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Get ready to learn the basics of Jiu Jitsu for Self Defense with this Beginner Techniques lesson! You'll discover how to execute 5 essential techniques from the fusion of Kobukai Jujitsu and Brazilian Jiu Jitsu. Let's dive into what we're covering in this video: ****Technique #1: Punch Defense using TRITAC Frame 1**** Protect yourself against a haymaker punch by learning TRITAC Frames, which cover your head and protect you from all angles. This is crucial for any jiu-jitsu practitioner, as it allows you to grapple with your opponent. ****Technique #2: Osoto Gari Takedown from Over Hook Control**** Master the traditional Judo throw, Osoto Gari, which is included in the current 67 Throws of Kodokan Judo. This foot technique will get you into side control or knee on belly with ease. ****Technique #3: Standing Arm Bar for Easy Self Defense and Combat**** Learn a versatile arm bar that can be applied from standing positions, inspired by Japanese Jujitsu. It's an effective submission technique that leads perfectly to the seated version commonly seen in BJJ. ****Technique #4: Side Control Escape**** Escape from side control with ease using basic principles and variations of this challenging position. This will give you confidence on the mat! ****Technique #5: Getting Back to Your Feet**** Mastering the art of getting back up after being taken down is crucial for self-defense, jiu-jitsu training, and MMA. Learn how to apply these essential skills from Old School Brazilian Jiu Jitsu. Don't forget to check out Chris Haueter's Old School Jiu Jitsu DVD/On Demand Series for more in-depth training and techniques! From controlling attackers to safely escaping dangerous positions, Brazilian Jiu Jitsu (BJJ) equips individuals with practical skills they can rely on in real-life situations. It's about smart strategy and body mechanics, not brute strength. BJJ is a top choice for personal protection due to its effectiveness, accessibility, and adaptability. The system blends technique, leverage, and body mechanics into a powerful self-defence tool that levels the playing field regardless of size or strength differences. With a focus on real-world scenarios, BJJ teaches individuals to control and subdue aggressors without causing major harm, stay calm under pressure, and redirect aggression. Unlike other martial arts, BJJ excels in ground defence, technique over power, realistic training, and safe practice. Its strong focus on self-defence techniques helps sharpen one's ability to keep calm under pressure, making it a valuable arsenal for anyone serious about protection. To maintain control quickly in a self-defence situation, one can employ shrimping (also known as hip escape), which enables creation of space between yourself and the attacker, especially when pinned on the ground. This fundamental technique is extremely effective during a mount or side control. In addition to escaping, standing techniques like posture breaking can be used to disengage an attacker if grabbed from behind or in a headlock. Combining explosive movements with body shifts helps unbalance the assailant and create separation. In BJJ, defending against punches is crucial, as they are often the first form of attack in a self-defence situation. By controlling range and timing, BJJ practitioners can neutralise striking threats. The block-and-counter technique involves blocking the punch effectively and then moving in for better control. Closing the distance in BJJ can also neutralise punches altogether, taking the fight to grappling or the ground where BJJ reigns supreme. When physical attacks end up on the ground, strong fundamentals are necessary to control your opponent effectively. Techniques like side control, mount, and half-guard allow practitioners to secure dominant positions and mitigate an attacker's movement. Applying pressure effectively using bodyweight and leverage techniques like cross-face control keeps aggressors pinned while limiting their ability to strike. In addition to these techniques, sweeps and takedowns are essential for reversing your position or gaining an advantage when standing. Sweeps like the scissor sweep and pendulum sweep can be used if trapped on your back, while takedowns like the single-leg or double-leg takedown ensure you're initiating control at the start of the encounter. Finally, submissions such as the Rear Naked Choke (RNC) and Kimura are crucial for protection and survival when faced with a persistent and dangerous opponent. These techniques deliver control without excessive force and guarantee a safe resolution when de-escalation isn't an option. BJJ emphasizes controlling escalation rather than causing harm. The goal is to prevent further danger, not inflict it. Effective submissions in BJJ can boost confidence and composure in real-life scenarios. Training for the unexpected requires more than mastering specific moves; it's about being prepared for anything. Drilling techniques are essential for consistent improvement in BJJ, making movements smoother and increasing muscle memory. When high-pressure situations arise, reflexes often save the day, not conscious thought. Drilling embeds actions into your subconscious, allowing you to react naturally in self-defence situations. Sparring, or "rolling," is where theory meets practice, forcing you to apply skills under pressure and adapt to unpredictable opponents. This experience sharpens reactions, teaches situational awareness, and fosters the ability to stay calm even when things don't go as planned. Self-defence requires more than physical capability; your mindset can be the difference between freezing and taking action. BJJ trains you to remain composed under pressure, a crucial trait in real-world confrontations. Scenario-based drills help simulate stressful situations, controlling emotions and executing strategies without panic. With time, this practice builds confidence - your first line of defence. BJJ isn't just about attacking or defending; it's about readiness in body and mind. When technique, experience, and calm merge, you're more prepared for life's unexpected twists and turns. The myth that Brazilian Jiu Jitsu is only suitable for smaller individuals is a common misconception. In reality, BJJ prioritizes leverage, angles, and technique over sheer power, making it accessible to people of all sizes. Techniques like the guard, sweeps, and chokes are effective regardless of body type. Even larger practitioners can benefit from learning how to control an opponent through leverage. BJJ is as much about mental strategy as physical execution, and its grappling focus helps in real-world self-defence situations. With techniques like escaping holds, side control, and submissions, BJJ provides the ability to control and de-escalate threats safely. It's not about overpowering opponents but rather mastering body mechanics and strategy to turn an attacker's strength against them. A strong foundation in BJJ allows flexibility to react effectively, regardless of physical build or size. But also in our minds we need to be prepared to face any challenges that come up when stressed.

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