

Unveiling the Mastery of Side Control: An In-Depth Review of Patrick Jones' "Side Control: The Dojo"



Side Control (The Dojo) by Patrick Jones

★★★★★ 5 out of 5

Language	: English
File size	: 3032 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 140 pages



In the realm of grappling, side control reigns supreme as one of the most dominant positions. It offers grapplers a wealth of options for controlling their opponents, advancing their positions, and securing submissions. However, mastering the intricacies of side control requires a deep understanding of its mechanics and a repertoire of effective techniques. In his highly acclaimed book, "Side Control: The Dojo", Patrick Jones, a renowned BJJ black belt and accomplished grappler, unveils the secrets of this crucial position.

Comprehensive Coverage of Side Control

"Side Control: The Dojo" stands out as a comprehensive guide to side control, leaving no stone unturned in its exploration of this fundamental position. Jones meticulously dissects the various aspects of side control,

providing a detailed breakdown of its grips, positioning, escapes, and offensive and defensive strategies. Whether you're a seasoned grappler seeking to refine your skills or a beginner eager to establish a solid foundation, this book offers valuable insights and practical techniques to elevate your side control game.

Mastering the Mechanics of Side Control

At the heart of Jones' approach is a deep emphasis on understanding the mechanics of side control. He believes that a solid grasp of the underlying principles empowers grapplers to execute techniques effectively and respond appropriately to their opponents' movements. In "Side Control: The Dojo", Jones breaks down the biomechanics of side control, explaining how to generate leverage, maintain control, and prevent your opponent from escaping. This in-depth understanding allows grapplers to develop a refined technique and adapt to different scenarios on the mat.

Extensive Collection of Techniques

One of the strengths of "Side Control: The Dojo" lies in its extensive collection of techniques. Jones presents a wide range of options for both offense and defense, empowering grapplers to control their opponents, advance their positions, and secure submissions from side control. Each technique is meticulously described and illustrated with clear step-by-step instructions, making it easy for readers to learn and implement them effectively. Whether you're looking to improve your americana, kimura, or armbar from side control, this book has a wealth of techniques to enhance your arsenal.

In-Depth Analysis of Escapes and Counters

Escaping side control is crucial for any grappler who wants to avoid being dominated on the ground. Recognizing this, Jones dedicates a significant portion of "Side Control: The Dojo" to analyzing escapes and counters. He delves into the most common escape attempts and provides detailed instructions on how to counter them effectively. This invaluable knowledge allows grapplers to anticipate their opponents' movements and maintain control even when facing determined resistance. By understanding the mechanics of escapes and counters, readers can develop a robust defense against their opponents' attempts to reverse their position.

Clear and Accessible Presentation

"Side Control: The Dojo" is written in a clear and accessible style, making it a valuable resource for grapplers of all levels. Jones presents the information in a logical and easy-to-follow manner, ensuring that readers can grasp the concepts and techniques effectively. The book is richly illustrated with high-quality photographs and diagrams, providing visual aids that enhance understanding and reinforce the written instructions. This user-friendly approach makes "Side Control: The Dojo" an ideal learning tool for both beginners and experienced grapplers.

Patrick Jones' "Side Control: The Dojo" is an indispensable guide for grapplers of all levels who seek to master the dominant position of side control. Its comprehensive coverage, in-depth analysis of techniques, and clear presentation make it a must-read for anyone looking to elevate their ground game. Whether you're a seasoned competitor or a beginner eager to establish a solid foundation, this book provides the knowledge and tools you need to unlock the full potential of side control.

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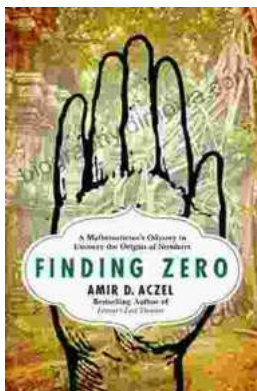


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