



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

*By 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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### **Editorial Review**

#### **About the Author**

Matt “Aesopian” Kirtley: Back before the days of YouTube and streaming instructionals, Matt started a humble blog chronicling his training journey and his jiu-jitsu insights. As he grew, Aesopian.com grew with him. He moved through the ranks, and his technical analysis as well as his advice became more and more sought after. To date, Aesopian.com is one of the longest running jiu-jitsu blogs on the internet. In addition to his blog, Matt is also a black belt under Eduardo de Lima and the author of Mastering the Crucifix, a rich media instructional that incorporates text, DVD-style video, and animations. Marshal D. Carper: Once the Editor-in-Chief of Lockflow.com, Marshal is best known for his jiu-jitsu travel memoir The Cauliflower Chronicles. He has also co-authored instructionals with notable competitors and instructors like Marcelo Garcia, Neil Melanson, and BJ Penn. A purple belt in Brazilian Jiu-Jitsu, Marshal has dedicated his career to using the written word to grow and spread the jiu-jitsu community. For this project, he partnered with Matt to help Matt’s vision for White Belt Problems come to life.

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