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Brazilian Jiu Jitsu is one of the best self-defensive techniques in the history of martial arts. If you have decided to put on a new give and go on the mats, we must say that you have made a good choice! Jiu-jitsu can be very beneficial for both physical and mental health for any person. In addition, BJJ classes are fun, dynamic and full of positive atmosphere. The beginning of Jiu Jitsu is the hardest compared to other martial arts. For each beginner, the opening classes are the rollercoaster ride of emotion and pain. But if your body and ego survive the first couple of months, you will live and breathe BJJ for the rest of your life! To make things easier for you, we've decided to give you the ultimate step-by-step guide for what to expect at the beginning. In addition, we have some great tips and tricks too! A brief history The creation of Brazilian Jiu Jitsu came with the arrival of famous Japanese Judoka Mitsuyo Maeda on Brazilian soil in 1914. The legendary Maeda expanded her knowledge of Judo (Kano Jiu-Jitsu) on the Gracie family. Brothers Carlos and Helio Gracie moved the weight of Judo from grappling to ground combat and have begun to use various joint locks and chokes as a way to defeat their opponent. As a result, BJJ's birth came as a technique alone in the early 1920s. The Gracie family did everything in their power to prove the effectiveness of bjj and popularize the sport all over the world. Their famous Gracie Challenge and the constant rivalry with Luta Livre would help the sport grow in the following decades. But the emergence of BJJ exploded with the birth of MMA during the 1990s. With Royce Gracie dominating over the jacked UFC giants inside the Octagon, BJJ was recognized as the most effective fighting style. Today it represents one of the most popular martial arts among the young generations and a must-have skill of every MMA fighter. The basic Jiu-Jitsu Jiu-Jitsu is a ground-based martial art that incorporates various joint locks and chokes as a way to defeat your opponent. If you have experience in wrestling or judo, you will immediately realize that Jiu-Jitsu is another challenge. Before you get the chance to place submissions, you need to take your opponent to the mat. This is where the weight of Judo is going to work, and its various throws and takedown techniques. On your feet you will spend most of your time practicing throws, walks and wrestling techniques. Although the standing aspect is important, the focus is on BJJ classes on ground combat. The main goal is to adapt effective scrambles and get into a dominant position with which you can use various finishing techniques. Also, as true art, Jiu-Jitsu is based on tradition, honor and respect. If you want to attend classes, you must leave ego and overconfident Home. The only right way to overcome hard beginnings is to be humble and listen to the coaches. More experienced teammates can also give you good advice. Jorge Masvidal Anthony Pettis Jiu-Jitsu – Photo via @Jorgemasvidal Youtube Get ready for the first BJJ class We can all remember the unpleasant feeling of walking through the Academy doors for the first time. The butterflies in the stomach and sweaty hands can remind you of the time you went on a first date. To be honest, it's the same, but the relationship with jiu jitsu will have a happy ending! More, you do not need to wear elegant clothes and put liters of perfume. Wearing a give is not mandatory at the first Jiu Jitsu classes. Many people need a couple of workouts before they realize whether they like or not. In case you do, it is to buy one provide one of the easiest tasks for a beginner. For now, you can train in sweatpants and an old t-shirt. Make sure you don't wear any branded clothes or anything expensive. The rolling sessions will certainly ruin your favorite t-shirt. Also No shoes on the mats! is a standardized rule in academies all over the world, and a few flip flops are a must. So, let's make a quick checklist: Flip flops A bottle of water or other drink An old T-shirt (but clean) or rashguard A gumshield (optional) A lot of will! What can you expect in the first workouts? Each training session begins with the lineup. However, this is not a classic lineup as in kickboxing classes. The groups are divided by belts and experience levels. Taken in you do not have any of the two, you will stand in a beginner group, way back at the end of the line. The warm-up sessions are like any other sport out there. However, if conditioning is not your stronger side, do not rush and try to keep your energy levels for what comes after. As a beginner, you'll spend most of your time looking at the instructor who shows basic techniques and explains the logic behind them. First, students will learn the following positions on the ground and their importance: Guard (closed, open and half guard positions) Side control Full mount Back Mount Usually, you will learn a single position per training session. Once you get to know how to pull the guard or pass into the side control, you'll continue to learn one of many sweeps and submissions to get a tap. BJJ includes many finishing techniques and students can perform them in two different ways: Chokes - the key is to cut opponents blood circling to the brain by putting strong pressure on the neck (rear naked choke, arm triangle, guillotine, etc.) Joint locks – this time, a person puts pressure on the opponent's joint (armbar, knee bar, heel hook, etc.) Keep in mind that Jiu Jitsu is all about positions before submissions! After learning to position yourself on and perform basic attack moves, you will use the appropriate knowledge in situational sparring with your partner. Of course, this is under the instructor's close eye. While sitting in the dominant position, a person trains the finish moves while his partner tries to escape from the bottom using sweeps. The focus on this aspect is not on performing the techniques hard or quickly, but to do it correctly. For many people, jumping right into situational sparring is a very interesting experience. For example, in boxing or kickboxing, you need to spend months beating the bag before moving to the sparring sessions. Maintain a positive physical presentation of yourself In jiu jitsu there are many close rolling sessions, so it is important to keep your hygiene as much as possible. We know that keeping hygiene sounds formal, but the lack of it can cause serious diseases! Whether it's a curse or not, every gym has Stinky-give guy This person washes give once a year and represents a wandering infection. Adopted is made of thick cotton, it is important to wash it regularly. If not, you'll be a stinky-giving guy after a couple of sessions. Also cutting nails is one of the most important things. They can produce severe, unpleasant cuts on the face and body of the partner. The same stands to remove all jewelry and other unnecessary things. Martial arts Although physical injuries are inevitable at some point, the lack of hygiene can lead to many terrible consequences. During the sessions, the skin constantly rubs on the mat, and it can result in first-degree burns known as Food Burn The combination of smelly gi and math burns is a great developmental area for various infections such as MSRA (antibacterial-resistant Staph bacteria) that can lead to deadly diseases. The lack of hygiene will prevent you from learning and moving on. Everyone avoids the smelly guys and would rather sit next to the mat than roll with one! In the beginning, it's about showing the discipline of the instructors and more experienced training partners. Washing your body, wearing a nice smelling give and taking care of your partner will talk a lot about your culture and approach to the sport. Stay cool and be a good training partner In addition to keeping your hygiene, it's important to learn some rules on how to become a good training partner. Regardless of the differences in skills between you and your teammate, behaving correctly will make each session useful and productive. The goal is to go into the gym with a smile and leave with one. The truth is that Jiu Jitsu does not recognize any kind of aggressive and overconscious behavior. If you're looking for a brawl or to prove something to someone, knock on the wrong doors. Jiu Jitsu is about a positive atmosphere, respect and Laughing. It is important to keep everything light and under control to prevent damage from happening. Rolling on the mat can lead to many unpleasant situations for a beginner. That said, the mind can easily go into panic mode and your body will do whatever it takes to escape. However, this is a proven recipe for disaster. With a lack of control over the actions, one can easily harm himself or a training partner. The only right decision you can make is to press! No matter how big the problem is, you always sort the problems and keep everyone healthy. After a few taps, you will be more relaxed during uncomfortable situations and focused on learning rather than panic. Also, some people want to prove their toughness by keeping for dear lives in submission. The only sensible explanation for this is that they have never experienced or seen the consequences. It's about surviving the first month You've probably realized so far, the first month of your Jiu Jitsu experience will be difficult, painful and humiliating. Being sent in over and over again is just a learning process. But it can also wake up different emotions and intense emotions. At the end of the day, no one likes to lose all the time. This often represents a breaking point where you either go through the pain or leave the mats without returning. We know it's the hardest pill to swallow, but your biggest enemy is your ego, not your teammates! Accept that you are a beginner who simply does not know anything yet. Being dominated is a normal learning process and we've all been there. When the anxiety and frustration kicks in, try to relax by taking a few deep breaths and remind yourself that this is a learning stage and that your time is coming soon. A positive and calm mind will allow you to overcome all the difficulties both in the gym and in life. Focus on your weaknesses Your continuous evaluation of your workout will increase your progress and confidence. After each session, take a few minutes to remember all the things you went through and focus on the areas that seek improvements. Martial Arts Martial Arts Every person will feel comfortable in different aspects of Jiu-Jitsu. Some people enjoy being at the bottom while others prefer a more dominant position. Although you can enjoy some initial successes, the lack of rounded games will cost you later on the more advanced stages. Improving weaknesses is likely to need twice as much effort and time, but this could be crucial in the long-term perspective. In addition, evaluating the sessions will allow you to memorize things and go on the right track from the beginning. Many people have a hard time breaking bad habits and getting back to the basics of Jiu-Jitsu after many years of training. Be productive outside the gym During the first few months, the instructors with millions of information. Just as you get to know one move, the instructor will start explaining two more or giving you many suggestions for the earlier ones. Even if you put a lot of effort into each session, the BJJ dream becomes more and more confusing. The truth is, like life itself, Jiu-Jitsu is a constant learning experience. For a beginner, it is normal to forget things and have many questions unanswered. Just 25 years ago, you had to book a ticket to Brazil to find your answers. But in the modern world, opening the browser will do the job just as well. There are many high quality instructional videos online you can watch for free or buy some DVDs dedicated to beginners. Watching these instructional videos after each session is a routine for each jiu-jitsu athlete, and you can always ask your teammate or instructor for a recommendation. This will significantly improve your progress and help remember all the confusing traits. In the next class, instead of spending the time repeating the moves from the previous session, you will come prepared and ready to learn new techniques. tags: Brazilian jiu jitsuBrazilian Jiu Jitsu GirlsGuideJiu Jitsu Jitsu

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