

# Jiu Jitsu Inside Guard Passing Middle Distance



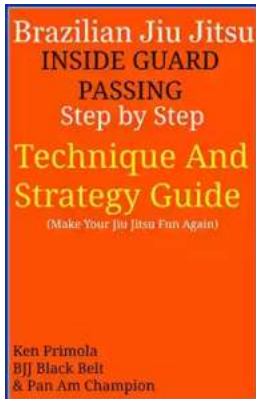
## The Importance of Inside Guard Passing in Jiu Jitsu

As the world of Brazilian Jiu Jitsu continues to evolve, certain techniques and strategies have proven to be critical in achieving success on the mats. One such technique is inside guard passing in the middle distance. Mastering this skill can elevate your Jiu Jitsu game to new heights and give you a significant advantage over your opponents.

## The Middle Distance

The middle distance in Jiu Jitsu refers to the position where you are just outside your opponent's guard. It is a crucial point in a match where you have the

opportunity to initiate a guard pass and transition into a dominant position. Understanding the dynamics of this distance and how to navigate it efficiently is key to executing successful inside guard passes.



## Jiu Jitsu: Inside Guard Passing (Middle Distance)

by Ken Primola(Kindle Edition)

★★★★☆ 4.5 out of 5

Language	: English
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## The Art of Inside Guard Passing

Inside guard passing is a technique that involves driving your knee into your opponent's hip while maintaining a controlled posture and grip. This allows you to apply pressure and create openings in your opponent's guard, making it easier to pass and advance your position. The middle distance is the perfect range to execute this technique, as it provides you with enough leverage and control to bypass your opponent's legs and progress towards a dominant position.

## Choosing the Right Moment

Timing plays a crucial role in inside guard passing in the middle distance. It is important to be patient and recognize the opportune moment to initiate your pass. Waiting for your opponent to make a mistake, such as extending their legs or

losing their balance, can give you the opening you need to execute your technique successfully. Being mindful of your opponent's movements and capitalizing on their vulnerabilities is a skill that can significantly enhance your guard passing abilities.

## **The Use of Pressure**

A key component of inside guard passing is applying pressure to control your opponent's movements and restrict their options. By maintaining a strong and controlled posture, you can immobilize your opponent and make it difficult for them to defend against your pass. Additionally, using your body weight strategically can further enhance the effectiveness of your pressure, making it even more challenging for your opponent to recover their guard.

## **Gaining Leverage**

Inside guard passing in the middle distance provides you with ample opportunities to gain leverage over your opponent. By utilizing grips on their collar, sleeves, or pants, you can establish control and create openings for your pass. Understanding how to manipulate your opponent's limbs and disrupt their balance will enable you to effectively navigate their guard and advance your position.

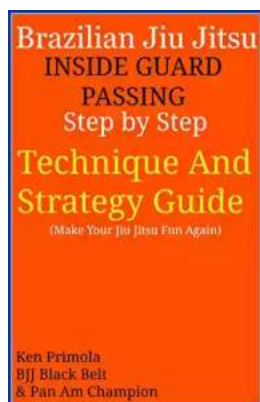
## **Countering Your Opponent's Attacks**

While executing inside guard passing, you should always be prepared to counter your opponent's attacks. Their attempts to retain or recover their guard can present challenges that require quick thinking and effective defensive techniques. By anticipating their movements and having a solid understanding of escapes and counters, you can minimize the chances of getting caught in a submission or losing control of the position.

## Drilling and Practice

Mastering inside guard passing in the middle distance requires consistent drilling and practice. Working with partners of varying skill levels and body types can help you refine your technique and improve your ability to adapt to different scenarios. Regularly incorporating specific training drills and positional sparring into your training regimen will undoubtedly enhance your guard passing game and ensure you are well-prepared for any competition or challenge that arises.

Inside guard passing in the middle distance is a technique that every serious Jiu Jitsu practitioner should strive to master. By understanding the intricacies of this skill, you can gain a significant advantage over your opponents and improve your overall Jiu Jitsu game. Remember to focus on timing, pressure, leverage, and effective counters, while dedicating ample time to drilling and practice. With dedication and perseverance, inside guard passing can become a potent weapon in your Jiu Jitsu arsenal.



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In Brazilian Jiu Jitsu you will have to pass the guard from many different distances. When you drill down and get to the nitty gritty you will switch ranges. You have to understand the game in-depth to get ahead - especially today as the game is progressing rapidly. Inside Guard Passing will give you the edge you need when passing guard. You will learn how to pierce through guards that were once impassable. Everyone thinks they can just throw a person's legs by or do a bull pass. But what happens when you must engage on the inside? It's a different ball game when you know the strategies and where to be in all situations. This book will help you get there faster.



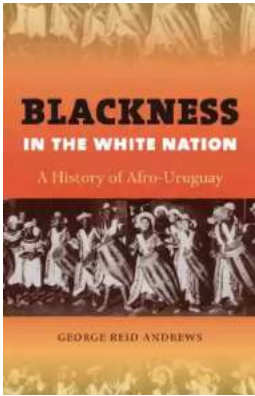
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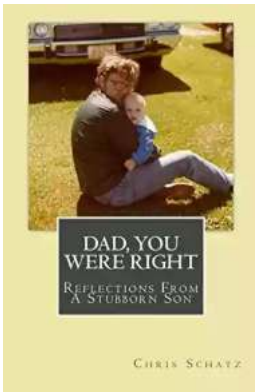
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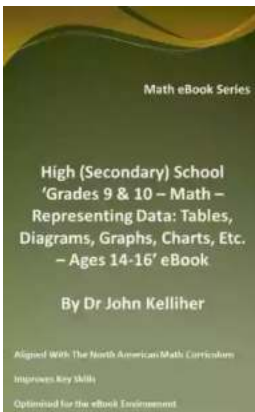
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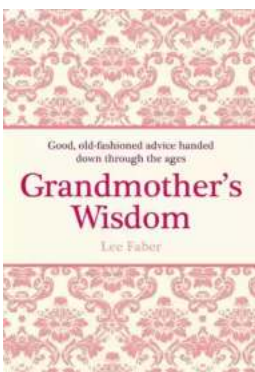
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