



# Mixed Martial Arts

## The Basics of Jujitsu & MMA

Legal Notice:- The author and publisher of this Ebook and the accompanying materials have used their best efforts in preparing this Ebook. The author and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this Ebook. The information contained in this Ebook is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this Ebook, you are taking full responsibility for your actions.

The author and publisher disclaim any warranties (express or implied), merchantability, or fitness for any particular purpose. The author and publisher shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided "as is", and without warranties.

As always, the advice of a competent legal, tax, accounting or other professional should be sought. The author and publisher do not warrant the performance, effectiveness or applicability of any sites listed or linked to in this Ebook. All links are for information purposes only and are not warranted for content, accuracy or any other implied or explicit purpose.

**Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook?**

**[Click here!](#)**

## Table of Contents

Introduction.....	3
Techniques Of Jujitsu.....	5
Jujitsu Characteristics.....	10
Bartitsu.....	11
Judo.....	12
Brazilian Jiu-Jitsu.....	15
Stretching.....	17
Mixed Martial Arts.....	18
Unified Rules.....	20
MMA Strategies.....	22
Hybrid Styles.....	23
Injuries and Safety.....	25
Resources.....	26

***Pssst....* do you want to learn the really advanced content that we couldn't include in this eBook?**

**Click here!**

# Introduction

Jujitsu is a name used for Japanese martial arts techniques. The meaning of this word is the “art of softness” or “way of yielding”. Jujitsu came from Japan as a way of defeat of an opponent without using any weapons. Since hitting the opponent didn’t do much justice, they would be attacked with pins and throws. This worked against the attacker’s energy.

There are different ways that people do jujitsu. Some of the techniques used include, holds, throwing, trapping, biting, gouging, striking and kicking. At one time, there were self-defense schools that taught their students how to use weapons, but that is no longer the case.

Jujitsu is practiced all over the world, including being used in sport form. It has been used in the Olympic Games competitions.

Other methods of combat with jujitsu include:

- ! Striking (kicking and punching)
- ! Throwing (body throws)
- ! Restraining (pinning, wrestling)
- ! Defense moves (evading, blocking, escaping)

Sport jujitsu has many forms. One of the most popular is judo, which has been implemented into the Olympic Games. Mixed-style competitions are the ones that are most seen at these Games. With these competitions, there are throws, strikes and holds in order for the competitors to get points.

Kata competitions, which is where competitors use techniques of the same style and get graded for how well they perform. You will also find freestyle games where the competitors go after each other. The defenders are graded on how well they perform.

With the jujitsu system, there is more attention paid to pinning, throwing, choking and strangling techniques. This is different than other systems of martial arts like karate. Even though jujitsu is originally a Japanese system, there are some jujitsu schools that use some Chinese moves.

The danger of jujitsu is that with training, some of the moves can be fatal. Students that have jujitsu classes are usually taught in an environment that is not competitive. Because of that, there is not a lot of risk.

**Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook?**

**[Click here!](#)**

With jujitsu, you will find five main sectors, otherwise known as the arts of training. The five sectors are:

- ! The Art of Blocking (defend against attacks)
- ! The Art of the Fulcrum Throw (used in judo)
- ! The Art of the Non-Fulcrum (throws that have very little contact)
- ! The Art of Escaping (used in different jujitsu styles)
- ! The Art of Striking (do not have body armor)

***Pssst....* do you want to learn the really advanced content that we couldn't include in this eBook?**

**Click here!**

# Techniques Of Jujitsu

Here are some techniques of jujitsu that include:

- ! **Chokeholds** – Chokeholds are banned for the most part. However, those participating in judo are allowed to do it. This technique is dangerous because a person's windpipe could be cut off and the opponent would be asphyxiated.

More people use strangulation because it can be done without fatal consequences. Jujitsu has many alternatives to choking methods.

- ! **Joint Locks** – This technique involves grappling and manipulating the joints of an opponent to where the joints reach a point where they can only move so far. With joint locks, a person can experience different levels of joint pain. If this technique is applied with force or very sudden, it can cause injury, dislocation or fracturing of the bones.

Joint locks can affect five different areas such as leg locks, arm locks, spinal locks, wristlocks and small joint manipulation. Joint locks can also be used in hand to hand combat or the disabling of an opponent by tearing the knee or elbow joints.

- ! **Grappling** – A lot of people use the grappling technique. This was used in the early days in conjunction with Jujitsu. Nowadays, grappling is used in sporting games where it is safe to do. Grappling is in the same league as striking. This works when the defender is using techniques and strategies in order to defeat their opponent.

Grappling techniques are important when it comes to self-defense purposes. The ones that are used the most are hold escapes and compliance techniques for pain.

There are three subcategories it is used in: throws, joint locks and pinning techniques. There is no middle consensus with this because the locks are connected with throws and that may lead to a pin.

Another subcategory is called sweeps and escapes. This is used to make a ground fighting position better by going into a position where locks and pins can be used better. Grappling is used in different fighting systems.

There are some that are strictly used for grappling. Some of them include: amateur wrestling, judo and Brazilian Jiu-Jitsu. Also, these systems do not include striking. Mixed martial arts (MMA), which is part of combat sports, allow grappling while keeping striking at the same time.

**Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook?**

[Click here!](#)

- ! **Strike** – A strike is performed using a weapon or your body. It's performed to affect their opponent or to cause harm to them. There are different kinds of strikes. One is an attack using their fist which is referred to as a punch; using the leg or foot is called a kick; using the head is called a head butt.

## Principles of Striking

In martial arts, strikes are performed with your body. Martial artists learn them through constant repetitions being trained by an instructor. The instructor must be qualified to do this.

Here are some of the principles of striking that martial artists employ for themselves:

- ! **Breathing** – A shout works to tighten the muscles at the beginning of impact. This works to scare the opponent. Strikers will exhale once they get close to their opponent. Controlling your breathing is used to get your body relaxed during a period of not attacking.
- ! **Footwork** – In order to balance your body, you need the right footwork. This helps to support a mixture of strikes and start strikes from the right area. This is not the easiest part of striking. You have energy coming from your legs and taking the advantage to throw combinations. When you're doing this, your footwork must be in exact form.
- ! **Muscular Tension** – As a striker, your muscles get tense while you are trying to relax during the strike. Your muscles are tense during impact, and then they relax again to withdraw the striking. When you relax, the strike is allowed to get as much speed while it's traveling. There is the highest transfer of force during impact.
- ! **Combinations** – In order for strikers to get strikes to impact their opponent, they can use different techniques to do this. The attacks are aimed at different parts of your body. The strongest force uses a certain technique.
- ! **Penetration** – Strikers should shoot for getting at least 4 – 6 inches behind the surface of the target. This helps to bring the maximum energy to it. When a striker is in combat, they should try to strike through the target and not just the surface.
- ! **Focus** – Strikers can force through an attacker's body. However, make it a small area of the body. When you as a striker, focus on that, you can get penetration and enlarge the impact damage.
- ! **Gravity** – Gravity helps strikes that start upward and come downward and elbows that come downward and stomp kicks.

**Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook?**

**[Click here!](#)**

- ! **Summation of Force** – Muscles use a certain sequence to get as much force as possible. Strikes can be done by moving body weight that will hold up the blow. This is different than an arm or a leg that strikes.
- ! **Timing and Rhythm** – The memory of muscle, along with repetitious moves are used to begin strikes. The momentum has a flow and there is a knowing that there will be some type of action. The striker can have an edge if the flow is interrupted.
- ! **Telegraphing** – This is when the striking body is moved before the blow occurs. This lets the opponent know that the strike possibly won't be effective. The weapon that is striking should be the first to move. Then the body should move after it. For this to be effective there has to be precise footwork and distancing.
- ! **Deception** – Distractions are used to throw off how strikers are going to attack. They will use things such as noise, hand movements, switching guard positions, etc. These gestures help to trick their opponent and they end up letting their guard down.
- ! **Attack Level** – The level of attack can differ. It can be a kick to the ribs or the opponent's head getting jabbed. When strikers use various levels of attack on their opponent, the opponent's guard is let down.

## Throw

In martial arts, a throw is a technique used in grappling. A throw can pick up an opponent and toss them on the ground. This technique uses rotation in order for it to be effective. The person that does the throw is not in sync with their opponent and comes up on their feet.

They can also use what is called a "top position". This is when the person that initiates the throw connects with the opponent. There are certain techniques in throwing that are referred to as "sacrifice throws". These throws consist of the person allowing themselves to be at a disadvantage. They will be on the ground in order to perform a throw.

There are different types of throws in martial arts. One of the better known ones is judo. It has plenty of techniques for throwing and they consider them one of their special ones. The names of the different throws are connected with Jujitsu throws.

The Japanese have been known to do it this way. In western martial arts, they give them names in English, primarily so their students will know them.

Here are the types of throws associated with Jujitsu:

**Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook?**

**[Click here!](#)**

- ! **Leg throws** – Leg throws consist of reaps and trips. A leg reap is when a person uses a leg to gather up one of both legs of their opponent from the ground. The weight of the opponent is on the leg that is taken up.

The attacked is able to control the body of the opponent using their hands. This causes the opponent to lose their balance and fall. A leg trip uses the attacker lifting the leg instead of gathering it up. When the opponent's leg is lifted, it is being pulled up and swung away.

- ! **Shoulder throws** – This type of throw is used when throwing the opponent from the ground over the attacker's shoulder. A shoulder drop is when an opponent is dropped to the ground and pulled over the shoulder.
- ! **Hip throws** – The thrower's hip is used by putting the hip in a lower position. It would be lower than the opponent's midpoint of gravity. Beginners usually learn O Goshi. With judo, hip throws are referred to as Koshi Waza.
- ! **Pick-ups** – When a pick-up is performed, the opponent is lifted from the ground and then brought down again. Pick-ups are used in techniques such as hand throws and the double leg takedown.
- ! **Sacrifice throws** – The thrower is disadvantaged and may fall to the ground. When the body falls, there is additional strength with the throws. During the effect, there is not much strength.

This section of the report will discuss the biting, gouging, poking and grasping techniques that are used in Jujitsu. These techniques were implemented in order for the attacker to have an advantage of their opponent.

Since their opponent would use ways that were undesirable, the attacker had to counter with techniques that could overpower the opponent. They were considered a defense for the attacker against the opponent.

### **Biting**

The target spots for biting are the ears, nose and fingers. This technique can be used for attacks such as bear hugs. Biting can also be used where a person can attack their opponent's face, hand or fingers.

### **Gouging**

Gouging is a poking technique that attacks the eyes or genital areas of the body. This distracts the opponent and causes them great pain. This technique is used as an attack

**Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook?**

**[Click here!](#)**



method of when one is defending themselves from an opponent. When a person gouges an attacker's eyes, they can control their opponent's balance.

### **Poking**

When you are poking, you target the pressure points of the eyes. This is good to use to defend yourself against grabs from your opponent. It can also be used for grappling purposes. If the opponent is winning over you, it can be used as a defense mechanism. With poking, you would use your fingers and knuckles.

### **Grasping**

With the grasping method, you can attack the groin or any sensitive area of the body. In order to apply this technique, you can distract your opponent by causing pain. The areas affected by this include the ears, hair, nipples, and skin.

Atemi is when you strike the pressure points or psychological areas of an opponent. What this does is the opponent cannot move around to strike back. Atemi is used to strike the body so that it will trigger a psychological reaction. It can also be used to distract an opponent and causes the opponent to try another technique.

### **Takedown**

A takedown is when an opponent is dragged to the floor using the attacker's body weight. They can also be taken to the floor if their attacker uses a strike against them. The legs of the opponent are such where they cannot move. The opponent gets floored using brutal force. The balance may be broken by tricking the motion of the opponent. With takedowns a lot of strength is used from the body and when the balance is broken, it's just broken. There is no skill to it.

With the different styles of jujitsu, there are various ways that the techniques are applied. Here are some of the applications and how they are applied to this sport:

### **Rolling**

A forward shoulder roll involves rolls using the palm-down and palm-up method. A backward should roll requires landing on your hip on the far side, in the palm down method.

### **Arm Bars**

When performing an arm bar technique, some use a "hand open" method. Others simply use their fist. With both techniques, there is supposedly increased power. However, it has been proven that the closed fist method provides more of an advantage. This helps to prevent fingers from having an accident or getting snagged in the process.

**Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook?**

**[Click here!](#)**

## Wrist Locks

Wrist locks use the bottom three fingers without the index finger. Other methods use the top three fingers without the pinky. Both methods have the same effect to not block the wrist of the opponent with this technique.

## Grappling

The difference with grappling is if the style of it is considered a sport or is it a need for training for self-defense purposes. Both are legit, and there is some overlap with the training. However, there will be differences. With the self-defense portion, there are factors in regard to the position of grappling. With the sport, the main focus is to get up and away as quickly as you can.

# Jujitsu Characteristics

Jujitsu is considered a soft art. It uses balance, leverage and momentum against an attacker's opponents. This is different than hard methods, such as karate. Hard methods tend focus on power, speed and strength. When learning jujitsu in a class, there are similar factors that apply:

- ! The students learn traditional jujitsu methods by looking at the instructors and doing what they do.
- ! Atemi can focus on weak parts of the body. It breaks up a balance for a lock, throw or a take-down.
- ! The body of the defender can take full advantage of the weakness of their opponent. In the meantime, they can choose to use some openings or weak spots.
- ! An attacker's momentum is increased to put a joint in a difficult position. For a take-down or a throw, the balance is broken.

Jujitsu has a lot of different compartments. It is the catalyst for different styles. When instructors implement new methods than the original ones, they end up creating their own. Some of the original material has been changed that it is not considered to be a jujitsu style.

Some martial arts that have been affected by jujitsu are:

- ! Bartitsu
- ! Judo
- ! Brazilian Jiu-Jitsu

**Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook?**

**Click here!**

*Pssst....* do you want to learn the really advanced content that we couldn't include in this eBook?

[Click here!](#)

# Bartitsu

This martial art method is used for self-defense. It originated in England starting in 1898. This method had stopped for a while, but in 2002, it started back up again and has received a renewed spirit.

The most attention was at the striking range and the grappling range with jujitsu. Students that took up Bartitsu learned the art of self-defense by using jujitsu and Vigny stick fighting. This method employed using sticks and umbrellas for self-defense.

Students were engaged in private sessions before they could be in groups. The classes often performed exercises that were arranged beforehand. These exercises included those that were deemed to be dangerous to perform.

***Pssst....* do you want to learn the really advanced content that we couldn't include in this eBook?**

**Click here!**

# Judo

Judo actually came from Jujitsu and was out of sync for a while. However, there are people that still incorporate judo as a martial arts technique. It does not rely on tactics that involve karate, kicking or punching. Judo does not rely on throwing and grappling, either.

With judo, you grip your opponent and place them off balance. Kuzushi is used to supply a small amount of energy while engaging in judo. Even though judo was birthed from jujitsu, there are some differences between the two. Kuzushi happens when the opponent is hit along the weak line. There is also twisting, grabbing or poking of the points of the atemi (pressure points).

Judo also implements some throw, falls, rolls, chokes, hold downs, strikes and joint-locks. There are ground fighting techniques that are used to go against the joints or joint locks. These techniques also affect chokeholds and strangleholds, along with techniques of pinning down or holding.

Judo uses sparring, which means “free practice”. There are also techniques of striking that involve punching and kicking. In addition to that there are techniques that implement swords and knives.

In Judo, there are only certain people that can implement joint locking, chokeholds and sacrifice techniques due to safety issued. It all depends on how old you are and what your rank is. In the United States, chokeholds can be used by people 13 years old and older, while arm locks can be used by people 16 years old and older.

When a joint lock or chokehold is used, the other person will tap the mat or their opponent twice. This will let them know that they have yielded to the other person. You will know that the one that yielded was the loser and they are released from the chokehold or joint lock.

A Judoka is a practitioner of judo. A judoka is one that is experienced in the techniques of judo. A judoka can mean any judo practitioner minus the level restrictions. So even if the judoka is just starting out, they are still a judoka.

A sensei is a judo teacher. With the western culture, the teachers are referred to as a “dan grade sensei”. It used to be used only for a certain group, but now it can be used for anyone that teaches judo.

Practitioners wear a judogi, which is a white uniform that is worn when performing judo. There were uniforms that looked similar that came along after the first one came out. The uniform is made of cotton and the pants are usually white and blue.

**Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook?**

**[Click here!](#)**

The pants come with a drawstring so the waist can be adjusted. The top is actually a white or blue cotton jacket that is quilted and is accompanied by a belt. The belt is used to close the jacket. The belt will be a certain color to signify rank. The jacket is used to endure grappling, which is why the uniform has more thickness than a uniform used for karate.

During a competition, a blue judogi is worn by one of the competitors. This helps to distinct one from the other for the spectators, referees and judges. The Japanese judoka use a white judogi and a red sash. For minor competitions, a colored sash can be used. If this is a regional or higher level competition, only the blue judogi can be used.

## **Techniques**

Judo has two categories of combat, the ground and the standing phase. Both phases use different techniques, conditioning and strategies. In order to close the gap, training is implemented for changing techniques. There are some judoka that may know more in one area than they do in others.

With the ground and standing phases of combat, the judoka can bring opponents down, pin and submit them on the ground. Since this is considered a balanced method, judo is a martial art that people want to learn.

## **Ground**

If the person is on the ground, combat can keep going on the ground. They cannot drop to the ground to start ground fighting. The two people try to get a hold down or force submission from their opponent. This is done by using strangulation, arm lock or a choke. With the arm lock, the lock can only be used on the elbow joints due to safety concerns.

## **Standing**

With standing, the opponents try to throw one another. They hardly use submission techniques of joint lock and choke strangulation. It is difficult to use these techniques because of the standing phase. However there are some judoka that can handle takedowns along with submission. With the submission, it starts with the standing phase and ends being on the ground.

The throwing techniques are used to take an opponent down. The opponent is usually standing up on their feet. In that position, they are considered to be a danger. When they come down, they come down on their back in order for them to have limited mobility. This helps you to control the opponent and make you be the dominant one.

With this stance, the practitioner can provide an outcome. Throwing the opponent is also used to their body into shock. This happens when their body is forcefully smashed to the ground. A match can be won if the opponent uses a controlled throw that is powerful. Lesser throws receive a lower score. With a standing position, a person will get a score for a throw.

**Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook?**

**[Click here!](#)**

Throwing techniques are based on four different facets: off-balancing, positioning of your body, execution and finishing. Each facet comes very quickly after the previous one is completed.

### **Hold downs**

An attacker is required to hold down their opponent for a certain amount of time. This helps the attacker to have an effective target for striking. You would get scored on the length of time of the hold down. The hold down can also end in a submission from the opponent if they can't take the pressure any longer.

### **Joint locks**

These combat techniques when a judoka has control over their opponent using what is called a pain compliance technique. This technique is a grappling hold that implements one of three things: compression lock, joint lock or pressure point.

One of these is used to keep the opponent down and the judoka in control. This technique is used as a self-defense mechanism. A judoka can also control their opponent by breaking the locked joint. You can perform a joint lock on the elbow because that is considered a safe place to do it. Doing this can cause the opponent to claim submission. Attacking any other joints can cause serious injury.

***Pssst....* do you want to learn the really advanced content that we couldn't include in this eBook?**

**Click here!**

# Brazilian Jiu-Jitsu

**This technique includes the methods of ground fighting and grappling.**

Ground fighting is when the both people are on the ground and are grappling with each other. They are within close distance of each other. Depending on how close they are, they can engage in techniques such as eye gouging, joint locks, pressure point techniques or biting, just to name a few.

This technique is set up to where the smaller person uses techniques against someone that is bigger than them. Brazilian Jiu-Jitsu can also be implemented for self-defense purposes, tournaments that involve sport grappling and mixed martial arts competitions. When training sparring is included and fighters must perform well.

Getting a dominant role on the ground is part of the makeup of this technique. This includes the guard position to protect oneself and to keep trying to stay as the dominant force using positions such as side control, back mount and mount.

When a submission is activated, a combat situation can occur.

## **Submission Holds**

Submission holds can be used in two groups: chokes and joint locks. A choke hold can stop the blood flow to the brain. If the opponent does not acknowledge submission in time, they can lose consciousness.

Joint locks use the limb of the opponent and make a lever in the position they are in. This will make the joint to go beyond the normal measurement of movement. The increased pressure is controlled and let go if the opponent can't get out of the hold. They end up submitting the match.

With this technique, a compression lock can also be used. The opponent's muscle is pressed against a bone that is large in size. The opponent ends up in pain. When it's time for the real competition, these methods cannot be used because there could be serious injury.

## **Joint Locks in Brazilian Jiu-Jitsu**

**Joint locks are used with this technique. However, there are some competitions that limit or do not permit joint locks that use the spine, ankles and knees. The joint locks can cause injuries in these locations.**

**Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook?**

**[Click here!](#)**



**There are some joint locks in which the knee gets twisted. These kinds of techniques are ones that competitions do not approve of. This is dangerous and can cause permanent damage that can result in surgery.**

**Another technique that is barred is the spine having joint manipulations. The spinal area could be crushed, or there could be a misalignment of some sort. The competitions do allow leg locks up to a certain degree along with the skill level.**

**If you are a beginner, you can use straight ankle locks. If you are an intermediate, you can use straight knee bars. If you are advanced, you can use toeholds along with inward pressure.**

**There is a majority of joint locks that can be used with flexibility. They include the elbow, shoulder, wrist and ankle. These joint locks can be used according to the rules of the competition.**

**Of course, there are some fighters who intentionally cause pain on their opponent, so they can stop competing. They will use their body weight, placing their knuckles into pressure points, or tiring their neck by holding their opponent's head.**

**These actions are used to distract their opponent in competitions that are based on a lower level. With competitions that are at a higher level, they are not used much, if at all.**

### **Chokes and strangles in Brazilian Jiu-Jitsu**

**This is used as a submission. With chokes, the windpipe is restricted and with strangles, the artery is limited. With air chokes, the fighter can cause harm to the trachea of their opponent.**

**With blood chokes (strangling), the blood flow ceases to go to the brain of the opponent. This can cause unconsciousness. When a fighter is choked-out, they will be ok if they are removed from the choke after they lose consciousness. Otherwise, they could suffer damage to the brain due to lack of oxygen.**

### **Training**

**In Brazilian Jiu-Jitsu, submissions minus strikes during training can help the practitioner. They can then continue to practice for everything that they need. The training includes drilling of techniques. These techniques are done with a partner that doesn't resist. There is also sparring in isolation where some techniques go against total resistance. Then there is sparring in full**

**Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook?**

**[Click here!](#)**

where they opponents try to force their opposites to submission without using the proper techniques. There are also places where they will go to get physical conditioning.

***Pssst....* do you want to learn the really advanced content that we couldn't include in this eBook?**

**Click here!**

# Stretching

With the different martial arts techniques and styles, it's important to have those that participate in them to be flexible. Just like people that exercise, there is the need for stretching before you start. Here are some things that you need to know about stretching:

- ! **Warm up** – A lot of people will stretch before they work out. In reality, it's better to do it after you have worked out. You will be able to stretch better and farther because your blood will really be flowing.
- ! **Proper breathing** – With any exercise that you engage in, it is important to breathe properly. During your stretching, you will have to breathe slowly through your nose. Hold your breath briefly and exhale through your mouth.

This is how you will get more out of stretching. This helps your body to relax, have more blood flow and can removed acid from your body after you've worked out. Some judo practitioners should hold out longer with stretching until they exhale.

- ! **Regular and consistent** – You need to stretch on a consistent basis. It should be done at least four to six days a week. In fact, try to do it on the same days each week. The stretches should be no more than 20 seconds. When you're stretching, do it in a manner where you don't overdo it.
- ! **Strength and flexibility** – As you are getting more flexibility, you should also work to increase strength at the same time. So if you are working to make your arms more flexible, you need to increase strength in that area as well.
- ! **Incorporate in a workout** – With martial arts training, incorporate stretching in your workout. You can get better results that way.

There are some things that you should be aware of while you are incorporating this in your regular routine:

- ! You may feel a burning in your muscles while stretching. It should be nothing serious. However, if you start to feel pain in your muscles, then consult your physician.
- ! Drink plenty of water before you start stretching.
- ! You may have tight muscles when you are doing flexibility exercises.
- ! Wait until you get warmed up before you start your stretching exercises.

**Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook?**

**[Click here!](#)**

- ! Before you start, check with your physician.

## Mixed Martial Arts

Mixed martial arts or MMA, is a combat sport that uses different techniques of fighting. They are traditional and non-traditional martial arts forms that are implemented in competitions. With this combat sport, the techniques of grappling and striking can be used. Standing and ground methods can be implemented.

Here are some of the common rules that are used in mixed martial arts competitions:

- ! **Knockout** – When a fighter is struck and loses consciousness, the opponent is deemed the winner. The MMA rules include ground fighting and the fight ends to keep more injuries from happening to the unconscious opponent.
- ! **Technical knockout** – With a technical knockout, there are different reasons a match can be stopped, such as:

The referee can stop the match if a fighter is overpowering the opponent and they opponent cannot defend himself from him;

When a grappling hold is used that causes the fighter not to respond;

Injuries befall a fighter, such as fractured bones.

- ! **Submission** – A fighter can accept defeat by doing one of the following:

A tap on the floor or mat;

Announcement;

A tap on the body of the opponent

- ! **Doctor stoppage** – If one of the fighters can't keep going and the referee notices it, they will ask for a time out. This can happen if the fighter is injured. A doctor will check him out and see if he can continue.

If not, the opponent will be crowned as the winner. Or if the match is halted by illegal methods of the opponent, the referee will declare a no contest or disqualification ruling.

**Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook?**

**Click here!**

- ! **Corner stoppage** – If one of the men in the corner claims defeat for the fighter, they will throw the towel in the ring to signify such. This can happen while the match is going on or after one round and before the next round.
- ! **Disqualification** – When a fighter does something that goes against the rules, they will be given a warning. A disqualification occurs if they receive three warnings.
- ! **No contest** – If both fighters are in rule violations, the match will be noted as “No Contest”.
- ! **Decisions** – If the match goes all the way and there’s no clear victor, three judges will determine the winner. The judging is based on specific organizations.
- ! **Forfeit** – In order to do this, a fighter has to cancel the match before it even starts. This is an automatic loss for the fighter.

## **Fouls**

With mixed martial arts, there are things that fighters do that are considered to be fouls. Here is a list of some of them:

- ! Gouging of the eyes
- ! Butting heads
- ! Pulling of the hair
- ! Biting
- ! Groin attack
- ! Attacks the trachea
- ! Manipulation of small joints (i.e. fingers, toes)
- ! Going out of the ring running
- ! Getting your opponent out of the ring on purpose
- ! Holding on to the ropes of the ring on purpose
- ! Placing your hand inside your opponent’s trunks or gloves as a distraction

**Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook?**

**[Click here!](#)**

! Strike the back of the head

! Strike the spinal area

Any of these actions can cause you or other fighters to get a foul or worse, be disqualified from the match. These actions are not ones that you want to be known for.

## Unified Rules

The Unified Rules of Mixed Martial Arts were established in 2000. They were established by the California State Athletic Commission.

These rules are used for mixed martial arts in their unarmed combat competitions. In order for a mixed martial arts event to take place in a venue that is regulated by the state, the event must agree to go by the rules of that particular state commission.

The only exemptions to their rules are the state of Hawaii and Indian reservations. Neither of these places is required to submit to the rules of the commission.

### **Clothing**

Shorts that have been approved are what the fighters must wear. No shoes are allowed. Also, no shirts or long pants are allowed to be worn. Fighters must wear gloves that weigh no more than six ounces. They must be able to let your fingers engage in a grabbing motion.

### **Rounds**

The rounds last five minutes each. The rest time between each round is 60 seconds. If there are title matches, they last for five rounds and non-title matches last three rounds.

### **Judging**

With the fights there is a ten point system. There are three judges that do the scoring for each round. The winner of each round gets ten points; the loser gets less than that. If both fighters get the same number of points, they both get ten points.

### **Legalities**

The Unified Rules let all elbow strikes remain. No illegal or sensitive striking is allowed.

### **Fouls**

**Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook?**

**[Click here!](#)**

Listed below are fouls that were implemented by the Nevada State Athletic Commission:

- ! Stomping the opponent that is already on the ground
- ! Holding the opponent's shorts or glove
- ! Kicking the opponent in the head and they are already on the ground
- ! Kneeing the opponent in the head and they are already on the ground
- ! Attacking an opponent whom the referee is attending to
- ! Attacking an opponent after the period of unarmed combat has ended
- ! Ignoring the referee's instructions
- ! Grabbing or messing with the flesh of the opponent in a way where it is not appropriate
- ! Derogative or abusing language in or near the ring
- ! The opponent gets spit on
- ! Forfeit the match by throwing in the towel
- ! Ignoring the opponents or faking actions deemed unnecessary
- ! Conduct that is unsportsmanlike that can hurt the opponent

These fouls can get fighters in serious trouble if they try to do one or more of them. They may even get them disqualified from the match.

As with any sport, fighters are routinely tested for illegal drugs, illegal substances and things like steroids.

**Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook?**

**[Click here!](#)**

# MMA Strategies

With MMA, you have to be trained in striking and submission fighting. With mixed martial arts competition, there are two categories. There are striking techniques, which include punches, knees and kicks. The grappling techniques include submission holds, pinning holds, takedowns and clinch holds, just to name a few.

With elbow strikes, spinal locks and head butts being questionable moves in match, there are some techniques that are banned from matches, such as groin strikes, biting, small joint manipulation, etc.

In order to gain experience in different areas of combat, those involved in mixed martial arts must have cross training. They will have to use traditional disciplines to improve their game.

Some popular disciplines include:

- ! Clinch – Judo is an example that is used to enhance clinching
- ! Ground – Brazilian Jiu-Jitsu is used to enhance submission holds and the defense. Ground control is maintained and improved
- ! Stand-up – Different forms, which include karate, are used to help with the improvement of kicking, elbowing and punching, just to name a few

Some styles have been altered from the original format. Fighters will normally train with different coaches that use different styles. This helps to improve their serve. Other important factors of mixed martial arts include strength training, cardio conditioning and speed drills just to name a few.

Mixed martial arts are no longer just for fighters. As more people find out about MMA, there are others who are taking up the sport. Others say anyone can take it and it is safe for anyone to participate in.

**Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook?**

**Click here!**



# Hybrid Styles

These styles are some that fighters may implement in matches. These hybrid styles include:

## **Ground-and-pound**

This hybrid style is implemented when the fighter puts their opponent on the ground. This is done with a throw or a takedown. The fighter assumes the as the dominant force and uses their fists to strike the opponent. This style is used as a preliminary to submission holds.

Fighters that are experienced with submission defense and takedowns will use the ground-and-pound style. They assume a grappling position and continue to strike until the opponent gives up and decides to submit.

Ground-and-pound has become rather popular with some fighters. However it is not an original style of striking. Fighters still use this style as part of their training.

## **Sprawl-and-brawl**

This is a style that comes from the stand-up fighting method. Ground fighting is not used. However, the fighter implements sprawls in order to protect them against takedowns. In order for this style to be effective, the fighter would have to be trained in wrestling. This is how they are protected from takedowns.

In order to prevent submission in a match, the fighters learn submission wrestling. Even if they end up on the ground, they don't want to be forced into submission. This style is not like original styles of kickboxing. The fighters that use the sprawl-and-brawl method must adjust the way they do things to include ground fighting and takedowns.

## **Submission grappling**

This style deals with getting an opponent on the ground by implementing a throw or a takedown. Then the fighter will implement a submission hold. The opponent will have no choice but to submit and the other fighter would be the winner.

**Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook?**

**[Click here!](#)**

Some fighters try to be the dominant one; others will look to fight from other angles. If the grappler can't implement a takedown, they will try to get their opponent on the ground in a dominant position.

### **Lay-and-Pray**

This is when a fighter has control over their opponent who is on the ground. However, the fighter cannot get an offense that can be deemed effective for them. They try to reverse their opponent's offense and hope for a win in their (the fighter's) favor.

For some that use this technique, they may end up being penalized. This is because the referee may think that the fighter is calling a bluff.

***Pssst....* do you want to learn the really advanced content that we couldn't include in this eBook?**

**Click here!**

# Injuries and Safety

Competitions in MMA can sometimes be seen as rough and brutal. However, fighters must still take precautions to ensure their safety and work to prevent serious injury. Fighters usually have to go through a medical screening before they can be cleared to participate in a match.

Studies have shown that in mixed martial arts competitions the rate for injuries is close to what injuries are in other combat sports. However, in MMA competitions, the rates are not as high for knockouts. So, the risk of serious injury to the brain seems to be lower than those events that include striking methods.

Whether you decide to take up jujitsu or mixed martial arts, there will be a risk involved. Just make sure that you are up to the challenge and the risks that are involved with these sports.

***Pssst....* do you want to learn the really advanced content that we couldn't include in this eBook?**

**Click here!**

# Resources

<http://www.jujitsuamerica.org/>, Jujitsu America

<http://www.usjujitsu.net/>, United States Jujitsu Federation

<http://www.ultimatejujitsu.com/index.shtml>, Ultimate Jujitsu

<http://www.mmafighting.com/>, MMA Fighting

<http://www.grapplearts.com/index.php>, Grapplearts

***Pssst....* do you want to learn the really advanced content that we couldn't include in this eBook?**

**Click here!**