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The Brazilian Jiu Jitsu program is designed to give students an exceptionally strong groundwork in one of the worldâ€™s fastest growing sports. Though Brazilian Jiu Jitsu is not the only fundamental weapon in any real MMA fighter's arsenal, it is also one of the most respected martial arts in the world. Brazilian Jiu Jitsu is one of the few martial arts in the world that has proven that its techniques can be applied successfully against larger and stronger opponents. In fact, the first MMA competition in the US was created by practitioners of Brazilian Jiu Jitsu to prove how a smaller Jiu Jitsu player could successfully defeat bigger opponents from a wide range of fighting styles.

What Makes Brazilian Jiu Jitsu so Effective?

Brazilian Jiu Jitsu truly emphasizes proper technique over the use of strength. It is designed to be a moderate art that causes an opponent to voluntarily submit as opposed to beating them unconscious. Through proper body mechanics and control Jiu Jitsu players put their opponents into a position in which there is no escape.

Due to the fact that there is no striking in the art, it can be practiced at a very high intensity with little risk of injury. Through sparring, students learn how to effectively apply technique no matter how much pressure their opponent is putting upon them. Due to the low risk of injury many students choose to supercharge their training by competing in grappling and Jiu Jitsu tournaments. Competition forces students to learn more, train harder and become their best. With a very high percentage of students actually competing, Brazilian Jiu Jitsu produces many great martial artists and instructors.

How is it like to be on a Brazilian Jiu Jitsu Classes?

Brazilian Jiu Jitsu classes offer a great work out and also teach effective martial arts techniques.The chance to spar with other students is encouraged and offered at the end of every class. Each class will cover different subjects to give students a well rounded Brazilian Jiu Jitsu arsenal.

And what will be the usual subjects covered in Brazilian Jiu Jitsu Class?

* Grappling specific conditioning

* Takedowns

* Attacks from advantageous positions

* Defense against attacks

* Positional transitions

* Sweeps and more

Is it good for everyone?

Our Brazilian Jiu Jitsu program is for anyone who is interested in learning MMA as it teaches students how to protect and assault while on the ground. In addition, the program is perfect for those who wish to learn how to defend themselves but do not want to spend time getting punched

and kicked. Brazilian Jiu Jitsu is very popular with students from traditional striking styles, former wrestlers, military personnel, police officers and security professionals because it teaches how to restrain an opponent with little risk to the attacker or themselves.

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