

Master These Brazilian Jiu Jitsu Submission Escapes and Dominate the Mat

The Art of Survival: Brazilian Jiu Jitsu Submission Escapes Demystified



If you are a practitioner of Brazilian Jiu Jitsu (BJJ), you know that being able to escape from submissions is crucial to gaining the upper hand in a match. Whether you are a beginner or an advanced BJJ artist, mastering submission escapes can significantly elevate your game and help you overcome your opponents' deadly holds. In this article, we will delve into a comprehensive guide to surviving Brazilian Jiu Jitsu submission attempts, equipping you with the techniques needed to dominate your opponents on the mat.

1. Armbars: Protecting Your Arm Like a Pro

The armbar is one of the most common submissions in BJJ, and escaping it successfully requires a combination of technique and determination. To escape an armbar, start by keeping your arms tight to your body, preventing your opponent from fully extending and locking the submission. Use your other arm to create a defensive barrier by placing your hand on your opponent's thigh or chest. This defensive position provides additional leverage and makes it more difficult for your opponent to finish the armbar. Additionally, bridging your hips and rolling over your shoulder can help you escape from the armbar by regaining control or transitioning into a more favorable position. Mastering these techniques will protect your arm from potential damage and give you the chance to counterattack.



Surviving Brazilian Jiu-Jitsu: Submission Escapes

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2. Chokes: Breaking Free From Tight Grasp

Chokes are another lethal weapon in the world of BJJ that can quickly render an opponent unconscious. To survive a choke, maintaining a calm and controlled mindset is crucial. Start by establishing a solid base and maintaining good posture. If you feel your opponent's arm creep across your neck, immediately address the threat by raising your own arm to form a defense. By doing so, you create a temporary barrier that buys you time to react and execute an escape. Next, utilize your legs to create space between you and your opponent. Shrimping out, or moving your hips away from your opponent while keeping your arm up as a barrier, will not only create distance but also decrease the effectiveness of the choke. Lastly, focus on regaining control and quickly transitioning into a more advantageous position. With practice, you will become adept at escaping chokes and turning the tables on your opponents.

3. Leg Locks: Neutralizing the Threat

Leg locks can be some of the trickiest submissions to escape, but by developing a strong defense, you can neutralize this threat effectively. Firstly, prevent your opponent from getting a firm grip on your legs by keeping your knees close to your body. This limits their options and makes it harder for them to execute the leg lock. If your opponent does manage to secure a grip, maintaining constant pressure on their feet can disrupt their balance and reduce the effectiveness of the submission. Additionally, keep your limbs actively moving and shifting, making it more challenging for your opponent to control your legs. Finally, be aware of switching your hips and transitioning to a more advantageous position to escape

the leg lock entirely. With persistence and the right techniques, you can thwart leg locks and gain the upper hand in the match.

4. Triangles: Breaking the Triangle Formation

The triangle choke is a powerful submission that can immobilize your opponent, but with the right knowledge and execution, you can break free from its clutches. Initially, make sure to prevent your opponent from creating a tight triangle by using your hands or arms as a defense. Positioning your trapped arm across your opponent's hip can also help alleviate the pressure and make it harder to lock in the submission. Next, focus on posture and maintaining a solid base to reduce the effectiveness of the triangle. Bridge and roll, using your shoulder as a pivot point, to escape the triangle and regain control. Practicing these techniques will ensure you can survive triangle chokes and turn the tide in your favor.

5. Guillotines: Escaping the Deadly Squeeze

A guillotine choke can be a threatening submission, cutting off your air supply and leaving you gasping for breath. However, with proper technique, you can wriggle free from this tight grip. Start by defending your neck effectively by tucking your chin down to your chest, creating a physical barrier that obstructs your opponent's arm from sliding in deep. Next, use your legs and hips to create space by pushing against your opponent's body, causing their grip to loosen. Once you have created enough separation, quickly transition into a better position to nullify the guillotine. By combining these defensive tactics, you can escape the guillotine choke and gain control on the mat.

Brazilian Jiu Jitsu submission escapes are essential tools in any BJJ practitioner's arsenal. By mastering these techniques, you can effectively neutralize your opponent's deadly holds and turn the tables in your favor. Remember, practice makes perfect, so spend ample time drilling these escapes until they become

second nature. With determination, perseverance, and the right mindset, you will become a force to be reckoned with on the mat. Now, go out there and dominate the world of Brazilian Jiu Jitsu!



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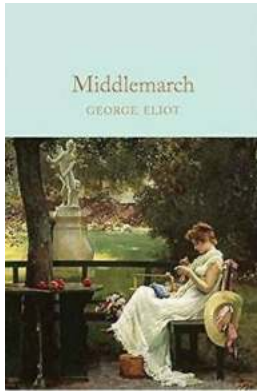
Brazilian Jiu-Jitsu can be one of the most rewarding martial arts to practice. It truly can be used as a vehicle for self-discovery and self-improvement. The challenging nature of the artform puts the student through many trials. One of the most difficult challenges is being submitted on a regular basis.

This book will provide you with highly effective counters and escapes to some of the most common submissions you will face studying Brazilian Jiu-Jitsu.



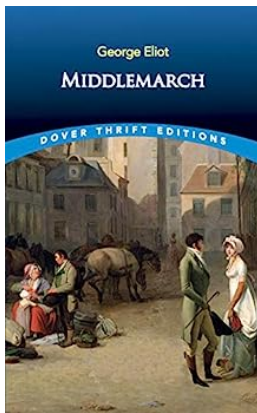
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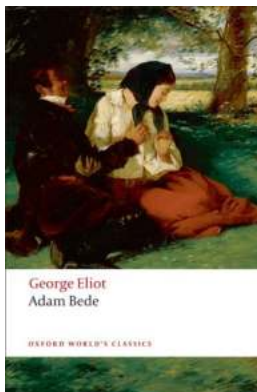
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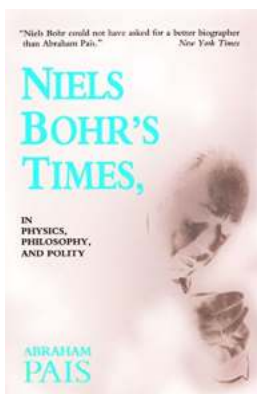
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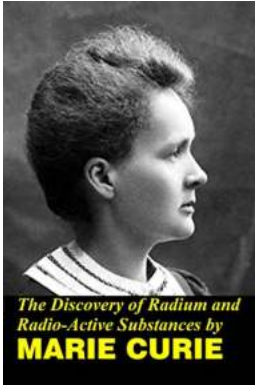
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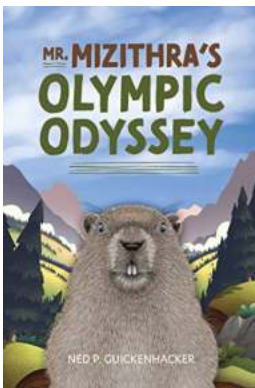
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