



JIU JITSU SURVIVAL GUIDE

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Welcome to the Jiu Jitsu Survival Guide

Welcome, practitioners and enthusiasts! Whether you're stepping onto the mats for the first time or looking to refine your skills with advanced techniques, this Jiu Jitsu Survival Guide is designed to enhance your understanding and execution of essential Jiu Jitsu positions. From standing to the intricate art of navigating the turtle position, this guide covers the critical aspects you need to not just survive, but thrive in your Jiu Jitsu journey.

Introduction

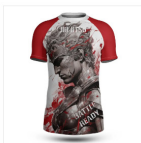
Jiu Jitsu is more than just a martial art; it's a pathway to developing discipline, strength, and resilience. The techniques and positions detailed in this guide are fundamental to building a solid foundation in Jiu Jitsu. Each section provides step-by-step instructions and insights to help you master defensive strategies and offensive maneuvers, ensuring a well-rounded approach to your training.

As you delve into this guide, remember that practice is the key to success in Jiu Jitsu. Use this resource to guide your training sessions, reinforce your learning, and explore new techniques that can be adapted to your style and abilities.

For additional resources, further reading, and to explore our specialized no-gi rash guards perfect for your training needs, please visit our website: <http://www.nogirashguards.com>. Our gear is designed to meet the demands of both beginners and experienced practitioners, aiding your progress every step of the way.

Thank you for choosing this guide as a companion on your Jiu Jitsu journey. Let's get started and see where this path takes us!

Let the training begin!



Standing Position in Jiu Jitsu



In Jiu Jitsu, the standing position refers to any scenario where both practitioners are upright on their feet. This position is typically where a match begins and can involve various strategies and techniques, including takedowns, throws, and clinches. Mastery of the standing game, including grips, balance, and footwork, is essential for gaining an advantage before bringing the fight to the mat.

The standing phase is not just about control and offense; it's also crucial for survival in Jiu Jitsu. By understanding how to maintain balance, manage distance, and effectively use defensive tactics, a practitioner can prevent being taken down into a disadvantageous position or set up their own effective ground transitions. This ability to manage and dictate the flow from a standing position is key to staying safe and competitive, especially against more aggressive or experienced opponents.

Standing - The Inside Tie



In Jiu Jitsu, having an inside tie (securing an inside grip on your opponent's arm while standing) is a fundamental aspect of both defensive and offensive strategies during stand-up exchanges. Here's why it's so crucial:

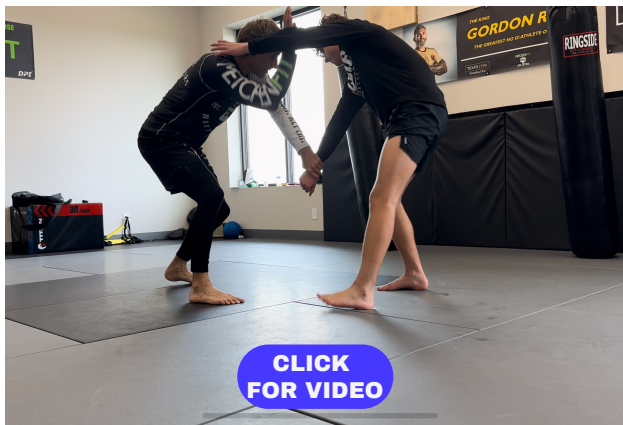
Control and Leverage: The inside tie allows for better control over your opponent's movements. By having your arms on the inside, you can more effectively manipulate their posture and balance. This control is essential for leverage, which is a core principle in Jiu Jitsu, allowing you to execute throws and takedowns with greater efficiency.

Defensive Benefits: From a defensive standpoint, the inside tie helps to protect your own space and prevent your opponent from establishing their grips, which could lead to throws or takedowns. It acts as a barrier, keeping the opponent at bay and reducing their ability to generate power for strikes in a self-defense or mixed martial arts context.

Offensive Setups: Offensively, the inside tie provides the opportunity to initiate various attacks. With superior inside control, you can more easily set up snap downs, ankle picks, or shoot for double or single leg takedowns. The inside position also opens up opportunities for judo-inspired throws, as you can disrupt your opponent's balance forward while maintaining good control.

**BONUS
VIDEO**

Inside Tie - Single Leg Takedown



Using inside wrist and tricep control is a strategic approach to set up a single leg takedown in Jiu Jitsu. By securing the wrist from the inside, you limit your opponent's defensive capabilities. Simultaneously, gripping the inside of the tricep allows you to manipulate their upper body, creating an imbalance. This combination of control disrupts their posture and balance, making it easier to lower your body and reach for their near leg. Drive forward while maintaining these grips to effectively execute the takedown

Mount Position in Jiu Jitsu



The mount position in Jiu Jitsu is a dominant ground control position where one practitioner sits astride their opponent's torso, facing them. This position places the person on top in a highly advantageous spot, allowing them to control the bottom practitioner with their weight and hips. From the mount, the top practitioner can execute various submissions like armlocks and chokes, or apply strikes in a self-defense or mixed martial arts scenario. For the person on the bottom, the main focus is to defend against attacks and look for opportunities to escape or reverse the position.

Mount Survival



When you find yourself mounted by an opponent in Jiu Jitsu, adopting a proper survival position is crucial to defend against submissions and prepare for an escape. Here's how to perform a survival position from the mount:

- 1. Position Your Hands:** Place both of your hands on one side of your opponent's hip. This hand placement helps control their movement and prevents them from advancing to a higher mount, which could expose you to more dangerous attacks.
- 2. Block Their Knees:** Use your hands and arms to create a barrier that keeps your opponent's knees from sliding up under your elbows. This is important as it restricts their ability to gain more control and leverage for submissions.
- 3. Feet Placement:** Keep both feet flat on the mat. This not only aids in maintaining stability and balance but also prepares you to use bridging motions effectively, which are essential for executing escapes.
- 4. Protect Your Neck:** Keep your chin tucked towards your chest. This simple movement protects your neck from choke attempts and helps maintain a defensive posture that is harder for your opponent to break.

By maintaining this survival position, you limit your opponent's ability to progress their attack and increase your chances of successfully defending and eventually escaping the mount.

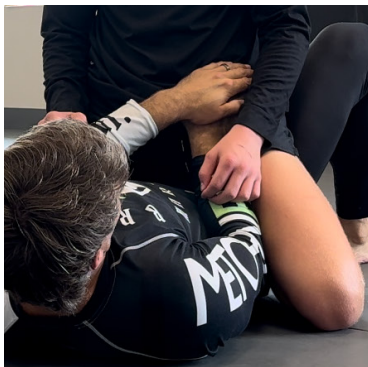
BONUS TIP

Mount Survival - Hand Position

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Ask how to hit
a D'Arce from
this mounted
position

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Bonus Tip: While in the mount survival position with your hands on your opponent's hip, a clever defensive adjustment is to position your near hand (the hand closest to your opponent's hip) under your far hand. This layered hand placement significantly enhances your arm security by anchoring your near arm to their body. This setup makes it much more difficult for your opponent to isolate and move your near arm away from your body, a common precursor to setting up armlocks or other submissions. By reinforcing the connection between your hands and ensuring they work cohesively, you not only stabilize your defense but also limit the openings your opponent might exploit for a submission.

Side Control Position in Jiu Jitsu



The side control position in Jiu Jitsu is a dominant ground control position where one practitioner is lying perpendicular to their opponent, controlling them from the side. Typically, the person on top has their chest against the opponent's side, with one arm around the opponent's head and the other arm controlling the opponent's far side or hip. This position restricts the bottom practitioner's movement and prevents them from effectively using their legs or arms to defend. From side control, the top practitioner can launch a variety of attacks, including joint locks, chokes, and transitions to more dominant positions like mount or back control. It is a highly advantageous position that allows for substantial control over the opponent while minimizing the risk of counter-attacks.

Side Control Survival



When you find yourself underneath an opponent in the side control position in Jiu Jitsu, adopting an effective survival position is crucial to defend against submissions and work towards an escape. Here's how to position yourself properly:

- 1. Near Hand on Opponent's Bicep:** Position your near hand (the hand closest to your opponent) on your opponent's bicep. This placement is vital as it helps prevent them from applying cross-face pressure, which can be very controlling and uncomfortable.
- 2. Far Arm Across Your Chest:** Take your far arm (the arm on the side away from your opponent) and pin it across your chest, similar to the posture you would adopt if you were saying the Pledge of Allegiance. This position of the far arm ensures your elbow and wrist are pinned to your body preventing your opponent from setting up a submission attack. It also prepares you to create space for possible escape routes.

By setting your arms in these positions, you not only protect yourself from immediate threats but also position yourself strategically to improve your chances of escaping. Keeping your arms engaged and purposefully placed prevents your opponent from advancing their control and sets a foundation for moving to a more favorable position.

Back Take Position in Jiu Jitsu



The back take position in Jiu Jitsu is one of the most dominant and strategic positions one can achieve during a match. This position involves the practitioner securing themselves on their opponent's back, ideally with both hooks in—where the practitioner's legs are intertwined inside the opponent's thighs to control their lower body. The practitioner's arms are typically wrapped around the opponent's upper body, either under the armpits or one arm over the shoulder and the other arm under one arm.

From the back take position, the practitioner has significant control over their opponent, limiting the opponent's ability to see or counter the attacks. This position allows for a variety of submissions, including the most devastating, the rear-naked choke. Additionally, maintaining this position scores highly in competition settings due to its high level of control and the serious submission threats it poses. The back take is often sought after for its tactical advantage and its potential to end matches decisively.

Back Take Survival



When caught in a back take position in Jiu Jitsu, defending against a rear naked choke is crucial to prevent submission. Here's how you can effectively defend against this common and dangerous attack:

1. **Tuck Your Chin:** Start by tucking your chin down towards your chest. This simple move helps protect your neck by making it more difficult for your opponent to slip their arm underneath your chin and secure the choke.
2. **Hands on One Side of Your Neck:** Place both hands on one side of your neck, near where your opponent's arm is attempting to encircle your neck for the choke. This hand placement is crucial as it prevents your opponent from getting an arm under your chin and allows you to grab and control the attacking arm.
3. **Keep Elbows Pinned to Your Body:** Pin your elbows tightly against your body. This positioning helps fortify your defense, making it harder for your opponent to pry your arms away and find an opening for their choke.
4. **Maintain a Wide Base with Your Legs:** Spread your legs wide to maintain a stable and balanced base. This not only helps in preventing your opponent from flattening you out but also creates resistance, making it more challenging for them to adjust their position.

By combining these defensive techniques, you increase your chances of thwarting the rear naked choke attempt. It's important to remain calm and execute these defenses patiently, as a hasty or panicked reaction can often worsen your position. Instead, methodically work to protect your neck, control the attacking arms, and gradually work towards escaping the back take position.



1. Establish a back take survival position to secure initial defense.

2. Sink your hips down to apply pressure on your opponent's hooks.

3. Straighten one leg and use your elbow to remove a hook.

4. Raise your knee to block any attempt to re-insert the hook.

5. Shrimp towards the side of the released hook to create more space.

6. Turn towards the other hook to complete your escape from back control.

Full Guard Position in Jiu Jitsu



The full guard, also known simply as "guard," is a fundamental and versatile position in Jiu Jitsu where the practitioner is on their back with their legs wrapped around their opponent's waist. This position allows the bottom practitioner to control their opponent using their legs and hips while protecting themselves from the opponent's attacks. From the full guard, the practitioner on the bottom can execute a variety of submissions such as arm bars, triangle chokes, and guillotines. They can also use sweeps to reverse the position and end up on top. The full guard is pivotal for both defense and offense, providing opportunities to neutralize an opponent's advantages in strength or size by utilizing leverage and technique.

Full Guard Survival

When you find yourself inside an opponent's full guard in Jiu Jitsu, there are four essential rules to follow to maintain a defensive posture and minimize vulnerabilities. Adhering to these rules will help you survive and potentially work towards escaping or passing the guard:

1. Maintain Good Posture: Keeping your back straight and head up is crucial. Good posture reduces the effectiveness of your opponent's attempts to break your balance and apply submissions. It also enables you to better initiate guard passes and defend against attacks.

2. Keep Hands Off the Mat: Placing your hands on the mat makes them easy targets for your opponent to control or attack with submissions like arm bars or kimuras. Always keep your hands on your opponent—either on their body or controlling their arms—to prevent them from setting up attacks.

3. Prevent Arms from Crossing the Center Line: Allowing your arm to cross over to the other side of your opponent's body can leave you vulnerable to various submissions, including triangles and arm bars. Keep your arms symmetric in relation to your opponent's body center line to maintain balance and defensive integrity.

4. Position Arms Consistently Inside or Outside the Legs: Never mix the placement of your arms with one inside and one outside your opponent's legs. This imbalance can lead to easy sweeps or submissions from your opponent. Decide on either "both arms in" to control their hips and lower body or "both arms out" to work on passing the guard, and stick to that choice consistently throughout the engagement.

By following these four rules, you enhance your ability to stay safe within an opponent's full guard and increase your chances of effectively countering their strategies, whether you're looking to pass the guard or prepare for a strategic retreat.



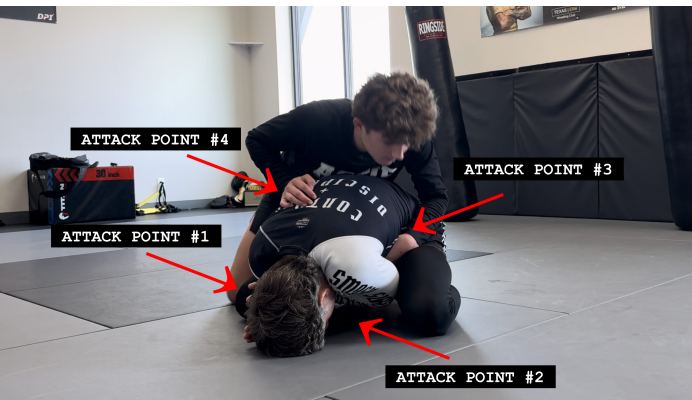
Turtle Position in Jiu Jitsu



The turtle position in Jiu Jitsu is a compact defensive posture used primarily to protect oneself from being further controlled or submitted. In this position, the practitioner curls their body inward, tucking their knees under their chest and their elbows close to their sides, while keeping their head down to shield their neck. This posture minimizes exposed areas, making it harder for the opponent to secure hooks, apply chokes, or transition to more dominant positions like taking the back.

Although the turtle position is defensive, it is not without strategic advantages. From this position, practitioners can execute reversals, sweeps, or transition into other guard types. It is often employed as a temporary measure to regroup or to create opportunities to escape to a more advantageous position. However, caution is advised, as remaining in the turtle position for too long can invite skilled opponents to initiate attacks tailored to breach its defenses, such as back takes or clock chokes.

Turtle Survival Position



In the turtle position in Jiu Jitsu, effectively defending against potential attacks involves protecting four key points of entry where an opponent might target to initiate submissions or control. Here's a breakdown of these points and the defensive measures needed:

Attack Point #1 and #2 - Right Shoulder and Left Shoulder: These are critical areas where an opponent may try to pry open your arms using their hands, elbows, feet, or knees. They might also attempt to apply leverage to your head, aiming to destabilize your base and open up your defenses. It's essential to keep your elbows tight to your body and your hands positioned to protect against these intrusions.

Attack Point #3 and #4 - Right Hip and Left Hip: At these points, opponents may use their hands, knees, and feet to try open up your defenses to flatten you out, destabilize your base, or set up hooks that can lead to taking your back. Defensive vigilance at the hips is crucial; keeping your elbows tight to knees drawn up can help protect these zones and prevent opponents from securing advantageous positions.

Bonus: Turtle Survival Position Attack Setup



To utilize a strategic defense and potentially turn it into an offensive opportunity:

Place Both Hands on One Side of the Neck: This positioning, similar to that used in the back take survival position, serves a dual purpose. It protects your neck and simultaneously presents a false opening by deliberately leaving one side less guarded.

Setting a Trap: By focusing your defenses asymmetrically, you encourage your opponent to target the seemingly exposed side. This tactic is designed to bait them into moving where you want them to. As they reach into the open attack point to exploit what appears to be a vulnerability, you can quickly capitalize on their extended limb.

Counter-Attack: As soon as the opponent extends their hand or arm into the open area, grasp their hand or wrist. This grip not only prevents them from establishing control but also provides you leverage. From here, you can execute a variety of counters, such as rolling them over, moving to a more dominant position, or initiating a submission of your own.

BONUS VIDEO

Turtle Position - Escape

CLICK LINK
FOR VIDEO



Here's a concise step-by-step guide to effectively using the turtle position, executing a sit-out escape, performing a Gazoni reversal, and setting up a back attack in Jiu Jitsu:

Step 1: Turtle Survival Position

Protect Limbs: Keep knees and elbows tight.

Shield Neck and Shoulders: Hands protect against chokes.

Head Down: Prevent control from your opponent.

Step 2: Sit-Out Escape

Choose Escape Side: Pick the less controlled side.

Prep and Shift Weight: Ready your body for movement.

Execute Sit-Out: Swing inside leg under and turn torso.

Step 3: Gazoni Reversal

Close Gaps: Keep tight against opponent's grips.

Secure Opponent's Arm: Grab and secure like a seatbelt.

Roll to Seated: Roll opposite to the secured arm to reverse position.

Step 4: Back Attack Setup

Gain Back Control: Quickly take your opponent's back and set hooks.

Control Upper Body: Secure grip around neck or under armpits.

Jiu Jitsu Survival Guide - Conclusion

In conclusion, mastering the fundamental positions in Jiu Jitsu—standing, mount, side control, back take, full guard, and turtle—is essential for both beginners and seasoned practitioners alike. Each position offers unique challenges and opportunities, whether you're defending against an opponent's attacks or setting up your own offensive maneuvers.

Understanding and practicing these positions will not only enhance your defensive capabilities but also enable you to exploit moments of advantage to secure submissions or control the fight. From the standing position where every match begins, to the crucial escapes from the mount and side control, to the defensive nuances of the turtle position, each aspect of Jiu Jitsu carries profound tactical importance.

Remember, the journey in Jiu Jitsu is as much about survival and defense as it is about offense. By becoming proficient in these key positions, you prepare yourself to face any opponent with confidence and skill. Continue to drill these positions, study the transitions between them, and always remain open to learning and adapting on the mats. With dedication and practice, you will not only survive but thrive in the art of Jiu Jitsu.

Thank You!

We hope this Jiu Jitsu Survival Guide has been a valuable resource in your training journey, providing you with the knowledge and techniques to enhance your grappling skills on the mats. Thank you for taking the time to read and practice the fundamental positions covered in this guide.

For further resources, additional guides, and to explore our range of specialized no-gi rash guards perfect for your training needs, please visit our website at <http://www.nogirashguards.com>. We are committed to supporting your growth in Jiu Jitsu, offering high-quality gear that meets the demands of both beginners and experienced practitioners alike.

Thank you once again for choosing us as a partner in your Jiu Jitsu journey. We look forward to continuing to serve and support you in achieving your martial arts goals.

