insights that he has shared. As a blue belt student of the game, I am especially grateful for Christian's honesty regarding his initial fear of having to prove his skills at gyms across

the world. Throughout the book, he invites everyone to walk with him as he grew as a traveller and a BJJ student. I will take his words to heart as I grow my own game. After reading each chapter, I highly recommend readers to compare the content to what Christian wrote on his blog ([...]). His extra writings and pictures on the blog really bring his adventures to life! Thank you Christian for writing this book!

This was an amazing story of self enlightenment. I am a Jiu-Jitsu practitioner, so this was an easy read for me therefore I may be a bit biased. This not only was about jui-jitsu but about the excitement of competing and the nervousness us competitors feel at every tournament. It was good to read this and realize I am not the only one that felt like this. Right away I wanted to pick up my GI and take off to other gyms in my area to roll. This book is not just for the Jiu-Jitsu but for anything. Great inspirational book!!

You'll love this book if you're a jiu-jitsu practitioner. It's an easy and fun read. Christian Graugart explains his motives for traveling the world and tells the tales of each country he visits. It's lighthearted but keeps BJJ in the foreground. It shows how people all over the world can be brought together by their love and passion for BJJ.

As a 56 year old BJJ competitor, avid surfer, and traveler, I totally enjoyed the BJJ Globetrotter. Christian's experiences always left me with a smile on my face and a deeper connection to my BJJ brothers and sisters throughout the world. Christian really illustrates how BJJ has united people of all races and nationalities worldwide and how we share a common bond that few can understand. I especially enjoyed the last chapter and how Christian teaches us that everyone that shares the mats is another friend just waiting to be made.

I thoroughly enjoyed this e-book. Very honestly written, with a lot of great stories. Makes me want to travel more, and train more!

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