

Brazilian Jiu-Jitsu

Brazilian Jiu-Jitsu emphasizes taking an opponent to the ground and utilizing ground fighting techniques. The premise is that most of the advantage of a larger, stronger opponent comes from superior reach and more powerful strikes, both of which are somewhat negated when grappling on the ground.

BJJ permits a wide variety of techniques to take the fight to the ground. Once the opponent is on the ground, a number of techniques and counters are available to control the opponent. The goals of these techniques and control build upon each other. You must first keep yourself safe from your attacker, then dominate position without compromising your safety, next create an opportunity to finish the engagement via submission without compromising your position or safety. Learning the execution of these complex techniques at the right strategic moment requires a sharp mind, patience, and muscle memory acquired only through years of training. This system of techniques, counters, and body control is ultimately a chess match when utilized by two experienced practitioners.