

Mastering The Guard Pass And Its Submissions - Unlocking the Secrets with Master Sauer

When it comes to Brazilian Jiu-Jitsu, mastering the guard pass and its submissions is an essential skill for any practitioner. The guard is a defensive position in which an opponent on the bottom attempts to control and neutralize the top player's attacks. However, with the knowledge and techniques provided by Master Sauer, one can effectively navigate through the guard and secure advantageous positions or submissions. In this article, we will explore the intricacies of guard passing and its submissions, learning from the unparalleled expertise of Master Sauer himself.

The Guard Pass - Breaking the Barriers

Mastering the guard pass requires a deep understanding of body mechanics, leverage, and positioning. It is a strategic process of breaking through the barriers that the guard presents. Master Sauer emphasizes the importance of balance, timing, and patience when attempting to pass an opponent's guard. He teaches the subtle details and adjustments that make the difference between a successful pass and getting caught in your opponent's traps.

The Double Underhooks Pass - A Master Sauer Special

One of Master Sauer's signature guard passes is the Double Underhooks Pass. This pass allows the top player to control their opponent's hips effectively, immobilizing their movement and eventually leading to a dominant position. By utilizing proper hip movement and shoulder pressure, Master Sauer teaches how to neutralize the guard and initiate the pass with precision. The Double

Underhooks Pass is a fundamental technique that sets the foundation for further guard passing mastery.



Mastering the Guard Pass and Its Submissions (Master Sauer Book 1) by Heidi Heilig(Kindle Edition)

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Pressure Passing - Breaking the Spirit of the Guard

In addition to the Double Underhooks Pass, Master Sauer's approach to pressure passing is a game-changer. Pressure passing involves applying weight and pressure on the opponent, wearing them down both physically and mentally. By immobilizing their legs, preventing hip movement, and exerting control with superior positioning, pressure passing creates a sense of despair in the bottom player. Master Sauer teaches the secrets of pressure passing, enabling practitioners to pass guards effortlessly, even against skilled opponents.

The Submissions - Surprising Your Opponent

A successful guard pass opens up opportunities for submitting your opponent. Master Sauer believes that submissions from the guard pass are the key to maintaining a dominant position or ending a match efficiently. By controlling the

upper body and isolating an opponent's limbs, the top player can transition into various submissions that catch their opponent off guard.

The Armbar - A Classic Submission

Among the arsenal of submissions from the guard pass, the armbar remains a classic and highly effective technique. With precise positioning and control, Master Sauer demonstrates how to transition from the guard pass to securing an armbar. By utilizing leverage and body positioning, he teaches the finer details that increase the success rate and prevent any potential escapes.

The Kimura - Manipulating Your Opponent's Shoulder Joint

Another powerful submission that Master Sauer emphasizes from the guard pass is the Kimura. By controlling an opponent's wrist and shoulder, he demonstrates how to manipulate their shoulder joint, applying leverage that can lead to a submission or a dominant position. The Kimura is a versatile technique that can be applied from various positions, making it a valuable tool in a practitioner's arsenal.

Mastering the guard pass and its submissions is a crucial aspect of Brazilian Jiu-Jitsu. Through the teachings of Master Sauer, practitioners can unlock the secrets to navigate through the guard effectively and secure submissions that surprise their opponents. By understanding the nuances of guard passing and implementing the techniques taught by Master Sauer, one can elevate their BJJ game to new heights. So, step onto the mat, immerse yourself in the world of guard passing, and let Master Sauer guide you on this transformative journey.

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Gracie Jiu-Jitsu is considered the most effective martial art for self-defense. Gracie Jiu-Jitsu allows a smaller weaker person to protect him or herself against a larger and stronger attacker.

Master Pedro Sauer is a direct disciple of the creator of Gracie Jiu-Jitsu Grandmaster Helio Gracie. His experience and technical knowledge are considered to be some of the finest in the World.

In his first book Master Sauer dissects one of the most important and difficult tasks in Gracie Jiu-Jitsu, to overcome the defensive barrier of the "Guard". But Master Sauer goes beyond just defeating the "guard" and advances into series of submissions that will be invaluable to anyone practicing the art of Gracie Jiu-Jitsu



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