



## The Striking Truth

If you're fighting someone your size or smaller, using strikes as a means of victory might work. If your fighting someone heavier, stronger, and more athletic, relying on strikes will almost always lead to your demise.

- Gracie Jiu-Jitsu is a complete self-defense system in itself.
- When you rely on strikes as your primary means of victory, you risk putting yourself within range for your opponent's strikes.
- If you are preparing to fight the sportive setting of MMA (weight classes, time limits, judges, etc.) studying a striking discipline is recommended.
- MMA is designed for entertainment and judges will score you, amongst other things, based on your striking ability and aggression.
- If you're training for street self-defense – no judges, time limits, weight classes, or entertainment concerns – Gracie Jiu-Jitsu all the way.

Notes:

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