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Drill to Win: 12 Months to Better Brazillian Jiu-Jitsu By Andre Galvao, Kevin Howell. Great book, this guy Andre Galvao and his team have been taking BJJ by storm at competitions.

<http://astore.amazon.com/solasunadmiti-20/detail/0981504485>. Lots of videos on you tube too .

http://www.youtube.com/watch?v=OxL0E_sZqJk

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Drill to win is a good book but you really need to have the right situation to get the most out of it. You need a willing partner, mat space, and the time outside of class to dedicate to it. I picked up a couple of good things from it but I've never had the right situation to go through it properly.

[How is Drill to Win? : bjj](#)

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