Brazilian Jiu Jitsu Work-out System

by Paul Halme

Article published on March 6th 2012 | Sports

You may have seen or heard how successful Brazilian Jiu Jitsu can be and you're considering give over your time to BJJ training, but you're wondering what to anticipate. Jiu Jitsu emphasizes ground fighting techniques to prevail in a physical battle with a challenger.

These systems mostly consist of submission holds involving joint locks or chokes based on the idea that you can negate the advantage of an opponent's strikes, even a larger or stronger one, by taking them to the ground.

Joint locks typically involve creating control and pain in an opponent's limb to the point that they give up... or the limb is broken or joint damaged. A choke hold usually disrupts an opponent's oxygen and blood supplies to the brain, again causing either submission or unconsciousness. All this might cause one to wonder: how is it achievable to train long-term without getting seriously hurt?

Since this combat system is so highly valuable certain limits and parameters are necessary in training. Otherwise few students could manage to keep their bodies intact long enough to ever master the principles of Brazilian Jiu Jitsu.

On the other hand, BJJ cost effectiveness of techniques above all in training, so they want to keep training methods as close to "real" as possible without hurting students. Jiu Jitsu's focus on submissions without the use of strikes does allow for students to carry out many throws and techniques at full speed and strength, allowing for more quick development than some other forms.

A large part of training includes technique drills where moves are practiced against a non-resisting partner. In BJJ, achieving a leading position over a rival on the ground is critical so much time is dedicated to "position drills" where more hazardous finishing moves are not performed. Physical conditioning is a main and the basic element of training at many Brazilian-style clubs, and of course full sparring also known as â€œrandoriâ€• is eventually incorporated into the curriculum when the student i about to start.

Article Source:
http://www.articleside.com/sports-articles/brazilian-jiu-jitsu-work-out-system.htm - Article Side

Paul Halme - About Author:
You will learn Self Defense, Gain Confidence, Discipline, and Get in Amazing Shape! We have lots of programs to choose from, please enjoy our website and call us today at 817-614-9325 to set up an appointment for a Free Private Lesson & Consultation to see how we will help you reach your goals!

Peak Performance Brazilian Jiu-Jitsu &
Muay Thai Kickboxing LLC
www.peakbjj.com
133 Sports Parkway Suite H
Keller, Texas 76244

Article Keywords:
Keller BJJ, Keller MMA, Keller Muay Thai, Keller Kids Martial Arts, Fort Worth MMA, Fort Worth BJJ, Fort Worth Muay Thai, Fort Worth Kids Martial Arts

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!