

Genesis Martial Arts

Basic Brazilian Jiu-Jitsu Guide



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Please note this guide is for reference only !

Under no circumstances should anyone use any of the techniques included in the guide without prior tuition from a Genesis Instructor.

A Brief History of BJJ

The history of Brazilian Jiu-Jitsu (BJJ) goes back through the Gracie family to their original teacher, Mitsuyo Maeda (Conde Coma) and his training in the Kodokan, the home of Judo. First, a brief history of the creation and evolution of Judo.

JUDO

Judo is the creation of Jigoro Kano (1860-1938). Jigoro Kano was a highly educated man (he is considered the founder of the modern Japanese educational system) that sought to combine and preserve the ancient martial traditions of Japan. Kano refined the techniques he had learned primarily from two traditional systems, the Tenshin Shin'yo Ryu and the Kito Ryu, and founded his own style, Kodokan Judo in 1882. Kano's new style was put to the test in the famous tournament of 1886, hosted by the Tokyo Police, of the 15 matches pitting Kodokan Judo fighters against fighters of various classic styles of Jiu-Jitsu, the Kodokan won 13 matches and tied the other two. Kano's hybrid martial art and revolutionary methods of training had proven most effective.

About the turn of the Nineteenth Century a monumental event occurred when the Kodokan was challenged by a man named Mataemon Tanabe. Tanabe was the headmaster of an obscure system of classical Jiu-Jitsu, the Fusen Ryu. The Fusen Ryu was unlike the other Jiu-Jitsu styles that had sought to test their techniques against the Kodokan; Fusen Ryu fighters were expert at fighting on the ground, an area conspicuously lacking in the Kodokan syllabus of technique. In the matches that followed, all representatives of Kodokan Judo were taken to the ground and submitted by the fighters of the Fusen Ryu. The results of the Kodokan-Fusen Ryu matches highlighted the relevance and importance of ground fighting techniques in dramatic fashion, and Kano invited Tanabe to teach ground grappling at the Kodokan. At about the time the grappling techniques of the Fusen Ryu entered the Kodokan curriculum, a young man named Mitsuyo Maeda began his Judo training.

Mitsuyo Maeda (1878-1941) was a martial arts prodigy who eventually became one of the greatest fighters in the history of Judo. Maeda originally practiced classical styles of Jiu-Jitsu, eventually entering the Kodokan to study Judo. After remaining undefeated in Judo tournament competition, Kano sent Maeda to the U.S.A. in 1904 to spread the message of Kodokan Judo. Over the course of his career, Maeda fought in literally hundreds of matches, grappling with and without the gi, and fighting in "mixed" matches (that included striking and kicking, commonly referred to as "no-holds-barred" fights). During his travels, Maeda fought in the United States, Great Britain, continental Europe, Cuba, Mexico and finally Brazil.

THE GRACIES

Mitsuyo Maeda finally settled in Brazil and opened an academy of "Jiu-Jitsu" . One of his students was a young man named Carlos Gracie. After studying with Maeda for several years during the 1920's, Carlos opened his own academy in 1925. Carlos and his brothers established a solid reputation by issuing the now famous "Gracie Challenge" . All challengers were welcome to come and fight with the Gracies in no-holds-barred (NHB) matches. The Gracie fighters emerged victorious against fighters of all different backgrounds. The Gracies continued to develop the strategies and techniques they learned from Maeda, honing their skills with the realities of real fighting.

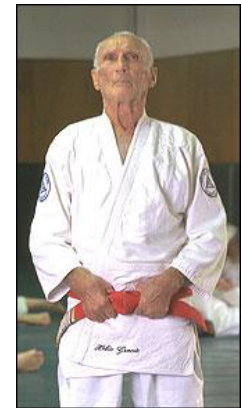
Several members of the Gracie family began to emigrate to the United States in the late 1980's. BJJ became world famous in the mid 1990's when Royce Gracie won a string of victories in the early Ultimate Fighting Championship (UFC) competitions, an event pitting martial artist and fighters of various disciplines against each other in an NHB format. Shortly after, Royce's brother Rickson went undefeated in similar events in Japan, and other members of the Gracie clan were equally as successful in MMA events around the U.S. It became quickly apparent that fighters versed only in punching and kicking lost every time they faced a BJJ trained opponent. At present, all fighters in open rules events (now popularly called "mixed martial arts" or MMA) train in BJJ to some extent. The emergence of the Gracies and their particular brand of Jiu-Jitsu, with its time tested and proven effectiveness in challenge matches and MMA fights, has had a major impact on martial arts worldwide.

A Brief History of BJJ

BRAZILIAN JIU JITSU

Brazilian Jiu-Jitsu, although obviously similar in many respects to Judo and other traditional systems of Japanese Jiu-Jitsu, differs in some fundamental ways from all other related systems. Judo was originally designed as a powerful system of self-defense that also included a sportive component and the idea of self-cultivation and the mutual benefit of members of society. Presently, although the techniques of Judo may certainly be applied in real fighting situations (and many practitioners of "sport" Judo have applied their skills very effectively in non-sportive confrontations), the emphasis in most schools is on sport competition. During the course of the last century the rules of Judo began to emphasize means of achieving victory in competition that did not necessarily reflect the conditions of all in fighting. For example, a Judo match may be won by a throw or a pin hold without a submission. These rules and limited groundwork that forbids many of the original submission holds found in early Judo somewhat limit direct applicability to street fights. Other styles of classical Jiu-Jitsu are still plagued by the original problem Kano addressed with his emphasis on randori, namely, technical training is limited to kata practice.

Brazilian Jiu-Jitsu has followed a different course in the last 80 years. The Gracie challenge and participation in countless free fighting events has led to a different emphasis in fighting strategy and the development of unique rules for BJJ sport competition. Brazilian Jiu-Jitsu is divided into three broad categories, each mutually supportive of the others; self-defense (including striking techniques and unarmed techniques against armed opponents), free fighting competition (commonly referred to as "vale tudo" or "anything goes" events, now popularly called MMA), and sport grappling with and without the gi (matches that include a wide range of submission holds, but no striking). Even the rules of sport grappling matches are designed to ingrain the proper strategy to be applied in the street. For example in a sport BJJ match, points are awarded based on achieving superior positions, positions from which not only grappling techniques can be more readily applied, but also from which strikes may be applied or defended. Students naturally seek the positions that will garner them the most points, thereby constantly reinforcing the most efficient strategy for real life confrontations. This "position-submission" strategy has proven to be the most effective for real life confrontations. The overall fighting strategy of Brazilian Jiu-Jitsu is designed to equip a physically smaller or weaker individual with an effective method of defending against a larger and stronger attacker. When applying BJJ techniques, leverage is paramount, as leverage is the secret to the amplification and most efficient use of force. BJJ also has the most developed methods of fighting while on one's back, a position weaker fighters will often find themselves in when attacked. The innovations of the Gracie family, most notably by grandmasters Carlos and Helio Gracie, and continuing with BJJ fighters today, through constant testing and refinement in the crucible of actual fights, has resulted in this unique style of Jiu-Jitsu.



Helio Gracie

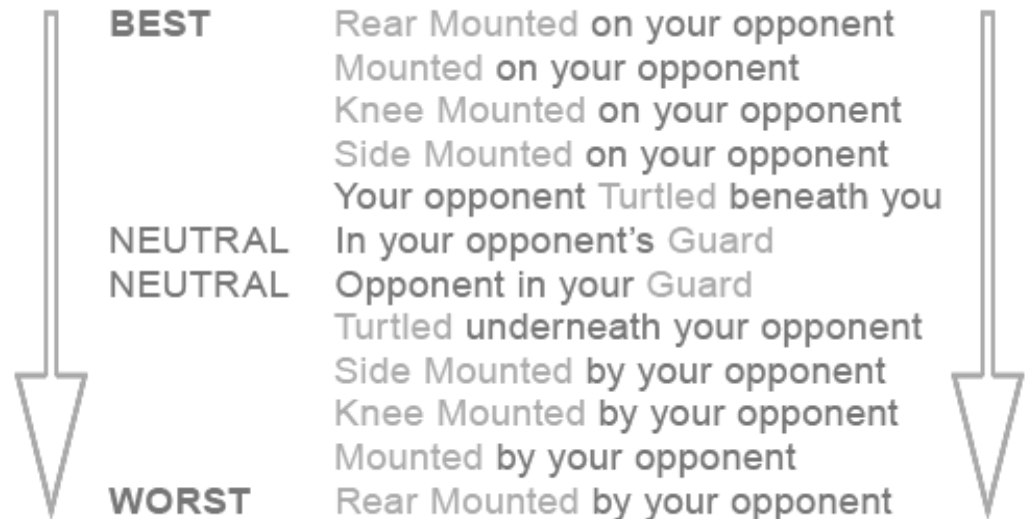
Patriarch of Gracie Jiu-Jitsu

Basic Position Hierarchy

Central to Brazilian Jiu-Jitsu strategy is the concept that some positions are more advantageous than others.

Although it is possible to attack from nearly all positions – as a general rule your objective should be to move up the position ladder.

Moving up the position ladder means more control over your opponent as well as greater and stronger opportunities to attack your opponent, obviously the opposite can be said if you move down the position ladder.



Basic Position Examples

If you watch any BJJ sparring, be it in class or at a tournament, you will see that the combatants spend about 90% of their time on the ground in one of the following positions:

1. Guard
2. Side Mount
3. Knee Mount
4. Mount
5. Rear Mount
6. Turtle

The following are examples of the basic positions on the ladder.

Variations –

There are a number of variations on all of the following positions, as well as a variety of other position scenarios, but the following are the core basics for Brazilian Jiu-Jitsu.

Positions are “Dynamic”

Each position should be considered as “Dynamic”, try not to adopt one position and hold it, you will need to constantly adjust or work a position to keep it, as well as look for opportunities to attack your opponent or move up the position ladder.

Basic Position Examples

- In your opponent's guard
 - Considered as a Neutral position and the most complex of these 6 positions is the Guard, this position is very central to the art of BJJ. The Guard can be subdivided into three additional categories:
 - 1a. Closed Guard
 - 1b. Open Guard
 - 1c. Half Guard



1a. Closed Guard



1b. Open Guard



1c. Half Guard

Basic Position Examples

- Side Mount on your opponent

- The Bottom Position has much less control over their opponent meaning the top position has much more control and greater opportunity to attack.
- The top position now has greater availability of some stronger submission techniques.



- Knee Mount on your opponent

- Sometimes a stop gap to a submission technique but can also be used as a strong position to control the bottom position.



Basic Position Examples

- **Full Mount on your opponent**
 - The bottom position has very limited control over their opponent. A very strong top position where submission techniques are easier to achieve and more effective.



- **Rear Mount on your opponent**
 - The top position has almost complete control over their opponent.



Basic Position Examples

- Opponent in Turtle Position
 - Although the top position has an advantage over the bottom position, the top position is not able to effectively control or attack their opponent without some work, For this reason this is considered close to a neutral position however from here the top position can quickly go straight to Rear Mount.



Escape from the bottom

Referring back to the position ladder you can see it's generally better to be on top than on bottom. The only neutral bottom position is the Guard: if you're on the bottom in any position other than Guard you're losing!

Also Remember Position before submission – meaning generally its going to be easier to submit your opponent if your in a better position on the ladder – look to move up the ladder before you go for that submission.

- **Break your opponents Base**

- The next stage to consider is transitioning from the bottom position to the top, this can be done in many ways from all of the ladder scenarios with differing levels of difficulty and risk, but before we consider specific techniques there is a very important principle to remember and apply to them all – Breaking your opponents Base.
- From all positions with your opponent on top they will have 4 points of contact with the ground both hand and legs. When you attempt to reverse positions with your opponent you must effectively stifle 2 points of contact with the ground to succeed or Break their Base.
- Here you can see with 2 points of contact blocked
The top position cannot spread and stop the reversal.



Escape from the bottom

- **Scissor Sweep**

- Shift hips out and hook one foot under the arm or by the hips
- Position the other foot alongside the knee / leg of your opponent
- Kick across both legs in a scissor action, twisting or pulling your opponents upper body will also assist the technique.



Escape from the bottom

- **Bridge from Mounted**

- Break your opponents posture by pulling their upper body forwards and down
- Quickly “bridge” arching your back and powerfully pushing your hips up
- Twist to one side rolling onto your shoulder whilst pushing and rolling your opponent off to the side
- Go with the roll to finish in the top position in your opponents guard



Submissions

Submission - the act of submitting; usually surrendering power to another.

A submission (depending on the context also referred to as a "tap out" or "tapping out") is a combat sports term for yielding to the opponent, and hence resulting in an immediate defeat.

Tapping Out

To signal to your opponent to stop sparring or to tell your partner to stop a technique you must "tap out" – this is firmly tapping the other person or the floor with your hand or foot.

Important Note –

Always stop if your partner or opponent is "tapping out". "tapping out" is a universal martial arts signal to stop.

Submissions From the Bottom

- **Arm Bar From Guard**

- Pin one arm to your chest.
- Shift your hips and push your opponents upper body with your leg.
- Optional - push your opponents face away
- Shift your other leg over your opponents head
- Make sure your opponents arm is straight and push your hips up to force the elbow the wrong way



Submissions From the Bottom

- Rear Kimura From Guard

- Grab your opponents wrist
- Push the arm back / away, at the same time sit up and reach over the shoulder with your other arm
- Reach through to grab your own wrist
- From here lie back and pull your opponents hand up towards the back of their head to force the shoulder the wrong way



Submissions From the Bottom

- Triangle From Guard

- Control your opponents posture with a foot on the hip and control the arm with a foot on the bicep and hold on the wrist
- Bring the foot on the bicep forward and with pushing your hips up tuck that leg onto the back of the neck
- Place the other leg over the top locking the first foot into the back of your knee forming the triangle with your legs
- Make sure the opponents arm is across their throat and pull down on the back of the head while pushing up with the hips to cause the choke



Submissions From the Top

- **Arm Bar From Full Mount**

- From the full mount position isolate one arm and keep it pinned to your chest
- Shift your body to that side
- Move your leg round and over your opponents head
- Lie back keeping the arm straight and your body close to your opponent
- Pull down on the wrist and push up with your hips to force the elbow the wrong way



Submissions From the Top

- **Arm Bar From Side Mount**

- Isolate the opposite arm
- Straighten the opponents arm pinning the wrist to the floor
- Bring your other arm underneath just before your opponents elbow and grabbing your own arm
- Using the second arm as a pivot bring your arm up to force the elbow the wrong way



Submissions From the Top

- **Kimura From Side Mount**

- From side mount isolate the opposite arm
- With your opponents arm bent pin the wrist to the floor
- Slide your other arm under your opponents arm to grab yours
- Keeping the wrist pinned to the floor raise your opponents elbow towards their head forcing the shoulder the wrong way

