



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

Nicolas Gregoriades

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"Nic is my first black belt and for a good reason. His book shows his deep involvement and dedication to my family's art."

Roger Gracie - 10-Times Jiu Jitsu World Champion, Greatest Jiu Jitsu Competitor of all-time

"Nic covers a lot of topics in The Black Belt Blueprint that I've never seen touched on by other BJJ books, and I've read more than a few: how to train smart, the physical aspects of the art, training for the long term journey rather than how to rep out until your body breaks down. He also looks at the mental approach required to get as much out of BJJ as you can - and trust me, that's a lot!"

Oliver Geddes - BJJ Black Belt

"The Black Belt Blue Print" is a must have for true students of jiu jitsu. Concise, yet comprehensive, it's the guidebook I secretly yearned for when I began training. With wisdom and experience on every page, this book will enhance your journey in the gentle art."

Roy Dean - BJJ Black Belt

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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