



RODRIGO FREITAS BRAZILIAN JIU JITSU



POINTS AND TECHNIQUES GUIDE

Fights always starts standing up. The competitors have two ways to start the fight: 1. By taking down (2points scored) or 2. By pulling guard (no points are scored when pulling guard.) In order to score a point in Jiu Jitsu a competitor has to hold the position for at least 3 seconds to be awarded the points.



Some takedowns names: Double leg Takedown, Single leg Takedown, outside hook takedown. Each takedown it's worth 2 points.



The competitor on the bottom is on an position called "Closed Guard". The goal from the competitor on the bottom is to sweep. Some sweep names are: scissor sweep, seat up sweep. Each sweep it's worth 2 points.

The goal from the other competitor is to open the guard and pass getting to a position called Side Mount control. Side mount control is worth it 3 points.



The competitor on top is on a position called Mount. The mount position is worth 4 points.



Getting the back is

another position that a competitor can score points in Jiu Jitsu. To score points the competitor has to get the back and put the two “hooks” in. If only one is placed no points are given. The back control is worth 4 points.



Jiu Jitsu fights are based on points and/or submissions. A competitor can be winning by 10 – 0 and suddenly lose to an arm bar submission. Submissions are ways to end the fight early and referees will stop if they feel the competitor is in risk of getting hurt or she/he is taping out.

Some submissions names are: Arm bars, key locks, triangle, rear naked choke.

For further information or suggestions please feel free to contact us at front desk. We hope this could help in some way.