



WATFORDGJJ.CO.UK

@WATFORDGJJ

4 Steps to Win Any Fight

The Beginner's Gracie Jiu-Jitsu Self-Defence Blueprint





“Most people think
a fight is won by
whoever is bigger
or stronger”

They're wrong.

Most people think a fight is won by whoever is bigger or stronger. They're wrong.

Gracie Jiu-Jitsu was built on one idea: a smaller, weaker person can defeat a larger attacker — if they know the right principles.

This guide gives you four of them.

Each step builds on the last, taking you from the moment danger appears to controlling the situation on your terms. These are the same fundamentals we teach every new student at Watford Gracie Jiu-Jitsu on day one.

You don't need to be a fighter. You just need to start.

Ben Tippen

BLACK BELT INSTRUCTOR AT WGJJ



Step 1: Distance Management

The fight is won or lost before it even starts



Time stamp - 4:43

[click for the video](#)

● Red Zone — one arm length away. This is where you get punched, kicked, grabbed. Don't stay here.

● Green Zone — two arm lengths away. You're safe. You can see what's coming and you have time to react.

● Green Zone (Clinch) — chest to chest. So close they can't strike you effectively. This is where GJJ takes over.

The goal is simple: get from green, through red, back to green — without getting hurt. The moment someone enters your red zone aggressively, it's time to move.

If they close the gap aggressively, move to **Step 2**



Step 2: Takedown

In this case - the Double Leg



Time stamp - 0.16

[click for the video](#)

The double leg takes the fight to the ground — on your terms.

As they close in, drop your level . Drive forward, wrapping both arms around their legs. Keep your head to the side of their body, never in front.

You're not lifting them. You're driving through them. The power comes from your legs, not your arms.

Once they're down, move immediately to **Step 3**



Step 3: Ground Control

You're on top. Now keep them there



Time stamp - 7:06
[click for the video](#)

Once they're down, position yourself on top of their chest with your knees pinned to the ground on either side.

This is called the Mount — and it's one of the most dominant positions in a real fight.

Keep your weight low and central. Every time they try to escape, they're burning energy. You're not.

Once they settle, you're ready to finish it — **Step 4**



Step 4: Submission

Finish it with the Americana



Time stamp - 12:30
[click for the video](#)

Here we're going with the Americana — a shoulder lock that requires very little strength to apply.

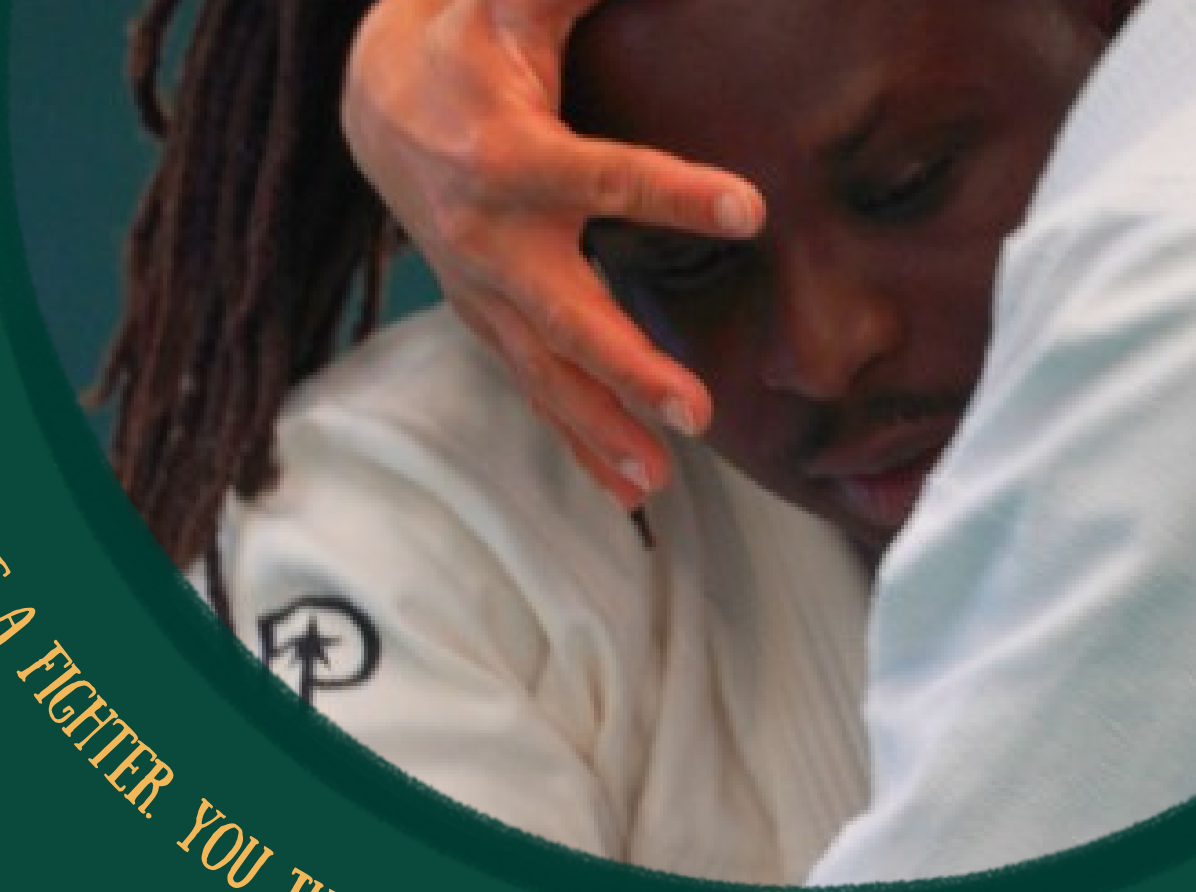
Pin their wrist to the ground above their head. With your other hand, slide your arm under their elbow and grip your own wrist — forming an L-shape with their arm.

This is not a technique that relies on size or power. A smaller person can apply this to a much larger attacker if the position is right — which is exactly why we teach it first.

You've got 4 techniques.
There are **36 more**



"YOU DON'T NEED TO BE A FIGHTER. YOU JUST NEED TO START." — BEN TIPPEN



The four steps in this guide are the foundation — but the full Gracie Fundamentals programme has 40 proven techniques, built specifically so a smaller person can defeat a bigger, stronger attacker.

These aren't theories. We teach every single one of them at Watford GJJ — on the mat, with a partner, under the eye of a Black Belt.

And your first 10 days are completely free.

- ✓ No experience needed
- ✓ Gi loaned to you on day one
- ✓ Taught by Ben Tippen — 1st Degree Black Belt



CLAIM YOUR FREE TRIAL

