

**Unleash Your Inner Martial Artist with
Advanced Jiu Jitsu Techniques to Dominate
the MMA Competition!**

ADVANCED JIU JITSU
REAL Jiu Jitsu Secrets
“How To Fight”



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The Evolution of Jiu Jitsu in MMA

Gone are the days when Brazilian Jiu Jitsu (BJJ) was exclusively associated with ground fighting and submission holds. In the world of Mixed Martial Arts (MMA), BJJ has evolved into an essential discipline that every fighter needs to master.

In this article, we will explore advanced Jiu Jitsu techniques that can help you gain an edge over your opponents in MMA competitions. From tactical maneuvers to strategic submissions, you will discover the secrets to becoming a formidable MMA fighter.

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Competition Tactics by Kate Milford (Kindle Edition)

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Making Use of Your Jiu Jitsu Background

If you have a solid foundation in Jiu Jitsu, you already possess an advantage. However, simply relying on your BJJ skills won't guarantee success in the MMA arena. To truly excel, you must adapt and modify your techniques to suit the fast-paced nature of the sport.

By incorporating takedowns, striking combinations, and clinching techniques into your Jiu Jitsu arsenal, you will become a versatile fighter capable of dominating both on the ground and in stand-up exchanges.

Mastering Takedowns for MMA

One critical aspect of MMA is the ability to take your opponent down to the ground and control the fight from there. As a Jiu Jitsu practitioner, you already have a solid understanding of groundwork, but you must now refine your takedown skills.

There are various takedown techniques that work exceptionally well in MMA, including single-leg takedowns, double-leg takedowns, and hip throws. Knowing when and how to use these takedowns efficiently is vital to your success in the cage.

The Art of Striking in MMA

While striking may not be the primary focus of Jiu Jitsu, your effectiveness in stand-up exchanges can determine the outcome of an MMA fight. By incorporating striking into your training regimen, you will be able to seamlessly transition between different phases of combat.

Learning the fundamentals of striking, such as punches, kicks, knees, and elbows, will enable you to create openings and set up your grappling techniques. By mastering the art of striking, you will have greater control over the pace and direction of the fight.

The Importance of Clinching

The clinch is a crucial aspect of MMA that allows you to control your opponent, create opportunities for strikes and takedowns, and capitalize on your superior ground fighting skills. Utilizing clinching techniques developed from Jiu Jitsu can significantly enhance your overall performance.

By honing your clinching skills, specifically hand fighting, underhook control, and dirty boxing, you will be able to dictate the flow of the fight. The clinch offers a multitude of possibilities, whether it's landing powerful strikes or utilizing your Jiu Jitsu prowess for a submission finish.

Strategic Submissions to End the Fight

As a Jiu Jitsu practitioner, your submission game is likely your strong suit. While submissions are not exclusive to Jiu Jitsu, your background provides you with a wide array of advanced techniques that can catch your opponents off guard in MMA.

Strategic submissions, such as the armbar, triangle choke, rear-naked choke, and guillotine choke, can be game-changers during a fight. By properly setting up and executing these submissions, you can force your opponent into submission, secure vital victories, and establish yourself as a feared grappler in the MMA world.

By combining your Jiu Jitsu foundation with tactics specifically tailored for MMA competitions, you can become a well-rounded fighter capable of dominating the cage. Remember to adapt your techniques, focus on takedowns, develop striking skills, master clinching, and strategically utilize your advanced submissions.

Unleash your inner martial artist, refine your skills, and rise above the competition with advanced Jiu Jitsu techniques in your MMA journey!

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This material contains information used for over the last 100 years which has bread multiple grand champions and even world champions and you get it for less then the price of a cup of coffee

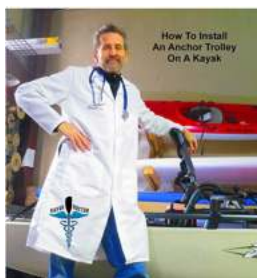
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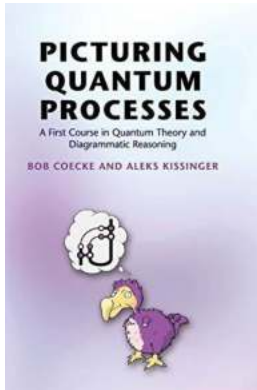
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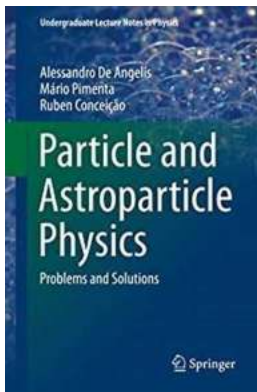
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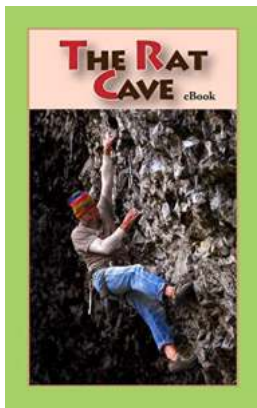
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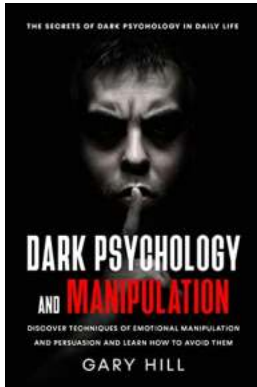
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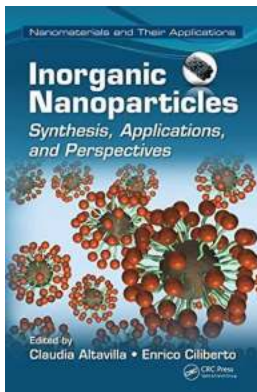
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