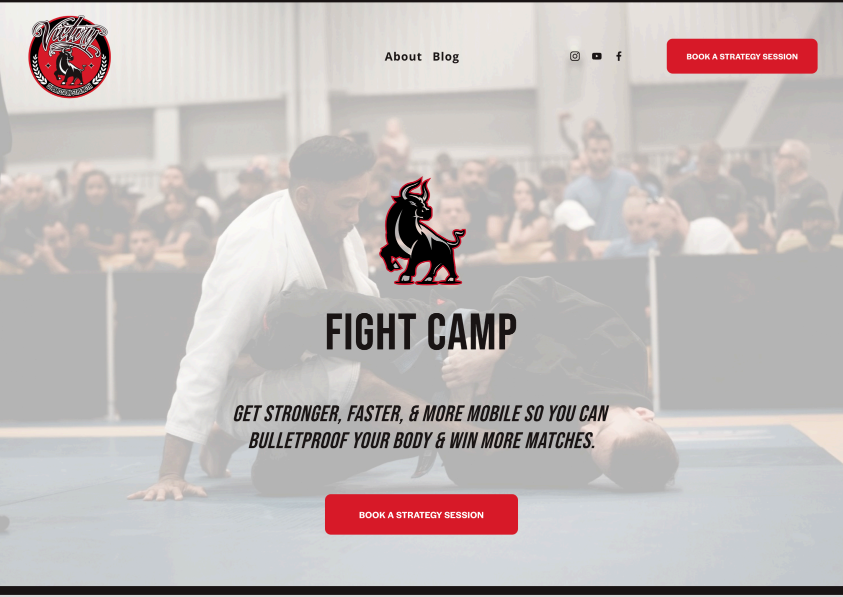


FIGHT CAMP

GET STRONGER, FASTER, & MORE MOBILE SO YOU CAN BULLETPROOF YOUR BODY & WIN MORE MATCHES.

BOOK A STRATEGY SESSION

The score is tied. There are 30 seconds left on the clock and you need to pass the guard, sweep, or submit your opponent to secure the victory.

Your coaches and teammates, they’re all cheering you on. You want nothing more than to bring home the medal and make them proud. This is your shot. Are you prepared? Do you have it in you to finish the fight strong?

“BY FAILING TO PREPARE, YOU ARE PREPARING TO FAIL.”

DOES THIS SOUND LIKE YOU?

- ϟ You're always dealing with nagging injuries.
- ϟ You wish you could be as bendy as that guy from 10th Planet (look into it man 👀)
- ϟ You're afraid of being the weakest one in the bracket.
- ϟ Your hips and shoulders are bugging you.
- ϟ You're sick of getting smashed or swept like a rag doll.
- ϟ You're tired of missing the podium by points, or worse... an advantage.
- ϟ You've been *this close* to finishing your opponent, but ran out of time or lost the submission.

IMAGINE BEING ABLE TO...

- ϟ Reduce the risk of injury so you can train harder and more efficiently while staying on the mats longer.
- ϟ Build strength so you can execute technique at will.
- ϟ Re-guard with confidence.
- ϟ Control your opponent with ease.
- ϟ *Sweep* or **SMASH** the competition.
- ϟ Wear the opposition down on the way to **VICTORY**.

BOOK A STRATEGY SESSION

HI, I'M MATT.

I'm a lifelong athlete, coach for 17 years, brown belt under 12x world champion Caio Terra, and owner of Victory Submission Strength—San Jose's best gym for jiu-jitsu athletes who want to **MOVE**, **FEEL**, and **PERFORM** better.

I know what it feels like to have to sit out injured while your training partners have all the fun and continue to improve. Even worse is when you're preparing for a tournament and you sustain an injury that forces you out of the competition.

The physical demands of grappling both in the gi and no-gi are brutal on the body. If you don't take proper steps to strengthen your weaknesses and fortify your strengths, you could find yourself watching instead of competing.

That's why I created the Victory Submission Strength Fight Camp—to help grapplers stay healthy while getting stronger, faster, and more mobile through intelligently designed programs that are tailored to their body.

BOOK A STRATEGY SESSION

CARLOS CAPELA

★★★★★

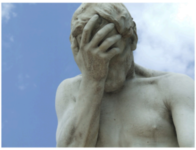
"I used to be unsure about how to improve my athleticism and performance on the mats. I tried working out on my own but never stuck with it. In the end I really needed the accountability that Victory Submission Strength provides.

I'm stronger, faster, more flexible, and now I'm able to perform moves that I wasn't able to before I started training with Victory Submission Strength. If you want to improve your performance, you need this program."

- 2x IBJJF World Champion (No-Gi)
- IBJJF European Champion (No-Gi)
- 4x IBJJF American National Champion (No-Gi)
- 2x IBJJF American National Champion (Gi)
- 20x IBJJF Open Champion (Gi)
- 6x IBJJF Open Champion (No-Gi)
- UAEJJF Pro Champion (Gi)
- IBJJF World, Pan American & European medalist (Gi)
- F2W veteran

TOP 4 MISTAKES I SEE ALL THE TIME IN STRENGTH TRAINING

STRENGTH TRAINING MISTAKE #1:
TRAINING LIKE AN OLD SCHOOL BODYBUILDER



Some people train for an hour or two and then crush their upper or lower body with five or six different exercises before heading home.

Because to them, soreness is the primary indicator of a good lift. This could not be further from the truth! And it's hindering their athleticism and efficiency.

> ***"IF YOU TRAIN TO LOOK LIKE A STATUE, YOU'RE GOING TO MOVE LIKE ONE TOO."***

First, the body rarely moves in isolated instances that involve only one muscle group—ESPECIALLY during a match. **We focus on movements, not muscles**, so you can get strong in a variety of patterns and positions that you'll likely see during live rolls.

Second, if you're only training for one specific quality, you are DE-training the others. We train for mobility, power, speed, strength, and conditioning **during every training session**. That way, you continue to improve in all areas and are in better shape to dominate your opponents.

You can't afford to move like a statue out there. You need to be strong, fast, and mobile if you want to perform at the height of your potential.

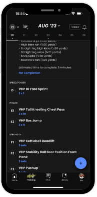
STRENGTH TRAINING MISTAKE #2:
NOT TRACKING PROGRESS IN THE WEIGHT ROOM

Ever thought to yourself, "I'm going to start getting a lift in after class" and then went for 5-8 weeks before you got hurt and had to stop?

Or maybe you weren't sure how to progress a certain lift or *if you should* progress that lift at all.

Maybe life got in the way, you forgot how much you did last week, and you are constantly restarting at the same point or worse jumping around between programs that have nothing to do with each other.

Everything we do is tracked so that you can get results by design, not by coincidence. You'll have an in-depth record of every weight lifted for every rep and every set. This way we can be sure you're getting stronger week to week, month to month!



- High knee run (1x20 yards)
- Straight leg high kicks (1x20 yards)
- Straight leg skips (1x20 yards)
- Backpedal (1x20 yards)
- Backward run (1x20 yards)

Estimated time to complete: 5 minutes

For Completion

SPEED/POWER

D VHP 10 Yard Sprint
3 x 1

POWER

E1 VHP Tall Kneeling Chest Pass
3 x 10

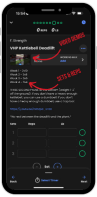
E2 VHP Box Jump
3 x 5

STRENGTH

F1 VHP Kettlebell Deadlift
3 sets

F2 VHP Stability Ball Bear Position Front Plank
3 sets

F3 VHP Pushup



F. Strength

VHP Kettlebell Deadlift

None

WORKING MAX Add

Week 1 - 2x10
Week 2 - 3x8
Week 3 - 3x6
Week 4 - 3x4

THREE SECOND PAUSE at the bottom (weight 1-2" off the ground). If you don't have a heavy enough kettlebell, you can use a dumbbell. If you don't have a heavy enough dumbbell, use a trap bar.

https://youtu.be/Hd5tpd_sT88

No rest between the deadlift and the plank.

Sets	Reps	Lb
1		
2		
3		

STRENGTH TRAINING MISTAKE #3:
FOLLOWING A "WORKOUT OF THE DAY" THAT FAILS TO ACCOUNT FOR INJURY HISTORY

I've watched people with poor overhead mobility due to multiple shoulder injuries try to barbell push press as many reps as possible in x amount of time. Workouts like this assume everyone is at the same place in their journey.

They're a recipe for disaster.

Source: GIPHY

We screen every athlete who comes through our doors so we know:

- exactly what their injury history is
- what (if any) their movement limitations are
- how to work around them so they don't further injure themselves

That way, they can continue to get strong in ways that protect those joints.

STRENGTH TRAINING MISTAKE #4: CONDITIONING ONLY

"Conditioning only" protocol is another error that plagues grappling athletes.. They train for an hour and then immediately turn around and do even more metabolic conditioning work in the form of some workout they saw on Instagram—with zero regard for movement quality or variety.

We train qualities for competitive jiu jitsu that CANNOT be developed by practicing more jiu jitsu. More isn't always better. BETTER is better.

BOOK A STRATEGY SESSION

HERE'S WHAT'S HOLDING YOU BACK...

It's not uncommon to roll with the same partner a few days or weeks in a row. You fall into the same patterns, the same positions, ending in a stalemate time and time again.

People are resistant to working on different parts of their game to open up more options in their preferred positions. They're resistant to the idea of trying techniques they don't know as well as the techniques that got them where they are in the first place.

The EXACT same thing happens with strength and conditioning.

People fall back on what they know or are comfortable with.

- They put bandaids on their joints instead of training to strengthen the muscles around them.
- They piece together lifts from old programs that no longer suit them.
- They tell themselves they don't have time to train in the weightroom...

LET ME TELL YOU: if you only train on the mats and fall into the same patterns over and over again without filling up the rest of those all important movement buckets, you will be forced to stop training for an extended time due to overuse injuries.

VITOR PASCHOAL

★★★★★

"I've always wanted to be the best jiu-jitsu athlete I could be, however two bad injuries took me off the mats for a few years. Every time I'd come back I'd hurt myself again. I tried lifting on my own and hurt myself even more. Something wasn't right… I thought that having a tougher mindset, pushing through pain, and dedication would get me there but I was wrong.

That's where Victory Submission Strength came in. They have always paid close attention to my past injuries, helping me work around them so I can reach my full potential. I've learned how to train hard without reinjuring myself and I can clearly see the difference in endurance, explosion, and overall mobility. Schedule your strategy session now!"

SAN DIEGO SUMMER
INTERNATIONAL
OPEN
OPEN
2023

- 6x IBJJF Open Champion
- 2017 F2W Pro 23 Champion
- 3x IBJJF American National Champion (Gi + No-Gi)
- 3x IBJJF Open Medalist
- 2x IBJJF Pan American Medalist

HERE'S WHAT YOU NEED

- A coach to guide you on YOUR path.
- Someone to help you work around past or current injuries.
- An expert to help you build strength so you can execute technique at will.
- An expert to help you improve your mobility so you can perform techniques that were previously off-limits.
- Someone who knows how and when to progress certain exercises so you stay safe while getting strong.

Let's put it this way.. You certainly can't get good at jiu jitsu without a coach or by trying to recreate random techniques you found on the internet. **So why would anyone try to go it alone in the gym?**

THAT'S WHY I CREATED

Victory
SUBMISSION STRENGTH

VICTORY SUBMISSION STRENGTH FIGHT CAMP

Included in the Victory Submission Strength Fight Camp program are…

- A strategy session with a coach so we can learn more about your goals, medical and injury history, obstacles you may have come across in the past, and training schedule.
- A movement and strength assessment so we know exactly where to start your custom program.
- Customized mobility drills aimed at keeping your joints healthy even under the pressure of competition.
- BJJ-specific power development program that will help you sweep or blast through your opponent's guard as well as stay ahead during scrambles.
- BJJ-specific strength training that will help you better control positions on your way to the submission.
- Metabolic conditioning that will help you stay fresh deeper in each match so you can outlast the opposition.
- Taper week prior to competition to make sure you're in top shape going into your first fight.

THREE SIMPLE STEPS

1. Schedule a Strategy Session.

2. Choose a schedule that works for you.

3. Bulletproof your body & win more matches.

BOOK A STRATEGY SESSION

NOGI WORLDS FIGHT CAMP STARTS IN

37	07	14	38
DAYS	HOURS	MINUTES	SECONDS

JOSH BEAM

★★★★★

“I came to Victory Submission Strength looking to improve my overall strength for grappling. It’s been a few months now, and on his program I’ve noticed big strength gains in areas I hadn’t considered before, specifically in single-leg lifts—which for Jiu-Jitsu is super important.

My balance and movement quality has improved, and although I’m training with them consistently, I don’t notice persistent soreness like when I was lifting on my own in the past. Very knowledgeable, and high-quality training. Would recommend it to anyone looking to improve their athletic performance.”

JESS STROLE

★★★★★

“I joined Victory Submission Strength seven months after major knee surgery (ACL reconstruction/meniscus repair). As a full time BJJ athlete, I was extremely concerned about returning to sport after such a devastating injury. Since joining a month ago, I’ve regained physical capability far faster than I thought. Most importantly, I’ve done it without feeling like my knee is in danger of injury.

They created a plan to meet my unique recovery needs and have carefully worked with me every step of the way. Before I started training at Victory Submission Strength it was hard for me to squat down without biasing towards my ‘good’ leg. I couldn’t even slightly jump. After 6 weeks, I’m currently deadlifting near my body weight, and now easily skipping and shuffling. I’m able to train more in my sport, my knee feels a lot stronger, and I’ve experienced a significant decrease in joint pain. I **HIGHLY** recommend this facility and the coaches in it.”

SAN DIEGO SPRING
INTERNATIONAL
OPEN
2023
IBJJF JIU-JITSU CHAMPIONSHIP
NO GI
OPEN