

# Brazilian Jiu Jitsu Techniques: Mastering Submission Combinations

Are you ready to take your Brazilian Jiu Jitsu (BJJ) skills to the next level? Today, we'll dive deep into the world of submission combinations, exploring various techniques that will empower you on the ground and give you an edge over your opponents. Whether you're a seasoned practitioner or just starting your BJJ journey, mastering submission combinations can greatly enhance your performance and increase your chances of success.

## The Art of Brazilian Jiu Jitsu

Before we dive into the intricacies of submission combinations, let's first understand the essence of Brazilian Jiu Jitsu. BJJ is a martial art and combat sport that focuses primarily on ground fighting. It emphasizes leverage and technique to overcome larger and stronger opponents, making it an ideal choice for self-defense.

Unlike some other martial arts where striking is the primary form of attack, BJJ primarily relies on grappling and submission holds. It is a dynamic and strategic discipline that requires mental agility as much as physical strength.



## Brazilian Jiu Jitsu Techniques: Submission Combinations by Ken Primola(Kindle Edition)

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## The Power of Submission Combinations

Submission combinations are an advanced aspect of BJJ that involves seamlessly linking multiple submission holds together to create a continuous flow of attacks. By chaining different techniques, you can keep your opponent on the defensive, making it challenging for them to escape or counter your moves.

Mastering submission combinations enables you to create a relentless offensive assault, catching your opponents off guard and increasing your chances of securing a submission. It requires a solid understanding of fundamental positions, transitions, and a diverse repertoire of submission holds.

## Key Submission Combination Techniques

Let's explore some popular submission combination techniques that should be a part of any serious BJJ practitioner's arsenal:

### 1. Triangle Choke to Armbar:



This deadly combination starts with securing a triangle choke around your opponent's neck. As they try to defend or escape, you transition to an armbar by controlling their arm. This combination puts immense pressure on your opponent, giving you different submission options and increasing your chances of success.

## **2. Kimura to Americana:**



The Kimura lock sets you up for various submission opportunities. By transitioning from a well-executed Kimura to an Americana, you can keep your opponent guessing and increase the chances of securing a submission. The Kimura to Americana combination capitalizes on your opponent's natural instinct to defend against the initial attack, allowing you to exploit their vulnerability.

### **3. Guillotine Choke to D'Arce Choke:**



This combination focuses on exploiting your opponent's neck and upper body position. Starting with a guillotine choke, you transition to a D'Arce choke if your opponent manages to escape or defend the initial attack. This combination is particularly effective against opponents who are relentless in trying to escape chokes but leave themselves open to counterattacks.

## **Drilling and Practicing Submission Combinations**

Mastering submission combinations requires consistent drilling and practice. Begin by understanding the individual techniques involved in each combination and ensure you have a strong foundation in the fundamental positions and transitions.

Start drilling the combinations slowly, focusing on proper execution and fluid transitions. Gradually increase the speed and intensity as you gain confidence with the techniques. Utilize your training partners to practice these combinations

under realistic resistance, helping you refine the timing and effectiveness of your attacks.

## Troubleshooting and Adaptability

Just like any other aspect of BJJ, submission combinations may not always go according to plan. Your opponent might counter your attacks or disrupt your transitions. It is essential to develop adaptability and troubleshoot in such situations.

When your opponent defends against a particular submission hold, be ready to seamlessly flow into an alternative technique. This ability to adapt on the spot is invaluable and can turn the tide of the match in your favor.

Submission combinations are a powerful tool in Brazilian Jiu Jitsu, allowing you to keep your opponents guessing and increase your chances of securing a submission. By mastering these techniques and drilling them consistently, you develop the agility and precision required to take your BJJ skills to new heights.

Remember, BJJ is an art form that demands dedication, discipline, and a growth mindset. Make submission combinations an integral part of your training regime, and watch as your skills evolve, propelling you to become a formidable force on the mat.



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Brazilian Jiu Jitsu: Submission Combinations features highly effective world class Gi and No Gi submission combinations in order to take your Jiu Jitsu to the next level.

These techniques will not work if you do not try them actively. We recommend focusing on one submission combination, testing it out, getting feedback and then fixing it. This is how the process works in regard to bettering your Brazilian jiu jitsu submissions for many of the higher level competitors.

This book provides several techniques, concepts and strategies that are laid out in a simple and concise manner so you can try them out on the mat today.

Some featured Brazilian jiu jitsu submission technique combinations include:

- Learn a slick 50/50 Sweep combination to a high percentage footlock
- Check out smooth armlock omoplata transitions from subtle places
- Start killing it with back attack combinations your opponent will not see coming
- Sweep submission combinations that will keep you smiling after you hit em
- Plus so much more...

The Brazilian Jiu Jitsu Submission Combinations hand book is our largest library of techniques currently on kindle and it is fun and easy to read. You are

guaranteed to learn something new so you can grow in your BJJ game.



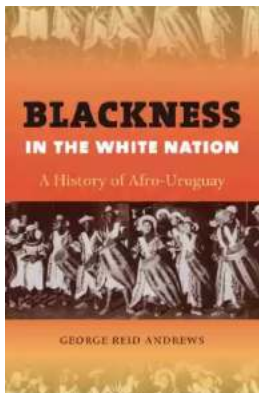
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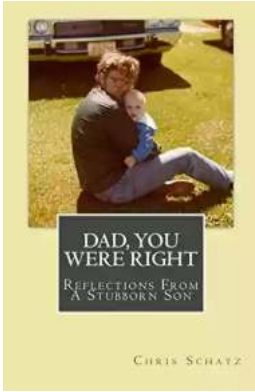
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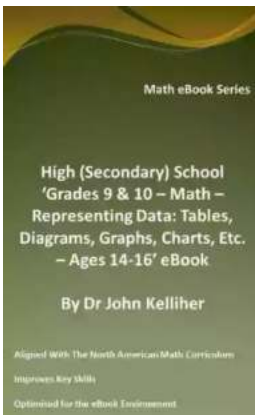
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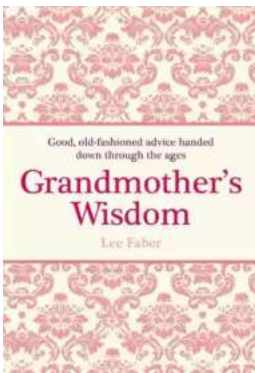
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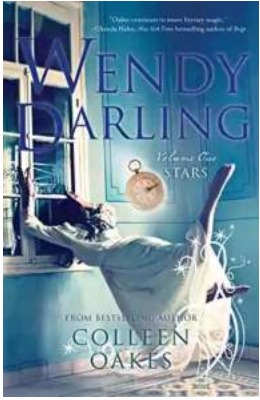
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