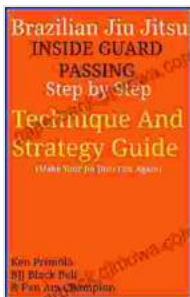


Jiu Jitsu Inside Guard Passing Middle Distance: The Ultimate Guide

In the dynamic and ever-evolving world of Jiu-Jitsu, mastering the art of guard passing is essential for achieving success on the mats. Among the various guard positions, the inside guard poses a unique set of challenges due to its close proximity and entanglement. For practitioners seeking to elevate their game, passing the inside guard from a middle distance position becomes paramount.



Jiu Jitsu: Inside Guard Passing (Middle Distance)

by Ken Primola

★★★★☆ 4.5 out of 5

Language : English
File size : 8815 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Print length : 53 pages
Lending : Enabled
Hardcover : 282 pages
Item Weight : 14.4 ounces
Dimensions : 5 x 0.69 x 8 inches



Introducing "**Jiu Jitsu Inside Guard Passing Middle Distance**," an in-depth guide that unlocks the secrets of this elusive guard position. This comprehensive resource is meticulously crafted by a renowned Jiu-Jitsu black belt with a deep understanding of the art and a proven track record of success.

Delve into a World of Advanced Techniques

Within the pages of this groundbreaking book, readers will embark on a journey into the intricate world of inside guard passing. Discover a wealth of advanced techniques, each meticulously broken down with step-by-step instructions and sequential images for unparalleled clarity.

- Master the **Leg Trap Pass** to seamlessly transition from the outside position into a dominant pinning position.
- Unleash the power of the **Collar Sleeve Pass** to disrupt the guard and establish control over your opponent's upper body.
- Execute the **Crossface Pass** with precision and efficiency, neutralizing your opponent's attacks and creating an opening for a pass.

Strategic Insights and Expert Analysis

Beyond the techniques, this guide provides invaluable strategic insights that will empower you to outmaneuver your opponents from a middle distance. Learn to:

- Recognize and exploit the "**sweet spot**" for optimal passing opportunities.
- Develop a keen eye for **anticipating your opponent's movements**, predicting their next move and countering it effectively.
- Employ psychological strategies to **disrupt your opponent's rhythm** and gain a mental advantage.

Tips and Tricks from a Master

Throughout the book, you will gain exclusive access to insider tips and tricks that will accelerate your progress and enhance your overall Jiu-Jitsu game. Discover:

- Effective ways to **"bait" your opponent** into making a mistake and capitalize on their errors.
- Advanced body positioning techniques to **maximize leverage** and overcome resistance.
- Proven drills and exercises to **refine your passing skills** and develop muscle memory.

The Essential Companion for Your Jiu-Jitsu Journey

Whether you're a seasoned competitor or a dedicated practitioner, **"Jiu Jitsu Inside Guard Passing Middle Distance"** is an indispensable resource that will empower you to conquer this challenging guard position. Its comprehensive approach, detailed explanations, and expert insights make it the ultimate guide for elevating your Jiu-Jitsu skills to the next level.

Don't wait any longer to unlock the secrets of inside guard passing. Free Download your copy of "Jiu Jitsu Inside Guard Passing Middle Distance" today and embark on a journey towards grappling dominance.

Free Download Your Copy Now

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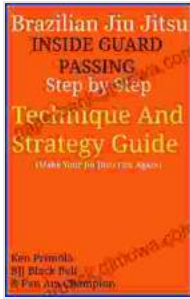
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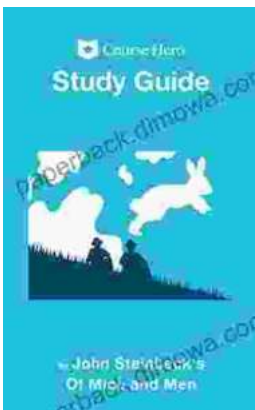


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