



# **The Brazilian Jiu Jitsu Globetrotter: The true story about a frantic, 140 day long, around-the-world trip to train Brazilian Jiu Jitsu**

*Christian Graugart*

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*"I didn't care about what would happen. He might win the match, but he could never beat me. I was living my dream, traveling the world with complete freedom. Nothing could put me down. The play button was pressed again. My opponent took my back and I tapped to a bow and arrow choke. I laughed and shook his hand, as I stood back up. I was out of the competition. Everything was perfect. Life couldn't be better."*

After a training partner commits suicide, Christian Graugart feels obliged to do something with his life. Starting his own gym, dedicating almost all his time to the art of BJJ, alters everything, including the way he sees himself.

The Brazilian Jiu Jitsu Globetrotter is not only a story about traveling and training in martial arts. It's about all the things that can happen to you if you choose to truly stay alive until you actually die.



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