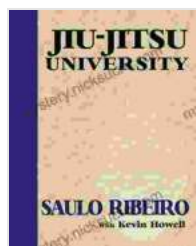


Jiu Jitsu University: The Ultimate Guide to Kevin Howell's Revolutionary Training System



Jiu-Jitsu University by Kevin Howell

★★★★☆ 4.8 out of 5

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In the realm of Brazilian Jiu-Jitsu, few names command as much respect and admiration as Kevin Howell. A renowned grappler, instructor, and innovator, Howell is the mastermind behind Jiu Jitsu University (JJU), a state-of-the-art training system that has revolutionized the way Jiu-Jitsu is taught and practiced worldwide.

JJU is not just another academy; it's a comprehensive educational platform that empowers students to reach their full potential in Jiu-Jitsu. Through a structured curriculum, expert instruction, and a supportive community, JJU provides a transformative learning experience that extends far beyond the mats.

The Founder: Kevin Howell

Kevin Howell's passion for Jiu-Jitsu began at a young age. He received his black belt under the tutelage of the legendary Royler Gracie, one of the most respected figures in the sport. Howell's exceptional skills and dedication earned him numerous accolades and championships, including the prestigious Pan American title.

Despite his success as a competitor, Howell's true calling lay in teaching. He realized that traditional Jiu-Jitsu instruction methods often left students struggling to grasp complex concepts. Determined to find a better way, Howell embarked on a journey to develop a more effective and accessible training system.

The Jiu Jitsu University System

Jiu Jitsu University is built on three core pillars:

- **Structured Curriculum:** JJU's curriculum is meticulously designed to provide a systematic and progressive learning path for students of all

levels. It breaks down complex techniques into manageable modules, ensuring that each concept is thoroughly understood before moving on to the next.

- **Expert Instruction:** Howell and his team of highly skilled instructors guide students through every step of their journey. They provide clear explanations, personalized feedback, and create a supportive learning environment that fosters growth.
- **Supportive Community:** JJU is more than just a training facility; it's a vibrant community where students connect, collaborate, and support each other. Through regular training sessions, social events, and online forums, JJU fosters a sense of belonging and camaraderie that enhances the overall learning experience.

The Benefits of Joining Jiu Jitsu University

Training at Jiu Jitsu University offers numerous benefits for practitioners of all levels:

- **Improved Grappling Skills:** JJU's structured curriculum and expert instruction provide students with a deep understanding of grappling techniques. They develop a comprehensive skillset that enables them to handle various situations effectively.
- **Enhanced Physical Fitness:** Jiu-Jitsu is an excellent form of exercise that improves cardiovascular health, strength, and flexibility. JJU's training program incorporates a variety of drills and exercises to help students achieve optimal physical condition.
- **Increased Confidence:** As students progress through the JJU system, they gain a deep sense of accomplishment and confidence in

their abilities. This confidence extends beyond the mats, empowering them in all aspects of their lives.

- **Community and Support:** JJU's supportive community provides students with a sense of belonging and camaraderie. They train together, share experiences, and create lasting friendships.

Who is Jiu Jitsu University For?

Jiu Jitsu University is suitable for anyone who is passionate about Brazilian Jiu-Jitsu, regardless of their skill level or experience. Whether you're a beginner looking to learn the basics or an experienced grappler seeking to refine your techniques, JJU has something to offer.

JJU is particularly beneficial for:

- Individuals who want to develop a comprehensive Jiu-Jitsu skillset
- Practitioners who want to improve their grappling techniques
- Anyone looking to enhance their physical fitness and confidence
- Those who desire a supportive community to share their passion with

How to Join Jiu Jitsu University

Joining Jiu Jitsu University is simple and straightforward. You can sign up online or visit any of the JJU locations worldwide. The team at JJU is dedicated to providing a welcoming and inclusive environment for all students.

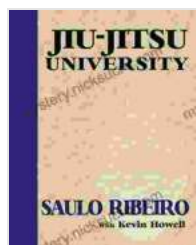
To join JJU, follow these steps:

1. Visit the JJU website or contact your local JJU location.

2. Create an account and provide basic information.
3. Choose a membership plan that suits your needs.
4. Start training and unlock the transformative power of Jiu Jitsu University!

Jiu Jitsu University is a game-changer in the world of Brazilian Jiu-Jitsu. Founded by the renowned Kevin Howell, JJU provides a comprehensive training system that empowers students to reach their full potential. Through structured curriculum, expert instruction, and a supportive community, JJU offers a transformative learning experience that extends far beyond the mats.

Whether you're a beginner looking to embark on a Jiu-Jitsu journey or an experienced grappler seeking to elevate your skills, Jiu Jitsu University is the ultimate destination. Join the JJU community today and unlock the transformative power of this incredible martial art.



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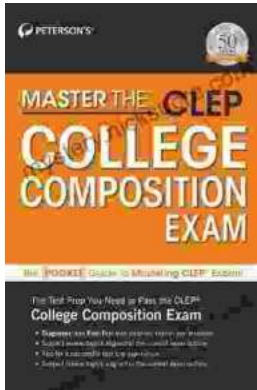
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