

**Gracie Philosophy** 

Lesson 27

## **Punch Power Scale**

Punches range in effectiveness and power from level 1 to level 10. In this breakdown, Ryron and Rener demonstrate the factors that determine the effectiveness of a punch, and they explain how jiu-jitsu works from distances that punches do not.

Punches between levels 1 and 4 typically happen on the ground and are functions of the number of joints utilized in throwing the punch. A level 5 punch is a level four punch thrown from the top of the fight in a grappling situation. Levels 6-10 are standing punches and are a function of the individual throwing the punch. A professional boxer might throw a 10, while a drunk guy in a bar, might throw a 6.

Gracie Jiu-Jitsu works primarily because it allows us to control the distance and position ourselves in such a manner that the opponent cannot deploy anything but 1 and 2 punches, while we are able to deploy our level 10 submissions.

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