

Unit 25 — English for Mixed Martial Arts

BJJ

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Brazilian Jiu-Jitsu

"Brazilian Jiu-Jitsu (BJJ) is a grappling-based martial art that emphasizes submissions and control, forming a cornerstone of many successful MMA fighters' skill sets."

Cage

Synonym to Octagon

"Synonymous with octagon, the cage provides a contained environment for mixed martial arts bouts, ensuring fighters remain within a designated area while showcasing their skills."

Card

A series of fights.

"The MMA card featured a lineup of exciting matchups, showcasing a diverse range of fighting styles and talent from around the world, captivating fans with its unpredictable nature."

Clinch

Holding an opponent in close range.

"The fighters engaged in a clinch, battling for position and control as they sought to gain an advantage with knees, elbows, and takedown attempts in close quarters."

Corner

A fighter's support team.

"The fighter listened intently to the advice from his corner, absorbing crucial insights on strategy, technique, and pacing to gain an edge in the upcoming round."

Decision

The judges decide the winner.

"When the fight went the distance, the winner was determined by decision, as the judges carefully reviewed each round to assess striking, grappling, and control before rendering their verdict."

Grappling

Fighting on the ground.

"Grappling is an essential aspect of mixed martial arts, requiring practitioners to master techniques like wrestling, Brazilian Jiu-Jitsu, and Judo to control their opponents on the ground."

Ground and Pound

Striking an opponent on the ground.

"The fighter utilized ground and pound, raining down strikes on his grounded opponent, attempting to secure a finish or force the referee to intervene."

Guard

A position on the ground.

"Maintaining a strong guard is essential for preventing opponents from advancing position or landing damaging strikes while on the ground in mixed martial arts."

Jab

A straight punch with the lead hand.

"The boxer effectively used his jab to maintain distance, disrupt his opponent's attacks, and set up more powerful strikes throughout the fight."

KO (Knockout)

Becoming unconscious from a strike.

"The fight ended with a spectacular knockout, as a perfectly timed punch rendered one of the fighters unconscious, highlighting the explosive power in mixed martial arts."

Mount

A dominant position on top.

"Securing the mount position allows a fighter to deliver damaging strikes and apply submissions, putting immense pressure on their opponent and increasing their chances of victory."

Octagon

The MMA fighting area.

"The fighters entered the octagon, ready to demonstrate their skills and determination in the ultimate test of mixed martial arts."

Referee

The person who controls the fight.

"The referee closely monitors the action, ensuring fair play, enforcing the rules, and protecting the fighters from unnecessary harm throughout the intense mixed martial arts contest."

Round

A time period in a fight.

"Each round in a mixed martial arts fight is a test of endurance, strategy, and skill, demanding that fighters adapt and overcome challenges as they push toward victory."

Sprawl

Defending against a takedown.

"The fighter sprawled effectively, preventing his opponent from securing the takedown and maintaining the fight in a standing position, frustrating his wrestling-based strategy."

Striking

Using punches and kicks.

"Striking, encompassing punches, kicks, knees, and elbows, is a fundamental component of MMA, demanding precision, power, and timing to effectively damage opponents from a distance."

Submission

Forcing an opponent to give up.

"The fighter secured a tight submission, applying pressure and technique to force his opponent to tap out, demonstrating the effectiveness of his grappling skills."

Takedown

To bring an opponent to the ground.

"The wrestler executed a perfect takedown, transitioning from a stand-up fight to a ground battle, showcasing his versatility and dominance in the octagon."

TKO

Technical Knock Out

"The referee stopped the fight due to a TKO when one fighter could no longer defend himself intelligently, preventing further unnecessary damage and ensuring his safety."