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Showing 1-30 Start your review of Drill To Win: 12 Months to Better Brazilian Jiu-Jitsu May 28, 2012 Tom Bane rated it amazing This book contains many specific creative exercises for BJJ, takes you through them in a graduate progression and is very well photographed with the right amount of explanation, Andre is a very nice guy too :) Steve rated it was amazing May 09, 2014 Kevin rated it was amazing April 03, 2014 8174 rated it was amazing Dec 11, 2015 James qualified that he really liked May 09, 2015 Ryan qualified that he really liked Nov 15, 2015 Ryan Havens rated it was amazing February 22, 2014 Neil Patterson rated that he really liked April 02, 2019 Glen Isobe rated it was amazing January 30, 2015 Elnur qualified that he didn't like Jul 21, 2017 Kevin rated that he really liked Jun 25, 2015 Keith Weaver rated it was amazing Set 04, 2011 Ryan Bradford rated it was amazing Set 07, 2013 Adam qualified that he really liked February 12, 2013 Adrian qualified that he liked January 12, 2015 Kradoc rated it was amazing Set 26, 2017 Nabil Azzouz rated it was amazing August 05, 2020 © 1996-2014, Amazon.com, Inc. or its affiliates Copyright © 2017 TUXDOC Inc. About | Contact us Andre Galvao grappling credentials are certainly, so when you have the opportunity to learn even a small amount of what you have to offer, you have to jump at random. In 'Drill to Win' Galvao is set to give readers an exhaustive understanding of the oft overlooked, but massively important, drilling in BJJ. The first impressions of the book are that it is large, colorful and well constructed; this will bring the abuse of being in and out of the gym bag, to and from class, with relative ease. A quick coup through the book shows that there are a lot of techniques, all supported by beautiful illustrations and precise instructions. The book itself is very well written; it opens with a miniature biography, and refreshingly frank Galvao and how it became the Jiu Jitsu phenomenon that it is today. It's reassuring to know that someone who overcame chronic poverty and asthma became the BJJ world champion several times, and is now guiding through his own journey. The structure of the book is excellent. It starts with a full index (a component often overlooked, but essential) before starting a structured drilling program. The program itself is set in days, weeks and months (as the title suggests, the book is intended to cover over the next 12 months) with training taking place three to four days a week. Galvao is realistic and honest when he informs the that the new drilling program will not take the place of your usual routine, but rather, when when to complement their procedure they see in the event of massive gains in their performance. As with all good programs of this nature it highlights the need for better food; Galvao tells us that it is the basis on which the rest of his BJJ is formed. Next, the book sets up a course of drills, sharing the construction of chapters on the skills developed in the last. Users can choose quite easy and choose drills to suit their specific needs, or to create their own circuit. However, to get the most use of book readers follow the cover book, in order. In conclusion, the book is excellent and will become a valuable asset for any BJJ professional who follows it. The book drills are also good for the development of general health and fitness, along with specific sport. Disk Drill is a powerful data misuse recovery software that can be used on Windows computers to scan and retrieve data from all storage devices, including most built-in hard drives, external hard drives, USB drives, cameras, iPods, Kindles and memory cards. This data deletion recovery software combines powerful scanning algorithms to provide a complete data recovery solution that makes data recovery on your computer extremely easy. Just click the button, complete the scan mode, find the preview file, select the file to recover. Installation Activation Class 1. After the home script download decompression is complete, you will get the following files, as shown in the double-click Disk Drilling Figure v4.0.487.0.exe to start installing the software. Click the options to go to the settings screen. Figure 2. Select the software installation directory, and then click the >> OK, Figure 3 installation. Please wait for the installation to be completed. 4. Install full, close the software completely, and wait for the activation patch to be installed. Open the software installation directory, select the compatible program according to your computer, and then copy it to the software installation directory (32-bit and 64-bit). Figure 6. Select Copy and Replace, Figure 7. Activation was successful. Software Figure Feature 1, Platform Independent: Disk Drill is supported by a variety of data retrieving algorithms and can read NTFS, FAT32, EXT, HFS more other 2 file systems, internal and external storage: recover lost data due to mis delete on your system hard drive and external devices, SD and USB drives, other laptops and computers. 3, fast and simple: Disk Drill will tell you if you can recover your files without having to buy a certificate. We offer a free recovery service of up to 2 GB. Features Describe comprehensive data recovery There are many possible scenarios when data is lost. Windows version disk drill is useful every time you get in trouble: accidentally emptying your recycle bin, virus attacks or power outages, partition corruption, failed startups, and so on. Once Disk Drill is installed, Disk Disk Quick and deep scan Your data was only lost a few minutes ago? On Windows systems, if you take quick action, recovery through quick scanning can be higher. In general, when a file is deleted, only its name is deleted. Its contents are still stored on your hard drive. A quick scan can show you a list of recently deleted objects in just a second. The disk drill can also scan longer paths and deeper degrees. Deep scans will reconstruct the lost files based on their binary structure to reconstruct them. Disk Drill's deep scanning model supports more than 200 file signatures. Recover the deleted protected data Use the disk drill that your data is also protected in a state. Enable recovery vaults even if you've never lost data. When you create a backup of deleted files and folders on your computer, you can protect your files from being deleted outside. When this database exists, retrieving any clear directory or file matrix is only a matter of seconds. Metadata for all original files remains intact. Remember, with recovery vaults, you must first enable data protection. Note Data recovery is a matter of probability, no software can ensure 100% recovery, control your hands, usually develop backup habits is the most important thing. There is an increased risk of recovery immediately after you have deleted a file, and after writing, the original data can be completely overwritten and cannot be retrieved. Popular software download address four or five Internet mobile download group British network telecommunications download livestock network telecommunications giant download dream network telecommunications download related articles netizens comment download statement ? Sensezims password: www.jb51.net is the primary domain name of this site, I hope you can see clearly, the sharing code acquisition method can refer to this article ? It is recommended to download using the software of this site using the previous version of winRAR v5. If this software can't always be downloaded please leave a message in the comments, we'll fix it as soon as possible, thank you! ? Download resources from this site, if the server can't download for a while, try again! Or try some more download addresses? If you encounter any problems, please comment on the message, let's solve the problem, thanks for your support! ? Some of the commercial software provided by this site is for study and research purposes, such as for commercial purposes, please buy genuine ? Disk Drill for Windows (Data Software) v4.0.537 Chinese Install the free version with activation tutorial resource source Internet, copyright és proprietari del legítim propietari del recurs de desc.rega. The results discussion refers to the section of the research work or scientific report, which describes the meaning of the findings obtained, compares with those of previous publications and emphasizes the new ones. If a hypothesis has been raised, its verification or rejection must also be argued with the results obtained. For some scientific publications and various academics, the discussion of results is the most important aspect of research, as it will be the section where Theory Theory converges and s are contrasted experimentation data. The discussion of results describes the meaning of the results obtained Source: Pixabay The discussion of results can be confused with the presentation of the results and the conclusion of the investigation, but they respond to various intentions. The IMRYD format (I - introduction; M - methods; R - results; and, From discussion) established by the American National Standards Institute for scientific articles, differentiates each section with a question. In the case of the discussion, the question is answered, what do the results obtained mean? For the results and conclusion sections, respectively, I would answer the following questions: what was found or what was obtained? and what are the most important research data? Characteristics - The discussion of the results is presented after the exposure of the data that comes from experimentation. In addition, this paragraph precedes the conclusions of the research paper. -It must present the appropriate writing of scientific literature, which is characterized by its consistency, precision, clarity, order, conciseness and relevance. -The verbal time used mainly is the present, since the scientific evidence of the results is already considered scientific evidence. For example: The data indicate that..., Our proposal has similarities.... -You intend to elevate the relationships between the observed and the results. It must also connect the findings with the proposed objectives, hypotheses and theories that were taken as a framework of reference. -The results should not be repeated, but interpreted, being the right time to elevate personal positions and contrast them with the perspective of other authors. -It has a double explanatory and argumentative component, indicating how the data obtained supports the veracity of the hypothesis or discard its validity. -It exposes the technical consequences of research, as well as contradictions in the data, its limitations or the problems encountered. -It may suggest more studies or recommendations for future research. -Mentions the strengths and the most notorious factors of the study carried out. How to discuss the results Should not include the details of the results described above. Source: Pixabay There are two essential aspects that should not be missed in the discussion of results such as the meaning of the results obtained and the relationship of these findings with other previous investigations. The experts

of the area recommend that this section has the following structure: 1- It begins with a brief summary of the most outstanding results, without falling into detail. 2- To propose possible explanations for these results, for which compared to other related research. This implies both the results that resemble and, therefore, support the hypothesis, as well as those that are contradictory and affect the level of veracity of what rises. All important findings, including those that initially appear to have no explanation, must be addressed as can be clarified in future reports. 3- This is the opportunity to include judgments and interpretations of the author, as well as contrast them with other researchers. 4- Specify the limitations and weaknesses that the study had. 5- Weigh the implications that these results mean for the area investigated. Some scientific publications present the results separately, while others often place it as a closing of the discussion. 6- If you add the conclusion, you must infer all ideas derived from comparison and analysis of results. Each conclusion summarizes the evidence that supports it. 7- Present recommendations for future research, as well as mention apart from aspects that were not addressed and deserve to be studied. Questions to develop a discussion of results These are some of the questions that are suggested to be answered during the writing of this section or at the end of it as a checklist: – What is the validity of the results? – How effective is the method implemented? – What were the limitations and why were they presented? – What are the similarities and differences between the data obtained and the history of the research? Are there contradictions? – How is it possible to apply the results in other situations and contexts? – How do they support or eliminate the results of the hypothesis that was initially proposed? – What other hypotheses can be raised in light of the most recent findings? – Does the interpretation of the results align with the proposed delimitation of the problem studied, the objectives of the research and the proposed methodology or is it intended to cover more? This question will allow the author not to exceed the applicability of the findings or the overestimation of their generalization. Example of discussion of results Below are several phrases that could be part of the discussion section of the results of an investigation. In order to exemplify the writing style and approaches that could be presented, variables and generic elements were placed. – The decrease in aspect A of the population studied is attributed to the changes experienced by situation B. This can lead to the occurrence of an event C. – Result A is similar to that found in previous research and in contexts where Freak B. -There is no association between A and B, contrary to what our hypothesis suggests. – The A results were different from those detected ten years ago in other Central European countries, although these studies had a longer follow-up time than ours. – For this study the figure was lower when researched on condition A. – The results of this study are only comparable by methodology to those carried out in countries B. – There may be temporary changes in trends in A, in the absence or presence of elements B. – Both for its theoretical and conceptual relevance and for its empirically approved clinical implications, it is necessary to deepen the research of construction A. – There is a high consistency with the results of other studies (regardless of methodology) regarding condition B. – It could be stated that both subjects A and B of this research present difficulties in the contexts C. D. Consistent with the previous one, subjects D also had more difficulties in situation E. – Since A is a powerful indicator of risk B, the results obtained in this study may suggest that C, due to its significant relationship with A, could be considered a significant indicator of moderate-high risk of B. References González, M., & Máttar, S. (2010). IMRaD or IMRyD format for scientific articles? MVZ Córdoba magazine, 15(1).doi.org/10.21897/rmvz.326 Lam Díaz, Rosa María. (2016). The writing of a scientific article. Cuban Journal of Hematology, Immunology and Hetotherapy, 32(1), 57-69. In 2011 it scielo.sld.cu the Slavic-Schmalbalch, J., & Alzate, J. P. (2011). How to prepare the discussion of a scientific article. Rev Col or Tra, 25(1), 14-7. Gonzalez Labrador, Ignacio. (2010). Component parts and preparation of the research protocol and the work of extinction of the residence. Cuban Journal of Integral General Medicine, 26(2) Recovered from scielo.sld.cu Frías-Navarro, D. (2010). Recommendations for the preparation of the research report. Valencia (Spain): University of Valencia Recovered from uv.es uv.es

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