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Brazilian Jiu Jitsu Basics focus on grappling and ground fighting and will give you an understanding of how to control and manipulate a strong and aggressive opponent. Learning the basic positions and adding in submissions will allow you to make an opponent give up without having to throw a single punch or kick.

Brazilian Jiu Jitsu basics are the best way for a person with punching or kicking experience to become a complete fighter or martial artist. Being able to have a full arsenal of techniques standing and on the ground will provide the necessary tools to be confident in any fight scenario.

The basic technique and positions will be the foundation in which the new student learns how to move properly and figures out the finer details of the positions. This basic skill set will be used by the BJJ student at the higher levels and will be something to build from and adapt as they progress.

Basic Jiu Jitsu Techniques

The Guard â€“ The new Jiu Jitsu student will start out learning a few of the many types of guards. All the guards the new student will play involve the use of good leg and hip movement to maintain and replace the position. Understanding this point will keep the Brazilian Jiu Jitsu student from trying to muscle opponents with the upper part of the body.

Closed guard will most likely be the first type of guard that is taught at most Jiu Jitsu academies. Your legs are secured around the waist with the feet locked and you are trying to off-balance and break the posture of the opponent. Hand position will change depending on what type of grips are going to be used and the type of guard being played.

Half guard is used to control one leg of the individual with your two legs. The key to half guard is to stay on your side and not let yourself be put on your back. A half guard will never be as strong as any of the full guards because you are not using all your limbs to play the guard position.

When referring to the Hook guard, it means you are using your feet as hooks to try and off balance the opponent by lifting and pulling with the foot (Hook). You can use both feet or one to play the Hook guard and it will greatly depend on the movement and pressure being applied by the opponent.

There are a lot of Jiu Jitsu techniques that can be applied with the basic Open guard. This provides the opportunity to transition into other guards with good leg and hip movement. Starting with both feet on the hips lets you keep the opponent from driving in and closing the space.

Guard Passing will require a lot of training to become efficient at the start. Getting by the legs and hips and controlling the opponent for at least 3 seconds requires good balance and posture. Combining different types of passes will greatly increase the odds of getting threw or around the legs of a good guard player.

Once you have passed the guard, you will most likely end up in Side Control. Focus on staying tight and allowing no space while controlling the position first then going for a submission Jiu Jitsu technique or transitioning to another position.

Maintaining the Mount position requires the knees to be pinched on the waist and hands free to base out or attack. This is considered a dominant position because the individual escaping has to

carry your weight no matter which way they move.

Back Control is a great position to slow down the opponent and get them into a defensive mindset or set up some effective and simple chokes. Once again you will be using your feet as hooks and your arms will be wrapped around the opponent upper body with your chest tight to their back.

Escapes - At first it will seem like you are in survival mode, but as a better understanding is gained from each of the positions your escapes improve. The main focus should be to keep your arms by your sides and use hip movement to create space to replace guard or go to your knees.

Submissions are what everyone wants to learn at first. Just like positional training, you will have to put some time in drilling technique and rolling to improve the setup and timing to execute the move.

Learning the fundamental Jiu Jitsu basics will give the new student a starting point to build from and provide the necessary skills to advance their Brazilian Jiu Jitsu techniques to the next level.

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The a Mass Bay BJJ Brazilian a Jiu Jitsu Boston GI Fundamental classes put emphasis on understanding core positions, establishing a guard game, escapes and submissions, and drilling a jiu jitsu basics to build off of at the next level.

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