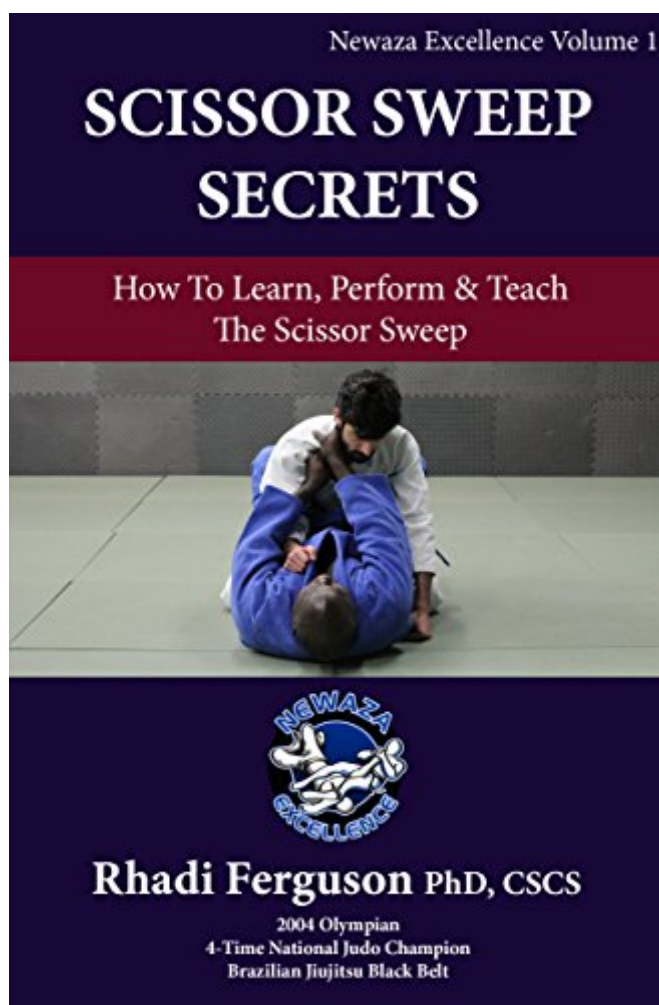


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Newaza Excellence Volume 1: The Scissor Sweep: Dr. Rhadi Ferguson Presents Scissor Sweep Secrets



Synopsis

Anyone can become an expert at the Scissor Sweep. I have no opinion on your ability to become the next BJJ, Judo or Sambo World Champion or Judo Olympic Gold Medalist. However, I do know THIS for a fact ã you can become an expert at the Scissor Sweep by understanding it completely ã inside and out and by doing the repetitions. If you read this book and commit to this program and completely involve yourself in Scissor Sweep Secrets and not just try to piecemeal this book, you will IMPROVE. You WILL Scissor Sweep more people than ever before. I know this. This is not a gamble. Itãs not a risk. It is a fact per the research on Deliberate Practice. And one which I have verified from personal data and observed from work which I have gleaned through my coaching and athletic experiences through participatory observation concerning this technique. The Scissor Sweep, works for everybody. Itãs not a move that was taught to you that only works for lightweights and not heavyweights. Its not a move that works for tall people and not short ones. It doesnãt depend on how long your legs are or your anthropometric limitations or blessings. The Scissor Sweep, works for everybody, BUTã|ã|. You learned it and discarded it. You donãt practice it as much as youãve practiced everything else or the moves that you like, more often than not. You really donãt understand that within the scissor sweep are some of the most important moves and lessons in the sport and art of jiu-jitsu. This book will cover some of the intricacies and aid you in becoming better on the mat.

Book Information

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Customer Reviews

Rhadi is no joke, anyone who is familiar with him can attest to that. This book should be a must-have for anyone serious about BJJ. Actually you can apply the drilling strategy to pretty much anything. However, it bothers me some that A. The philosophy on training and drilling can be applied to anything, not just the scissor sweep, so why focus on just the scissor sweep? B. The editing is very bad. I would call it lazy, but if no edit took place you can't really call it lazy. Examples of poor editing:-many, many small grammatical errors garnish this book. not a big deal but asking a friend to proofread it once makes a huge difference.-Step 11 of the exact steps to the scissor sweep: "Keep your right foot locked on the and your left leg locked in place"Keep my right foot locked on the what? Granted you can go back a few steps and figure it out, but it's almost insulting to me to have to go back and figure it out. Having someone, anyone give this book a once-over would've solved this error easily. What's worse is that these exact steps are repeated many, many times throughout the book and maintain the same exact grammar and content errors. It's like...the book is called Scissor Sweep Secrets, shouldn't you make absolutely sure that the steps to it are written perfectly?-In the later Gas Pedal Sweep chapter, we get this: "for your to understand off balance in what we call [inaudible] in the sport of judo,"It literally reads [inaudible], with the brackets and everything. Come on, Dr. Ferguson, this is another error where having a friend give your book a once-over would avoid a silly error like this. I believe the [inaudible] word we're looking for here is "kuzushi".But those things aside, yes absolutely get this book. You'll find a lot of useful information and ideologies that will do nothing but help your BJJ game, as well as a small library of books to read which I plan on adding to my library. It's just odd to me that someone at the top-notch world-class level like Rhadi Ferguson would be like "screw it, it's good enough to get the point across" when publishing a book.

I'm a big fan of the scissor sweep technique. Being a black belt in BJJ and also a teacher, I was looking for a new point of view about this technique. Unfortunately, there wasn't any "secret sauce

recipe" for his Scissor sweep, most of them are details that are well known in every top notch academy. However, the book shows a very good methodology about how to structure the practice of any technique. His insights about the micro drilling of the components of the technique are very well explained, as a matter to create precision in every movement. An exercise that I found very valuable is to discuss with my students the WHYs of the different components of a technique. This is a recommended practice in the book and I cannot overstate how much value it can bring to develop a good understanding of the game. As a student and a Teacher, this book is a good addition to my library. I'm not giving 5 stars because this book is mostly promotional material for professor Ferguson's website.

The Doctor is in, and he has spoken. You may look at the book and say "my scissor sweep is fine." "I don't like the scissor sweep." or "\$0.99 and readable in an afternoon? Not for me" Make no mistake, this book is for you. ESPECIALLY if you think you don't need it, or it's too small of a scope to be helpful. What Dr Ferguson has done is written out training philosophy, GOOD philosophy, in a way that you can: 1. Easily understand 2. Instantly apply 3. Share with others 4. Benefit in LIFE All for 99 cents.

At first you wondering where are you going to learn how to do it. First few chapters are very long lasting stories on how the writer feels you need the extra nurturing to stay with the book... i mean the content is good it just way too long to show a simple step

Another winner by Dr. Ferguson! I find this book to be a pivotal [hands on] instructional source for my judo students, judo for jiu jitsu students and colleagues teaching "the gentle way"! Dr. Ferguson continues to crank out [no pun intended] exemplary combat and wellness publication and this book fits that pattern..... "Scissor Sweep Secrets" should significantly contribute to your submissions profile.

What I like about Dr. Ferguson's products is they are about the subject, but not really about the subject. They teach a way of thinking about Judo and Bjj which is rare and in my thinking, much more important than the moves themselves.

Dr. Ferguson has a scientific approach to deliberate practice that is captured in this excellent book. Although it is about the scissors sweep a student could use this approach to any technique and will

find success. I know because this is the method used by members of the Bahamas national team to win many international medals.

I love this book its helped me improve greatly and the confidence that followed carried with it so much momentum that i decided to expanded on my journey by joining a Judo club.

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