



Jiu Jitsu Jurisprudence: A Guide to Balancing Your Law Practice and Your Life Practice through the Art of Brazilian Jiu Jitsu

Ryan Danz

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Jiu Jitsu Jurisprudence introduces something new into your life that will revolutionize every aspect of your being: your body, your mind, and your soul. It will help you find purpose outside of the office and beyond the courtroom. You will feel better, think clearer, be happier, and above all, find physical and emotional fulfillment that will positively affect your law practice and, perhaps more importantly, your *life* practice.

This is the first book of its kind to discuss the martial art of Brazilian Jiu Jitsu within the context of the legal profession. It offers all attorneys (and other non-legal professionals) insight into one of the most complete—yet still relatively unknown—martial arts disciplines in the world. You will discover how to transition from the "Lawyers Mind" to the "Jiu Jitsu Mind" while learning about Brazilian Jiu Jitsu's rich history and culture, basic techniques and moves, diet, and its emphasis on camaraderie both on and off the mat, all of which will help you become a better, more focused, less ego-driven yet more self-esteemed lawyer, professional, and person overall.

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