



# White Belt Problems: The Beginner's Guide to Brazilian Jiu-Jitsu

*Matt Kirtley, Marshal D. Carper*

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What is Brazilian Jiu-Jitsu? Where should I train? How does it compare to traditional martial arts? What do I do if I want to compete? Should a black belt ever tap to a lower belt? What exactly is cauliflower ear? White Belt Problems aims to be the definitive collection of frequently asked questions for anyone new to Brazilian Jiu-Jitsu. From the author of *Mastering the Crucifix* and the author of the *Cauliflower Chronicles*, this book combines the collective wisdom of two long-time practitioners and addresses the full scope of concerns and inquiries that trouble the minds of uninitiated jiu-jiteiros. An end-to-end guide, White Belt Problems answers all of the questions you were afraid to ask, making it easier for you to join the sport and enjoy your training.

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