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Fazer guarda é uma das habilidades mais importantes do Jiu Jitsu. Infelizmente muitos alunos de BJJ negligenciam esta habilidade crítica. Muitas vezes os alunos acreditam que uma boa guarda é exclusiva para aqueles com boa flexibilidade ou atletismo. O que estes alunos não percebem é que **todos podem desenvolver uma sólida habilidade de fazer guardas**. Neste artigo, examinamos alguns conceitos e técnicas para ajudar a melhorar sua retenção de guardas.

Como melhorar a guarda?

Conceito 1: Enfrente seu oponente

Para passar sua guarda, seu oponente deve contornar suas pernas e estabelecer uma posição dominante. No entanto, com exceção da passagem de guarda que vêm diretamente sobre ou “dentro” da guarda (que são raros), seu oponente deve obter um ângulo adequado. Portanto, se você girar seu corpo de modo que esteja sempre de frente para seu oponente, ele não será capaz de atingir o ângulo necessário para passar sua guarda.

Conceito 2: Controlar a cabeça

Se seu oponente conseguir obter um ângulo dominante sobre você, você ainda pode manter sua guarda controlando sua cabeça. Controlando a cabeça de seu oponente com suas mãos, seu movimento será limitado e ele terá que se dirigir a suas mãos antes de continuar a sequência de passagem. **Quando seu oponente estiver preocupado em remover suas mãos, você pode usar esta oportunidade para voltar sua guarda.**

Conceito 3: Joelhos ao peito



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A posição correta do joelho é importante quando se tenta fazer guarda.

Quando alguém está tentando passar sua guarda, **você deve trazer seus joelhos o mais próximo possível de seu peito**. Isto limita o espaço entre seus joelhos e suas axilas, que é a área que seu oponente pretende controlar. Ao manter seus joelhos próximos ao peito, a retenção de sua guarda melhora quase que imediatamente. Enquanto nesta posição, você pode usar seus cotovelos no tapete e seus quadris para espelhar os movimentos de seu oponente.

Geralmente quanto mais distante seus joelhos estiverem de seu peito enquanto estiver fazendo guarda, mais próximo você estará de ter sua guarda passada.

Conceito 4: Manter quatro apoios de contato

Finalmente, ao tentar manter sua guarda, você deve se concentrar em manter quatro apoios de contato com seu oponente. Obviamente, **isto corresponde ao número de membros que você tem: duas pernas e dois braços**. Quando você mantém quatro apoios com o corpo de seu oponente, você será capaz de empurrá-lo ou puxá-lo conforme necessário para manter sua guarda. Geralmente, manter quatro apoios o tempo todo torna muito mais difícil para seu oponente passar sua guarda. De fato, se você se concentrar apenas nisso, sua retenção de guarda melhoraria significativamente.

À medida que você transita entre diferentes guardas, pode ser necessário que você desista momentaneamente de um ou mais apoios. Ao fazer isso, certifique-se de restabelecer apoios o mais rápido possível a fim de evitar que a guarda passe. Além disso, embora mantendo quatro apoios, é importante lembrar que **você também pode usar seus cotovelos e joelhos** para fazer isso quando necessário. Desde que você tenha algo para usar contra o corpo de seu oponente, você dificulta a passagem de sua guarda.

Além dos conceitos acima, há várias técnicas específicas que você pode utilizar para manter sua guarda. Se você implementar as técnicas abaixo em seu jogo, sua capacidade de retenção de guarda melhora muito.

Conclusão

Embora fazer guarda possa não ser o tópico mais excitante do Jiu Jitsu, ela está entre os mais importantes. Trabalhando em suas habilidades de guarda, você dará grandes dores de cabeça aos seus oponentes quando estiverem na primeira posição. Além disso, ao desenvolver a habilidade de reter com sucesso sua guarda, **você irá se tornar mais bem sucedido com suas finalizações**, pois seus oponentes cometem erros na medida que ficarem cada vez mais frustrados ao tentar passar por sua guarda.



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