

Brazilian Jiu Jitsu Techniques: Submission Combinations



Prepare to embark on an extraordinary journey into the realm of Brazilian Jiu Jitsu (BJJ) as we unveil the ultimate guide to submission combinations. This comprehensive book is your key to unlocking the secrets of this highly

effective martial art, empowering you with the knowledge and skills to conquer your opponents on the mat.



Brazilian Jiu Jitsu Techniques: Submission

Combinations by Ken Primola

★★★★☆ 4.8 out of 5

Language	: English
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Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 127 pages
Lending	: Enabled



Unveiling the Art of Submission

BJJ, a grappling-based martial art, places an emphasis on ground fighting and submission holds. Through the mastery of submission combinations, you'll gain the ability to control and subdue your opponents, forcing them to tap out in defeat. This guide will equip you with a comprehensive understanding of these vital techniques, enabling you to dominate your adversaries on the ground.

Mastering Key Submissions

Our guide delves deep into the intricacies of foundational BJJ submissions, including:

- Chokes: Learn the art of constricting your opponent's airways, leading them to surrender.

- **Armbar:** Discover the techniques for manipulating your opponent's elbow joint, forcing them to tap out from unbearable pressure.
- **Triangle Choke:** Master the ability to entrap your opponent's head and apply pressure to both sides of their neck, inducing submission.
- **Leg Locks:** Delve into the world of leg entanglements and learn to target your opponent's knees and ankles, forcing them to surrender due to excruciating pain.

Harnessing the Power of Combinations

The true power of BJJ lies in the seamless execution of submission combinations. This guide unveils the secrets of chaining together multiple submissions, creating an unstoppable force on the mat. Learn to transition effortlessly from one submission to another, leaving your opponents with no escape.

Comprehensive Coverage

Our comprehensive guide to BJJ submission combinations covers a wide range of techniques, ensuring that you'll be prepared for any grappling situation. From basic combinations for beginners to advanced sequences for seasoned practitioners, this book has something for everyone.

Benefits of Mastering Submission Combinations

Mastering submission combinations in BJJ comes with a myriad of benefits, including:

- **Enhanced grappling skills:** Improve your ability to control and dominate your opponents on the ground.

- Increased confidence: Gain a newfound sense of confidence in your abilities, knowing that you possess the knowledge and skills to succeed.
- Improved self-defense: Learn to effectively defend yourself against attackers, using the techniques outlined in this guide.
- Physical fitness: BJJ is an excellent form of exercise, providing a full-body workout that improves your strength, flexibility, and endurance.

About the Author

Our guide to BJJ submission combinations is meticulously crafted by a team of experienced BJJ practitioners and instructors. With years of grappling experience and a deep understanding of the art, our authors provide invaluable insights and guidance throughout the book.

Free Download Your Copy Today

Unlock the secrets of BJJ submission combinations and elevate your grappling game to new heights. Free Download your copy of our comprehensive guide today and embark on a journey of martial arts mastery. With our expert guidance, you'll conquer your opponents on the mat and achieve your full potential in BJJ.

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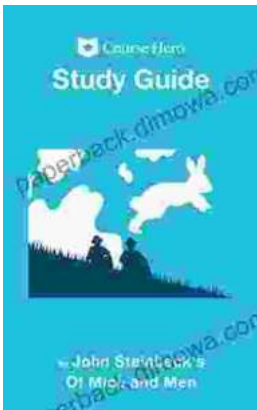
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