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# **MMA Training & Techniques : Standing Kimura in MMA**

When doing a standing kimura in MMA, it's important to hook the opponent's foot so that they don't flip it around. Find out how to do a kimura from a standing position with helpful tips from a martial arts coach in this free video on standing kimura submissions in MMA. Expert: Charles Bishop Bio: Charles Bishop is a former high school and college wrestler with six years of mixed martial arts experience.

You can also find this article published on [MMA Training & Techniques : Standing Kimura in MMA](#), and on the tag pages [Kimura](#), [Standing](#), [techniques](#), [Training](#).