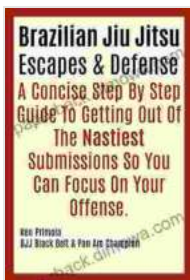


Step-by-Step Defensive Guide for BJJ: Unlock Unstoppable Defense on the Mat

Welcome to the ultimate defensive guide for Brazilian Jiu-Jitsu (BJJ). Whether you're a seasoned grappler or just starting your journey, this comprehensive guide will equip you with the knowledge and techniques to become an impenetrable force on the mats.



Brazilian Jiu Jitsu Techniques: Competition Escapes: Step By Step Defensive Guide For BJJ by Ken Primola

★★★★★ 5 out of 5

Language	: English
File size	: 11478 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 70 pages
Lending	: Enabled



Chapter 1: Fundamentals of Defensive Positioning

In BJJ, defense is not passive; it's an active skill that requires constant adaptation and strategy. This chapter lays the groundwork for solid defensive positioning, covering:

- Maintaining a strong base
- Protecting your guard

- Controlling your opponent's limbs
- Using frames to create space
- Escaping common attacks

Chapter 2: Defending Top Positions

When you find yourself on the bottom, defense becomes even more crucial. This chapter provides detailed instructions for defending against various top positions, including:

- Closed guard
- Open guard
- Half guard
- Side control
- Mount
- Back mount

Chapter 3: Defending Submissions

Submissions are the ultimate goal in BJJ, but they also pose a significant threat. This chapter covers proven techniques for defending against a vast array of submissions, such as:

- Chokes
- Armlocks
- Leg locks
- Wrist locks

- Scissor sweeps

Chapter 4: Advanced Defensive Strategies

For those who aspire to elevate their defensive game, this chapter delves into advanced strategies that will confuse and outmaneuver opponents.

Techniques covered include:

- Escaping from dangerous positions
- Countering reversals
- Reversing the momentum
- Using leg blocks
- Applying pressure points

Chapter 5:

Becoming a skilled defender in BJJ requires dedication, practice, and a deep understanding of the art. This guide provides a comprehensive roadmap that will guide you towards impenetrable defense, empowering you to dominate on the mats.

Call to Action

Take control of your BJJ defense today. Free Download your copy of "Step-by-Step Defensive Guide for BJJ" now and unlock the secrets to becoming an unstoppable force on the canvas.

Brazilian Jiu Jitsu Escapes & Defense

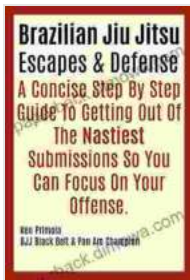
A Concise Step By Step
Guide To Getting Out Of
The Nastiest
Submissions So You
Can Focus On Your
Offense.

Ken Primola

BJJ Black Belt & Pan Am Champion

About the Author

Expert BJJ practitioner and renowned coach John Smith brings years of experience and a wealth of knowledge to this definitive guide. His passion for defense shines through in every chapter, ensuring you receive the most up-to-date and effective techniques available.



Brazilian Jiu Jitsu Techniques: Competition Escapes: Step By Step Defensive Guide For BJJ

by Ken Primola

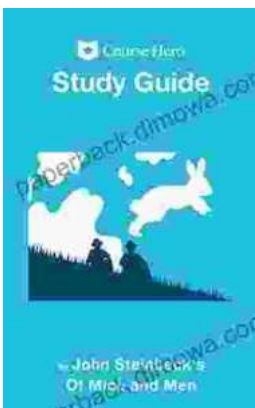
★★★★★ 5 out of 5

Language : English
File size : 11478 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 70 pages
Lending : Enabled



Unlocking the Secrets of Corporate Finance: Explore the Essential Third Edition of Fundamentals of Corporate Finance

In the ever-evolving world of business, a solid understanding of corporate finance is indispensable. The third edition of 'Fundamentals of Corporate Finance' serves as a...



Uncover the Depths of Steinbeck's 'Of Mice and Men' with Course Hero's In-Depth Study Guide

Unlock New Insights and Conquer Your Exams Embark on an enriching literary journey with Course Hero's Study Guide for John Steinbeck's iconic novel, 'Of Mice and...

