



Higher Power Brazillian Jiu Jitsu Academy

Description:

Brazilian Jiu Jitsu techniques allow the practitioner to apply the exact amount of force necessary to neutralize an aggressor. Unlike other martial arts that consist of striking with the fist, feet, elbows or knees. BJJ utilizes these techniques, but the focus is on establishing a controlling position on the aggressor and applying joint locks or choke holds from a position of dominance. A joint lock will give the aggressor the opportunity to retreat or stop the aggressive behavior before any joints or bones have been injured. You also have the option of rendering an aggressor unconscious via choking techniques. If the aggressor is under the influence of drugs your strikes may have limited effectiveness, however, a vascular choke will render the individual unconscious irrespective of the drugs. This level of force control is not available when striking or kicking an aggressor.

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