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Brazilian Jiu Jitsu Work-out System by [Paul Halme](#)

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You may have seen or heard how successful Brazilian Jiu Jitsu can be and you're considering give over your time to BJJ training, but you're wondering what to anticipate. Jiu Jitsu emphasizes ground fighting techniques to prevail in a physical battle with a challenger.

These systems mostly consist of submission holds involving joint locks or chokes based on the idea that you can negate the advantage of an opponent's strikes, even a larger or stronger one, by taking them to the ground.

Joint locks typically involve creating control and pain in an opponent's limb to the point that they give up... or the limb is broken or joint damaged. A choke hold usually disrupts an opponent's oxygen and blood supplies to the brain, again causing either submission or unconsciousness. All this might cause one to wonder: how is it achievable to train long-term without getting seriously hurt?

Since this combat system is so highly valuable certain limits and parameters are necessary in training. Otherwise few students could manage to keep their bodies intact long enough to ever master the principles of Brazilian Jiu Jitsu.

On the other hand, BJJ cost effectiveness of techniques above all in training, so they want to keep training methods as close to "real" as possible without hurting students. Jiu Jitsu's focus on submissions without the use of strikes does allow for students to carry out many throws and techniques at full speed and strength, allowing for more quick development than some other forms.

A large part of training includes technique drills where moves are practiced against a non-resisting partner. In BJJ, achieving a leading position over a rival on the ground is critical so much time is dedicated to "position drills" where more hazardous finishing moves are not performed. Physical conditioning is a main and the basic element of training at many Brazilian-style clubs, and of course full sparring also known as "randori" is eventually incorporated into the curriculum when the student is about to start.

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