

## Mixed Martial Arts 101: The Ground Game



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With these new weekly series on the sport of Mixed Martial Arts (MMA), Yahoo! Sports aims to break down the fundamentals of the world's fastest growing sport for the new fan. The sport of MMA just might be the most demanding sport in the world, given that all MMA athletes must gain proficiency in so many different martial arts. Most professional athletes have the luxury of focusing on a single sport.

In the sport of MMA, a martial artist who is only adept at one martial art will invariably be ill-equipped to succeed. Today's MMA athlete must be well-versed in every area of combat, be it striking, wrestling, or submissions. Additionally, he/she must be in superb shape physically and mentally. It is not uncommon for professional MMA athletes to have resting heart rates of 40 beats per minute. MMA athletes must have strong aerobic and anaerobic abilities as well as endurance and explosiveness. In many regards, the professional MMA athlete is a real-life super hero.



Mixed Martial Arts - Soo Chul Kim v Bibiano Fernandes - World Bantamweight Title - ONE Fighting Championship - ...

The ground game is often a mystery to the untrained eye. On the surface, it often looks like a human pretzel of two athletes intertwined without much technique or skill. On the contrary, the exact opposite is true. The ground game in MMA is highly technical that takes years and years to perfect. It is human chess based on physics with the objective of applying a fight-ending joint lock or choke. Think about a python and how it works to suffocate its prey. It is a highly technical process with efficiency, body mechanics, and weight distribution.

In the ground game, it is no secret that Brazilian Jiu-Jitsu has risen to the top in terms of the martial arts. Some of the most feared competitors in the world have Black Belts in Brazilian Jiu-Jitsu like UFC Champion Jose Aldo, ONE FC Champion Bibiano Fernandes, UFC Champion Renan Barao, and ONE FC Champion Shinya Aoki. It takes 10-15 years of training 6 hours a day, 6 days a week to achieve a Black Belt in Brazilian Jiu-Jitsu. Make no mistake. The ground game is a highly technical aspect of MMA. Without a solid ground game, it is impossible to succeed in the sport of Mixed Martial Arts.

Brazilian Jiu-Jitsu (BJJ) is an efficient art that relies on technique, balance, timing, and physics. Strength and size matter to some extent, but the fundamental philosophy of BJJ is that a smaller person should be able to beat a larger person through the Gentle Art of BJJ. The idea is to attain a dominant position such as the mount, back control, or side control before executing a submission hold.

There are a multitude of joint lock such as the arm bar, the wrist lock, shoulder lock, the knee bar, and other joint locks. The primary chokes include the rear naked choke, the guillotine, and the triangle choke. All of these submission holds eventually lead to the end of a match. In chess terminology, these moves lead to a check-mate in the sport of Mixed Martial Arts. Athletes have no choice, but to surrender.

Where To Learn Brazilian Jiu-Jitsu in Singapore:

### **Evolve MMA**

Evolve MMA has the largest team of Brazilian Jiu-Jitsu black belts in Asia. Most of them are world champions and they teach all the BJJ classes in Singapore. For more information on the Evolve MMA BJJ program in Singapore, please click [here](#).

### **BJJ Singapore**

BJJ Singapore is one of the oldest schools for Brazilian Jiu-Jitsu. Led by one of Singapore's top grapplers, Jason Quek, BJJ Singapore has an excellent reputation. For more information on BJJ Singapore, please click [here](#).

### **BXG Fitness**

Led by BJJ Black Belt Chance Wanless and one of Singapore's top grapplers, Kon Quek, the BJJ Program at BXG Fitness is excellent. For more information about BXG Fitness' BJJ Program, please click [here](#).

### **Gracie Academy Singapore**

Led by one of Singapore's self-defence pioneers, Teo Yew Chye, Kapap Singapore is the only BJJ program in Singapore certified by the Gracie Academy. For more information, please click [here](#).

### **Fight G**

Led by Darren da Silva, Fight G is the oldest MMA academy in Singapore. In terms of home-grown local Singaporean coaches, da Silva is the most respected MMA coach in Singapore with the most experience. For more information, please click [here](#).