Many experts will tell you that mixed martial arts is cyclical in nature. There was a time in which wrestlers and grapplers who could control fight positioning were dominating the game. Alexander Volkov gave his insight on grappling in MMA heading into his main event fight against famed BJJ artist Fabricio Werdum and with the way that fight ended, some may wonder if there's any truth to his claim. “Jiu-jitsu has a really long and rich history in MMA, but compared to the past, jiu-jitsu is not as important as it used to be. Demian Maia is another example as he sought position before submission which allowed him to control many fights in which his opponent fought off the submission for extended periods of time. Submission Grappling Techniques includes 102 positions designed specifically for the slippery, fast-paced, unpredictable world of no-gi grappling. It offers Royler's tips on successful combination moves, garnered from his more than 300 professional fights, as well as advice on training routines, mental stamina, and avoiding injuries that twenty years as an instructor has taught him. If you come from judo, sambo, wrestling, or any other martial art, you will want to get the goods from the master who has defeated the other champions. He is the author or coauthor of three of the most successful martial arts books in recent years: The Gracie Way, Brazilian Jiu-Jitsu: Theory and Technique, and Brazilian Jiu-Jitsu Self-Defense Techniques. Download (45.93MB). Grappling Martial Arts – Click on each style for more information. Bokh – Bokh is a traditional wrestling martial arts that was practiced by Mongol warriors. It is better known today as Mongolian Wrestling. Brazilian Jiu-Jitsu – Brazilian Jiu-Jitsu is a Brazilian martial arts style focused on ground fighting (i.e. grappling). Pankration – This Greek martial arts style combines grappling, kicking techniques and boxing. It was part of the first Olympics in 648 BC. Shootfighting – Shootfighting is a combat sport similar to Mixed Martial Arts. It is focused on techniques from “Muay Thai Kickboxing” to “Total Body Submission Grappling”. Vale Tudo – Vale Tudo is a Brazilian martial arts system that is similar to Mixed Martial Arts but with even fewer rules.