

BJJ COACH INTL ASSOCIATION

Prof. Marcello C. Monteiro



Student
HANDBOOK

Student Handbook Introduction



Welcome to the BJJ Coach Intl. Association. I would personally like to thank you for becoming a member in my association. Brazilian Jiu Jitsu is my life! From the time I was a child, I started training Brazilian Jiu Jitsu in Brazil. During that time I dedicated my life to becoming a master in BJJ. I trained with many great masters from Brazil. Some of these masters are well known, while others are not. My whole life I have been learning, studying, practicing, competing and teaching the art of BJJ. I have lived through a lot of the history of BJJ in Brazil and in the United States.

I am now excited to share my lifetime of knowledge with you and your students to bring you to another level. I want all my instructors, students and association members to be the best they can be. Use my system to improve your BJJ, School, students and your life with a martial art that has made me who I am!

Please keep promoting my association, stay loyal to me and my teachings and have FUN with my system!

Thank you,

A handwritten signature in black ink, reading 'Marcello C. Monteiro'.

Professor Marcello C. Monteiro



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Marcello C. Monteiro's Biography

Marcello Monteiro is well known in Brazil and America as a teacher and a coach who creates winning BJJ fight strategies. Marcello teaches the most important tricks and details that speed up the learning process of each movement to facilitate maximum performance by BJJ practitioners. "Monteirão", as he is known among his friends, likes to state that, "the difference between a champion and other athletes is associated with the details of each position." This is something that Marcello has mastered from training BJJ his whole life.



Marcello grew up in the country that created Brazilian Jiu Jitsu. While in Brazil, Marcello attained many accomplishments:

- He is the author of the first No Gi Brazilian Jiu-Jitsu book called "Secret Positions." Gracie Magazine launched Secret Positions on how to teach BJJ positions without a Gi. Gracie Magazine sold the Secret Positions No Gi Book (at the Gracie Shop) in Brazil for approximately five years from 1998-2003. Marcello was the first person ever to show the Anaconda choke in a printed publication.



- He took part in a documentary about De La Riva 's life and his created guard position known as the De La Riva hook. In the documentary, Marcello was demonstrating some positions with De La Riva himself. In the video, Marcello was featured along side many great masters such as Rickson Gracie, Carlson Gracie, Royler Gracie, Renzo Gracie, Zé Mário Sperry, Murilo Bustamante and Rodrigo Nogueira (MINOTAURO), telling about De La Riva's life. That documentary is still currently sold in Japan.

- Marcello won the first and only Carlson Gracie Competition Team "Tournament" in the lightweight division in Brazil. The tournament was organized by Ricardo Liborio to honor Carlson Gracie in 1997. Marcello won his final match against his friend Ari Galo. (Current Carson Gracie Coach at Carlson's academy in Rio de Janeiro/Brazil since 2001).

- He is a graduate of the "Federação de jiu-jitsu do Estado do Rio de Janeiro, Brazil ", which is a federation in Brazil that sets and maintains the standards of BJJ.



- Registered as a Physical Education Professor from Conselho Regional de Educacao Fisica – CREF-010016P/RJ-Brazil.

- Achieved his Black Belt under Master Ricardo De La Riva in April 1999.

- Marcello is best known as an instructor that has turned regular students into State, National and World champions.

Currently, Marcello is determined to spread his style of BJJ worldwide. His most recent accomplishments include his Online BJJ Training Facility and his step by step, White to Black Belt BJJ DVD Curriculum for students and instructors.



Pictured on the left: Rodrigo "Minotauro" Nogueira, Ricardo De La Riva, Marcello Monteiro, Rogerio "Minotouro" Nogueira, and Fernando "Margarida" Pontes. A very special picture of these five black belts together before every one of them became known world wide.

Mission Statement

The Mission of the BJJ Coach Association is to teach you step by step, the right way, to improve your BJJ. Continuing your BJJ education with the BJJ Coach Association will help you and your student's games continue to evolve and grow. Our biggest goal is to have many minds that grow together as an association, that love the art of BJJ and how it can change people's lives!

School Rules and Courtesy

1. Arrive 10-15 Minutes early to class.
2. If you arrive late to class, wait for an instructor to invite you on the floor.
3. Remove all jewelry, watches and sharp objects.
4. Keep equipment in designated area ready for class.
5. No shoes allowed on the mat, they must be kept in the proper area.
6. No unsupervised sparring allowed.
7. Focus all your energy for the class you are involved in.
8. Do not teach any techniques you learn to anyone without instructor approval.
9. You should always have good hygiene when coming in to train. Your gi and workout clothes should be clean and you should keep your fingernails and toenails trimmed.
10. You are responsible for techniques used outside the academy.

School Courtesy:

1. Line up according to belt rank or student time.
2. Guests watching you in class should always remain quiet.
3. Leave your ego at the door. This is a learning environment only!
4. Pick up any garbage you see and throw it away.
5. Remember all your belongings so you don't leave them at the school.
6. No gum or food allowed on the workout floor.
7. "Bow" to the classroom before entering.

Instructor Courtesy:

1. Address all instructors and staff by their preferred names.
2. Always bow to your instructor when you see them.
3. Remember to say thank you when you are offered a correction.
4. Always demonstrate a humble attitude when in the presence of an instructor.
5. When an instructor gives you directions, you should attempt to follow through with their request immediately.
6. Keep idle talk to minimum when in class.
7. Raise your hand to ask a question.
8. Your instructors are friendly but they are not your friends. Do not treat them like a “buddy”.

Safety:

1. Do not touch any blood if an accident would occur. Ask an instructor to get clean up supplies.
2. Never misuse techniques in training.
3. Develop communication with your training partner.
4. Go at a level that you and your training partner can handle.
5. Take your time learning a new technique.
6. Go only as far as your body will let you.
7. Know where the first aid kit is located, in case of a minor accident.

A martial arts academy is where deep transformation and growth occurs. It is not like any other environment and your relationship with your instructors is not like any other relationship. Along with the privilege of learning martial arts, come some inherent



obligations. Treat the academy like a special place or your home. Stop and clean something when out of place and help promote the academy whenever possible. If you are receiving great benefits, then share that with other people and help them get benefits too. This is how we make a strong community and a strong academy which will benefit all of us.

Understanding Brazilian Jiu-Jitsu

Brazilian Jiu Jitsu is one of the world's premiere fighting arts. It specializes in ground fighting with an emphasis on position control and submissions. Brazilian Jiu Jitsu relies upon proper leverage of techniques for success rather than brute strength. It is considered one of the best martial arts for self-defense and sport, making it ideal for men and women of all ages.

Brazilian Jiu-Jitsu Training

Gi (traditional uniform) and No Gi (Rash Guard and Shorts or Gi pants) are two sides of the same coin. While they are indeed two distinct sports with characteristics based on attire, they both stem from the same Brazilian Jiu-Jitsu delivery system and share the same positional strategies that feature control and submissions through mastery of leverage, pressure, mobility, and timing. We encourage exploration into both sports as we feel it will give you an overall better appreciation of Brazilian Jiu-Jitsu as an art. Each sport is usually characterized by a different pace and arsenal unique unto itself. Learning both these aspects of grappling will only add to your development as a complete BJJ Athlete.

Whether you are new to the art or an experienced player, we have the training for you. Competitors will love our tournament winning techniques. Others will enjoy the art of jiu-jitsu for fitness, self-defense, or as a great hobby. Brazilian Jiu Jitsu is ideal for both kids and adults who want to get in shape, or compete in one of the fastest growing sports in the world.



BJJ Coach Intl Assoc is for everyone!

Brazilian Jiu Jitsu Adult Belt Ranks:

In Brazilian Jiu Jitsu, you will start off as a White Belt. You must attain four stripes on each belt before being eligible to advance to the next colored belt. Each stripe on your belt equals a level in BJJ. Once you receive 4 stripes on your White Belt, you are eligible for Blue Belt and the same process goes for Purple Belt and Brown Belt up to Black. Once a Black Belt, you will earn stripes also known as degrees.

Average Adult Time of Each Belt:

WHITE TO BLUE: 1 YEARS

BLUE TO PURPLE: 2 YEARS

PURPLE TO BROWN: 1-3 YEARS

BROWN TO BLACK : 1-3 YEARS

It is up to each instructor to decide how long it takes for a student to be graded, as long as the minimum times required for each belt are fulfilled.

Brazilian Jiu Jitsu Kids Belt Ranks

The goal of children training BJJ is to have them at a Blue Belt level by the time they are sixteen. Kids can start in BJJ as young as 4 years old and work their way through the belts up to being sixteen years old. Now, sixteen and a teenager they can work towards their Purple, Brown and Black Belts.

Kid Belt System and their related ages

I . WHITE – Beginner, any age

II. GREY – 4 to 6 years of age

III. YELLOW – 7 to 15 years of age

IV. ORANGE – 10 to 15 years of age

V. GREEN – 13 to 15 years of age

VI. BLUE – 16 years of age or older

VII. PURPLE – 16 years of age or older

VIII. BROWN – 18 years of age or older

IX. BLACK – 19 years of age or older



BJJ Coach Association Student Requirements

1. In order to get promoted and move-up in Rank, all students need to study the curriculum and practice the techniques taught in class during open training sessions.
2. All students must have the Official BJJ Coach Association Uniform for belt promotions, seminars and competitions; this shows loyalty to the team as you represent the association.



Requirements to Test:

1. All tuition must be current.
2. Students must have attended 2/3 of the classes in the Block or they will have to make it up through private lessons.
3. Students must have learned proper techniques in the Curriculum Block.
4. Students must pay an appropriate testing fee for their level.

The Test:

1. Testing for promotion is done 2-3 times a year.
2. Student must test on exam date or schedule a makeup exam in which there will be an extra charge.

Testings are intense and a chance for your instructor to give positive criticism in your martial arts career.

About BJJ Curriculum

"A BJJ Black Belt is a White Belt that never quit!"

Concepts of Each BJJ Belt Level

There is a lot of discussion about BJJ techniques at each level. Although the techniques are what make up BJJ, it is the fundamental concepts at each level that make you a smarter BJJ player. At each belt level you must develop a different way of thinking in order to improve your BJJ skills. Understanding the game of BJJ and having the mental tactics to make smart BJJ technique choices is what will make your game become better quicker. Each belt requires a different thought process in order to understand the art of BJJ. By knowing what is

expected of you and your students at each belt you will be able to learn the art of BJJ at a more rapid rate. It is not an obligation that you have to compete in BJJ. However, a student who is competing will learn quicker and understand how to better control their emotions in training or in a match.

White Belt to Blue Belt: (Approximately 8 Months to 1 Year Training-Could Be Longer)

Congratulations on getting signed up for BJJ classes in the MCM BJJ Association. The first step of BJJ is just being willing to learn. As a white belt begins his training, it is important to learn how to avoid beginning BJJ mistakes. Access the WARNING signs on the DVD curriculum. These will teach you what not to do at the beginning of your training. At the beginning, you will not learn a lot of escapes and submission defenses. You need to learn proper hand placement, protecting yourself in different positions, and know when to tap if you are in danger of being submitted.

By the time you earn your level 1 (1st Stripe on your white belt), you will have an understanding of what encompasses BJJ Training. Working your way through White Belt Level one to White Belt Level four, there are some distinct skills that must be acquired. The first thing a white belt needs to know is how the BJJ Scoring system works. The BJJ scoring system teaches you to learn BJJ the right way. Instead of just rolling for fun or submissions, you learn how to play BJJ as a game you would like to win. This teaches you how to hold the proper positions, think about the right moves, and try to avoid as many mistakes as possible. As a white belt, you should be trying different techniques and taking chances. It is ok to get tapped out as a white belt, since you are learning to try new things. One big concept is try to arrive in a position that you learned that week in class and attempt one of the techniques. By just giving a technique a try each week, soon you will have many techniques in your arsenal. Many white belts don't try because they are afraid of making a mistake. As a white belt, that is what you are suppose to do so you can learn the right way and make corrections in your game.

You must learn what the positions are and how to transition from position to position in addition to the guard game transitions (closed guard to open guard, open guard to half guard, etc.) all while trying not to lose control of your opponent. Before you receive a Blue Belt, you must be able to think one move ahead in each position of your opponent or training partners at all times.

Blue to Purple Belt: (Approximately 2-3 years training but could be longer)

The blue belt is the most important belt for the BJJ player. As a Blue Belt, you will be putting your game together and correcting mistakes in your game. In the beginning stages of the blue belt level, it is ok to lose training matches to white belts with 4 stripes since they will be going after you.

As a Blue Belt, when you are on the bottom you must always have in mind after the first minute in training that time is starting to run out in the match. If you feel like your opponent has a strong top defense and he is almost opening your guard, don't waste time go for half guard, open guard, spider guard or scissor guard positions. On the bottom, keep your mind focused on trying to sweep or reverse the position to the top or tap him out. When the opponent is almost passed your guard do not keep trying to re-guard, turn on all fours not allowing the opponent to stabilize side control and score points. Once you turn on all fours, trap his leg and roll over to half guard or turn and face him and re-guard. Sometimes when you turn on all fours, your opponent will put one hook in and attack your back but you will learn all the proper ways to defend that position in order to escape and re-guard. Learn these guard concepts and you will be well on your way to purple belt.

As you make your game stronger, you need to start going after higher levels and you cannot lose anymore training matches to white belts. Always think about applying the right techniques and think about playing Chess on the Mat. The BJJ Point system needs to be stronger in your mind. Try to always maintain on top when training. Find ways to win the top constantly. A Blue Belt needs to be thinking two steps ahead of his opponent at all times. From the top, don't give your opponent any space to re-guard. When you are in half guard control positions on top, stay very tight to him, do not lose the position, get the underhook or

control the head. Be in control of the head and go for the under hook, if you lose the under hook, try to not lose his head. When you are up on points, it is ok to go for a submission. If the submission is failing, switch to another submission or go back to a stable BJJ control position.

Learn to be a smart coach for yourself. If you know there is part of your game you need work on, put yourself in those situations. For example, maybe you know someone is better than you on the bottom. Then keep putting yourself on the top with them to challenge yourself. Challenge the areas that you feel are weak in your game. Try to observe people with a more experienced game than you and pick out what they are doing.

Having these mental concepts down during the blue to purple belt transition will help you understand where you are headed as you build your BJJ game. The Blue Belt is the base for all other belts to come.



Purple Belt to Brown Belt: (Approximately 2-3 Years Training - Could Be Longer)

Getting to Purple Belt has shown years of dedication on your part. You are now getting closer and closer to Black Belt. It is important as a Purple Belt to work counters of the counters. Always be 3-4 steps ahead of your training partner or opponent in each position. Think about what type of game you want to play before you begin the training. At this stage in your BJJ career you have had hundreds and hundreds of situations happen to you. Everyone has tried or has done a lot of things to you. Recognize what areas you keep arriving in and learn how to catch your opponent in that situation. Purple Belt is a time to make major adjustments in your game. Start learning how to make your game work for you. You cannot lose any training matches to white belts. From training over the years, the point system is now part of you allowing you to figure out where you would like to play.

As a Purple Belt you must always be sharp. You will always have White Belts, Blue Belts and Purple Belts going after you. Think about two submissions you would like to catch during each match and adjust your game to get them. Don't be afraid to go after Brown and Black belts so that your game keeps getting sharper.

Brown Belt to Black Belt: (Approximately 2-3 Years of Training- Could Be Longer)

Arriving at Brown Belt is a major level in your BJJ career. As a Brown Belt you will have more pressure than ever on you. All White, Blue, Purple and Brown Belts will be going after you. Everyone wants to say they beat a Brown Belt. It is time to polish your game like a "diamond". You cannot make mistakes anymore like you did in the past. You are now on the path to finalizing your own game of BJJ. You must be thinking 4-5 steps ahead of your opponent in every position. Don't be afraid to put pressure on Black Belts now and try to catch them. Your training is now at a level where you can compete against Black Belts and catch them in a submission or dominate position to win matches.

It is time now to take the point system really serious. Go crazy to not allow opponents to score any points on you. If behind in a match or training, never give up till the last second on trying to finish the match by submission.

You are now on the path to excellence. This is the time to work harder than ever on your game to become a good Black Belt. Black Belt is your main goal. All you can see in your mind is you wearing the Black Belt. Never give up your training no matter what is going on in your life. BJJ is now part of you and without it you would feel empty.

As BJJ Black Belt

Congratulations on accomplishing your ultimate goal to be a BJJ Black Belt. Now the road has just begun. As a Black Belt it is time to maintain your excellence and continue to improve upon your skills. A Black Belt must be ready for challenges at all times.

At this stage of your BJJ career you may have had successful trainings against your instructor. It is important not to lose respect for your

instructor. Your instructor taught you everything you know and is proud to have you as his Black Belt. Don't train with your instructor like you are competing against him always wanting to win. Play a smart fun game with your instructor and learn to display a lot of BJJ. If your instructor is training for some type of competition it is your obligation to push him during training. The better you are the more sharp your instructor will be. As a team everyone will grow to become good.

Your instructor may be older than you or have more injuries or whatever maybe the case. That will not change your respect for what your instructor has done for you. It is time for you to start acting like a master. Learn to be solid in all parts of BJJ and in your personal life. The art of BJJ as taught you to never give up or quit! Now that you have attained your Black Belt, the worst thing you could do is quit. It is time to share your knowledge, help your instructor and promote our BJJ Association to make it stronger!

We are proud to have you as one of the highest representatives in our organization. Please remain humble and professional at all times to represent our organization with a classy style.

What you just read about the progression through the Brazilian Jiu-Jitsu belt ranking system are thoughts and ideas of Marcello C. Monteiro. It is his perception on the ranks of Jiu-Jitsu since he was a White Belt moving up to where he is today; a Black Belt.

BJJ Coach Level by Level Techniques

All the techniques for each belt level are very important to one's game and progress.

Each level will have techniques that are considered to be 5 star and 6 star techniques by Marcello C. Monteiro, that will be important not only for the belt test, but for the student's game to improve. These techniques will also speed up the student's game.

In order for a student to be promoted to their next colored belt they must pass their examination with at least an 80% of the 6 star techniques, meaning they can only fail 20% of the techniques that Marcello C. Monteiro wants them to demonstrate.

If a student fails the examination of the 6 star techniques failing at 20% to 30%, they will get one more opportunity. The student will need to perform more techniques at the 5 star level, and they must pass with at least a 60% score.

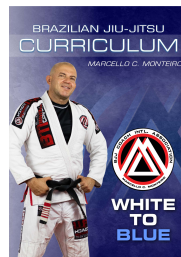
Note: If a student fails the examination of the 6 star techniques by 30% or more, then they automatically fail their belt examination; and won't have an opportunity to perform the 5 star techniques.

Ranking BJJ Coach Techniques (5 and 6 Star)

White To Blue Techniques Ranking DVD I (White Belt One Stripe)

BOTTOM POSITIONS

(Control Positions, Transitions, Sweeps, Reversals, Counters & Set Ups)



- BREAKING THE GRIPS UPWARD FROM CLOSED GUARD *****
- BREAKING THE POSTURE HUGGING THE OPPONENT*****
- BREAKING THE POSTURE OPENING THE ELBOWS*****
- APPLYING THE MOUNTAINEER SWEEP GOING FROM CLOSED GUARD*****
- CLOSED GUARD TO SCISSOR CONTROL POSITION*****
- CLOSED GUARD TO BASIC SCISSOR SWEEP*****
- BASIC OPEN GUARD CONTROL POSITION VARIATION 1 *****

TOP POSITIONS

(Control Positions, Transitions, Guard Passes, Side Control, Mount Positions, Half Guard, Counters & Set Ups)

- PROTECTING YOURSELF IN YOUR OPPONENT'S CLOSED GUARD*****
- BREAKING THE CLOSED GUARD USING OPPONENT'S BELT FOR CONTROL APPLYING THE KNEE UP*****
- KNEE UP TO KEEP OPEN YOUR OPPONENT'S GUARD *****
- UNDERHOOKING BOTH LEGS PASSING GUARD ON THE BOTTOM*****
- 100 KILOS IMMOBILIZATION*****

- 100 KILOS IMMOBILIZATION TO THE NORTH SOUTH POSITION*****
- 100 KILOS TO OVERHOOK REVERSE SCISSOR CONTROL POSITION*****
- 100 KILOS TO UNDERHOOK SCISSOR CONTROL POSITION*****
- UNDERHOOK SCISSOR CONTROL ATTACKING THE MOUNT*****
- SPRAWL EXPLANATION*****
- BASIC SPRAWL POSITION ON THE GROUND*****

WARNING

- NEVER USE BOTH HANDS AGAINST THE PANTS WHILE IN OPPONENT'S CLOSED GUARD, PART 1*****
- NEVER USE BOTH HANDS AGAINST THE PANTS WHILE IN OPPONENT'S CLOSED GUARD, PART 2*****
- NEVER USE BOTH HANDS AGAINST THE PANTS WHILE IN OPPONENT'S CLOSED GUARD, PART 3*****
- NEVER GRAB THE PANTS AGAINST THE KNEE WHILE IN OPPONENT'S CLOSED GUARD*****
- NEVER PUT YOUR SINGLE ARM BETWEEN THE LEGS WHILE IN OPPONENT'S CLOSE GUARD*****
- NEVER ATTEMPT A KIMURA SUBMISSION WHILE IN YOUR OPPONENT'S CLOSED GUARD*****
- NEVER CROSS YOUR ARM OVER THE CENTRAL LINE WHILE IN OPPONENT'S CLOSED GUARD*****
- NEVER PULL THE HEAD STRAIGHT TOWARDS YOU WHILE IN OPPONENT'S CLOSED GUARD*****

SUBMISSIONS

(Back, Top and Bottom Game)

ON THE BOTTOM

- BASIC REVERSE KIMURA*****
- BASIC ARMBAR*****
- BASIC CROSS COLLAR CHOKE*****

ON THE TOP

- MOUNT POSITION TO BASIC ARMBAR*****
- MOUNT POSITION TO ARMBAR TRAPPING THE ELBOW*****
- KIMURA ATTACK ON THE MOUNT*****
- BASIC KIMURA FROM SIDE CONTROL*****
- STRAIGHT ARMBAR STEPPING AGAINST OPPONENT'S WRIST*****

ON THE BACK

- REAR NAKED CHOKE*****
- ARMBAR FROM THE BACK ATTACK*****
- BACK ATTACK CROSSED FEET COUNTER*****
- BACK ATTACK WITH STRETCHED CHICKEN*****

TAKE DOWNS

- BASIC SINGLE LEG TAKEDOWN*****
- COUNTER TO THE OPPONENT HUGGING THE ARMS FROM THE BACK GOING INTO TAKEDOWN****

DVD II (White Belt 2nd Stripe)

BOTTOM POSITIONS

(Control Positions, Transitions, Sweeps, Reversals, Counters & Set Ups)

- PULLING TO THE CLOSED GUARD ON THE GROUND*****
- BREAKING THE POSTURE GRABBING THE COLLAR AND OPENING AT THE OPPONENT'S ELBOW*****
- BASIC CLOSED GUARD SWEEP ESCAPING THE HIPS*****
- BASIC OPEN GUARD CONTROL POSITION VARIATION 2*****
- OPEN GUARD CONTROL POSITION TO BASIC PUSHING THE KNEE SWEEP*****
- HALF GUARD CONTROL POSITION NUMBER 1*****
- HALF GUARD CONTROL POSITION NUMBER 1 ATTACKING THE BACK*****
- HALF GUARD CONTROL POSITION NUMBER 1 TO BASIC SWEEP*****
- ESCAPING THE HEADLOCK AND ATTACKING THE OPPONENT'S BACK*****

WARNING

- NEVER LET YOUR OPPONENT PIN YOUR BACK TO THE MAT WHILE IN HALF GUARD*****

TOP POSITIONS

(Control Positions, Transitions, Guard Passes, Side Control, Mount Positions, Half Guard, Counters & Set Ups)

- BREAKING THE CLOSED GUARD CONTROLLING OPPONENT'S CHEST AND APPLYING THE KNEE UP*****
- DIVING TO PASS OPPONENT'S GUARD PRESSING DOWN ONE LEG WHILE UNDERHOOKING THE OTHER*****
- PASSING GUARD UNDERHOOKING ONE LEG AND PUSHING THE OTHER DOWN*****
- PASSING GUARD UNDERHOOKING ONE LEG AND PUSHING THE OTHER DOWN VARIATION 1*****
- BASIC ANANIAS GUARD PASS*****
- SNEAK ATTACK FROM SIDE CONTROL TO KNEE ON THE STOMACH*****
- SIDE CONTROL COUNTERING THE UNDERHOOK AND BLOCKING THE WAIST*****
- COUNTERING THE UNDERHOOK AND BLOCKING THE WAIST GOING FOR THE OVERHOOK SIDE CONTROL POSITION*****
- ATTACKING THE MOUNT FROM THE OVERHOOK SCISSOR SIDE CONTROL*****
- MOUNT CONTROL POSITION CROSSING FEET*****
- BASIC SPRAWL WITH UNDERHOOK REVERSAL TO SCISSOR SIDE CONTROL*****

WARNING

- DO NOT GRIP PANTS ON THE OUTSIDE OF THE KNEE*****

SUBMISSIONS

(Back, Top and Bottom Game)

ON THE BOTTOM

- BREAKING THE POSTURE TO CROSS COLLAR FOREARM CHOKE*****
- BASIC ARMBAR CLIMBING THE BACK*****
- BASIC CROSS COLLAR CHOKE VARIATION 1*****
- MOUNTAINEER ATTACK TO REVERSE KIMURA*****
- OPEN GUARD CONTROL POSITION TO TRIANGLE ATTACK*****
- OPEN GUARD CONTROL POSITION TO THE OMOPLATA ATTACK*****
- TRIANGLE SET UP GRABBING THE COLLAR ON THE GROUND*****

ON THE TOP

- KIMURA FROM THE SCISSOR SIDE CONTROL*****
- KIMURA WITH THE LEGS FROM THE SCISSOR SIDE CONTROL*****
- OVERHOOK SIDE CONTROL TO STRAIGHT ARM KIMURA*****
- OVERHOOK SIDE CONTROL TO BASIC KIMURA STEPPING OVER OPPONENT'S HEAD*****
- BASIC CHOKE ATTACK ON THE MOUNT*****
- EZEQUIEL CHOKE ON THE MOUNT*****
- ARMBAR SETUP GRABBING THE COLLAR TO INCREASE PRESSURE*****
- ARMBAR SETUP COUNTERING THE BASIC ARMBAR ESCAPE*****

ON THE BACK

- BACK CHOKE GRABBING BOTH COLLARS*****
- BACK CHOKE PASSING ONE ARM BEHIND THE OPPONENT'S HEAD*****

ESCAPES

ON THE BOTTOM

- BASIC UPA MOUNT ESCAPE COUNTERING THE CHOKE*****
- ESCAPE FROM ARMBAR ROLLING OVER THE SHOULDER*****

ON THE TOP

- OMOPLATA ESCAPE ROLLING OVER THE SHOULDER*****
- BASIC OMOPLATA ESCAPE STEPPING OVER THE OPPONENT*****
- BASIC CROSS COLLAR CHOKE ESCAPE PRESSURING DOWN*****
- TRIANGLE ESCAPE POSTURING UP*****

TAKE DOWNS

- BASIC DOUBLE LEG TAKEDOWN ON THE GROUND*****

DVD III (White Belt 3rd Stripe)

BOTTOM POSITIONS (6 Stars in Red)

(Control Positions, Transitions, Sweeps, Reversals, Counters & Set Ups)

- PULLING TO CLOSED GUARD FROM STANDING POSITION*****
- MOUNTAINEER SWEEP WITH CROSS ARM CONTROL *****
- HUGGING THE LEG TO CLOSED GUARD SWEEP ARRIVING IN THE MOUNT POSITION*****
- OPEN GUARD CONTROL POSITION TO PUSHING THE KNEE SWEEP*****
- CLOSED GUARD TO HALF GUARD CONTROL POSITION*****
- TURNING ON ALL FOURS TO THE INSIDE*****
- HALF GUARD CONTROL POSITION TO SINGLE LEG TAKEDOWN*****
- CLOSED GUARD TO HALF GUARD THEN PUSHING THE KNEE TO SWEEP*****
- BASIC HALF GUARD TO BUTTERFLY CONTROL POSITION*****
- BUTTERFLY CONTROL POSITION (EXPLANATION ONLY) *****
- COMPLETE BUTTERFLY CONTROL POSITION*****
- HALF GUARD CONTROL TO BUTTERFLY SWEEP ENDING IN SIDE CONTROL*****
- COUNTERING OPPONENT'S BACK ATTACK TO THE BASIC HALF GUARD CONTROL POSITION*****
- COUNTERING OPPONENT'S BACK ATTACK TO THE HALF GUARD CONTROL POSITION VARIATION 1*****

TOP POSITIONS

(Control Positions, Transitions, Guard Passes, Side Control, Mount Positions, Half Guard, Counters & Set Ups)

- BREAKING CLOSED GUARD GOING STRAIGHT INTO HALF GUARD*****
- DIVING TO UNDERHOOK ONE LEG WHILE PUSHING THE OTHER DOWN
ARRIVING IN HALF GUARD*****
- GUARD PASS TO HALF GUARD*****
- BASIC COUNTER AGAINST THE UNDERHOOK*****
- BASIC PASSING GUARD FROM THE HALF GUARD CONTROL POSITION*****
- COUNTERING BOTH LEGS AND HUGGING THE HEAD WITH THE ANANIAS
GUARD PASS*****
- COUNTERING BOTH LEGS UNDERHOOKING ONE SIDE AND GETTING THE SIDE
CONTROL*****
- KNEE ON THE STOMACH FROM THE 100 KILOS SIDE CONTROL*****
- MOUNT CONTROL POSITION CROSSING FEET AND CONTROLLING THE
OPPONENT'S WRISTS*****
- COUNTERING THE UNDERHOOK ESCAPE AND KEEPING THE SCISSOR SIDE
CONTROL*****
- STANDING POSITION AFTER PUTTING THE KNEE UP
(EXPLANATION ONLY) *****
- KNEE UP TO STANDING POSITION*****
- SPRAWL FROM STANDING POSITION*****
- SPRAWL WITH CROSS FACE TO ATTACKING THE OPPONENT'S BACK*****
- BASIC JUCA BACK ATTACK TO SIDE CONTROL*****

SUBMISSIONS

(Back, Top and Bottom Game)

ON THE BOTTOM

- ARMBAR EXERCISE*****
- BASIC ARMBAR UNDERHOOKING THE LEG*****
- BASIC ARMBAR UNDERHOOKING THE LEG TO SWEEP WITH ARMBAR*****

- ARMBAR ATTACK TO OMOPLATA*****
- TRIANGLE SET UP GRABBING THE CROSS COLLAR COUNTERING STANDING POSITION*****

ON THE TOP

- ARMBAR SET UP TO OMOPLATA COUNTERING THE ROLL OVER SHOULDER ESCAPE*****
- ARMBAR SETUP ENDING IN TRIANGLE AND ARMBAR*****
- BASIC DOUBLE SUBMISSION ATTACK ON THE MOUNT*****
- BASIC GUILLOTINE*****

ON THE BACK

- CLOCK CHOKE*****

ESCAPES

ON THE BOTTOM

- ESCAPE FROM THE MOUNT GOING INTO HALF GUARD*****

ON THE TOP

- BASIC ARMBAR ESCAPE FROM THE TOP GRABBING YOUR OWN BICEP*****
- TRIANGLE ESCAPE APPLYING PRESSURE AGAINST THE GROIN*****

ON THE BACK

- CHOOSING ONE SIDE TO ESCAPE THE BACK CHOKE*****

TAKE DOWNS

- BASIC HITTING THE CALF MUSCLE TO SWEEP-TAKEDOWN*****
- BASIC SINGLE LEG TAKEDOWN FROM STANDING POSITION*****

DVD IV (White Belt 4th Stripe)

BOTTOM POSITIONS

(Control Positions, Transitions, Sweeps, Reversals, Counters & Set Ups)

- 1ST VERSION OF THE DE LA HOOK SWEEP*****
- 2ND VERSION OF THE DE LA RIVA HOOK SWEEP*****
- ADVANCED DE LA RIVA HOOK CONTROL POSITION*****
- DE LA RIVA HOOK TO THREE FEET SWEEP*****
- DE LA RIVA HOOK TO THREE FEET SWEEP VARIATION 1*****
- SCISSOR ATTACK TO BUTTERFLY SWEEP ARRIVING IN SIDE CONTROL*****
- COUNTERING OPPONENT'S BACK ATTACK TO BUTTERFLY GUARD*****
- HALF GUARD CONTROL FROM OPEN GUARD CONTROL POSITION*****
- BASIC HALF GUARD CONTROL TO PUSHING THE KNEE SWEEP*****
- HALF GUARD DIVE BETWEEN OPPONENT'S LEGS TO ATTACKING THE BACK*****
- HALF GUARD DIVE BETWEEN OPPONENT'S LEGS TO GRABBING THE
BACK REVERSAL*****
- HALF GUARD DIVE BETWEEN THE LEGS TO BASIC TAKEDOWN REVERSAL*****
- COUNTERING THE KNEE UP APPLYING THE SPIDER GUARD CONTROL*****
- BASIC SPIDER GUARD SWEEP*****
- COUNTERING THE KNEE UP WITH ONE LEG SPIDER GUARD PUSHING THE
KNEE SWEEP*****
- TURNING ON ALL FOURS TO THE OUTSIDE*****

TOP POSITIONS

(Control Positions, Transitions, Guard Passes, Side Control, Mount Positions, Half-Guard, Counters and Set Ups)

- BREAKING CLOSED GUARD AND CONTROLLING THE OPPONENT'S LEGS*****
- UNDERHOOKING BOTH LEGS PASSING GUARD ON THE BOTTOM AND
COUNTERING OPEN GUARD CONTROL*****
- PUSHING DOWN ONE LEG FROM STANDING POSITION WHILE UNDERHOOKING
THE OTHER TO PASS GUARD*****
- BASIC OPEN GUARD STANDING UP*****

- OPEN GUARD TO STANDING POSITION LANDING ON BOTH FEET
SIMULTANEOUSLY*****
- TORENO GUARD PASS FROM THE STANDING POSITION COUNTERING DE LA
RIVA HOOK*****
- ARMBAR SETUP TO ATTACK THE MOUNT*****
- BASIC HUGGING THE WAIST COUNTER*****
- BASIC JUCA BACK ATTACK*****

SUBMISSIONS

(Back, Top and Bottom Game)

ON THE BOTTOM

- ARMBAR COUNTERING THE MAL SAPÃO*****
- ARMBAR COUNTERING THE NECK CRANK*****
- BASIC ARMBAR CLIMBING THE BACK AND UNDERHOOKING
THE LEG*****
- BREAKING THE GRIP ATTACKING THE ARMBAR TO OMOPLATA*****
- HALF GUARD TO TRIANGLE CHOKE*****
- MANIVELA ARMBAR*****
- OPEN GUARD CONTROL TO BASIC PUSHING THE KNEE SWEEP ARRIVING IN THE
TRIANGLE*****
- PULLING GUARD TO ARMBAR ON THE GROUND*****

ON THE TOP

- SPRAWL WITH LOOP CHOKE*****
- BASIC ARMBAR GOING FROM SIDE CONTROL TO THE NORTH SOUTH*****
- BASIC ARMBAR FROM SIDE CONTROL*****
- CHOKE ATTACK FROM THE KNEE ON THE STOMACH*****
- STANDING POSITION TO STRAIGHT FOOT LOCK*****

ESCAPES

ON THE BOTTOM

- ESCAPE FROM THE MOUNT DRIVING OPPONENT FORWARD*****

ON THE TOP

- ESCAPING THE ATTEMPTED ARMBAR BY MOVING YOUR SHOULDERS*****
- TRIANGLE ESCAPE APPLYING THE MAL SAPAO*****

ON THE BACK

- ESCAPE FROM THE REAR NAKED CHOKE TO HALF GUARD WITH UNDERHOOK*****

TAKEDOWNS

- CALF MUSCLE SWEEP-TAKEDOWN TO ARMBAR*****
- CINTURÃO*****
- TAKEDOWN PULLING THE COLLAR TO GRAB THE ANKLE*****

BLUE TO PURPLE BELT DVD I (Blue Belt 1st Stripe)

BOTTOM POSITIONS

(Control Positions, Transitions, Guard Passes, Side Control, Mount Positions, Half-Guard, Counters and Set Ups)



- ADVANCED DE LA RIVA HOOK CONTROL POSITION*****
- PULLING GUARD TO DE LA RIVA HOOK*****
- 3RD VERSION OF DE LA RIVA HOOK BY MARCELLO C. MONTEIRO*****
- 3RD VERSION OF DE LA RIVA HOOK SWEEP VARIATION 1*****
- DE LA RIVA HOOK TO THREE FEET SWEEP VARIATION 2*****
- BREAKING THE GRIPS DOWNWARD*****
- MONTEIRÃO CLOSED GUARD CONTROL*****
- OPEN GUARD CONTROL POSITION VARIATION 3*****
- CROSS COLLAR CONTROL POSITION TO BUTTERFLY SWEEP*****
- COUNTERING THE DOUBLE UNDER HOOK TO BASIC OPEN GUARD CONTROL*****
- COUNTERING THE DOUBLE UNDERHOOK AND ATTACKING THE BACK*****
- HALF GUARD TO ARM DRAG THEN ATTACKING THE BACK*****

- SPIDER GUARD SWEEP KICKING THE OPPONENT'S BACKSIDE*****
- TURNING ON ALL FOUR'S THEN STEPPING THROUGH TO ATTACK
OPPONENT'S BACK*****

TOP POSITIONS

(Control Positions, Transitions, Guard Passes, Side Control, Mount Positions, Half-Guard, Counters and Set Ups)

- OPEN GUARD STANDING UP WITH CROSS GRIP*****
- OPEN GUARD STANDING UP WITH CROSS GRIP, VARIATION 1*****
- 100 KILOS IMMOBILIZATION TO ZE GALO IMMOBILIZATION*****
- HALF GUARD ON THE TOP COUNTERING THE UNDERHOOK HUGGING
THE LEG*****
- COUNTERING THE UNDERHOOK GOING FOR HALF GUARD AND HUGGING
THE HEAD*****
- COUNTERING THE UNDERHOOK FROM HALF GUARD WHILE PASSING
OPPONENT'S GUARD *****
- CROSSING THE KNEE GUARD PASS FROM HALF GUARD COUNTERING
OPPONENT'S UNDERHOOK*****
- COUNTERING THE UNDERHOOK SIDE CONTROL ESCAPE ATTACKING
THE BACK*****
- JUCA BACK ATTACK WITH THE STRETCHED CHICKEN*****
- COUNTERING BOTH LEGS TO GET THE MOUNT*****
- COUNTERING OPEN GUARD CONTROL TO STANDING POSITION*****
- BASIC PASSING GUARD FROM THE STANDING POSITION TO THE KNEE
ON THE STOMACH*****
- COUNTERING BOTH LEGS THEN UNDERHOOKING ONE PASSING GUARD
ENDING IN SIDE CONTROL *****
- COUNTERING THE DE LA RIVA HOOK AND PASSING GUARD FROM STANDING
POSITION*****
- COUNTERING THE LEGS TO STANDING POSITION THEN ARRIVING IN
HALF GUARD*****

SUBMISSIONS

(Back, Top and Bottom Game)

ON THE BOTTOM

- ARMBAR SETUP TO OMOPLATA COUNTERING OPPONENT ROLLING OVER SHOULDER TO ESCAPE*****
- KNEE UP COUNTER WITH SWEEP TO TRIANGLE CHOKE FROM OPEN GUARD CONTROL*****

ON THE TOP

- REVERSE ARMBAR FROM THE MOUNT*****
- TRIPLE ATTACK ON THE MOUNT*****
- ZE GALO CHOKE*****
- ARMBAR SETUP STEPPING AGAINST THE OPPONENT'S OTHER ARM TO BREAK THE GRIP*****
- ARMBAR SETUP STEPPING AGAINST THE COLLAR TO BREAK THE GRIP*****

ESCAPES

ON THE BOTTOM

- ARMBAR ESCAPE FROM THE BOTTOM GRABBING YOUR OWN BICEP*****

ON THE TOP

- ADVANCED CROSS COLLAR CHOKE ESCAPE TO STANDING POSITION*****

TAKEDOWNS

- BASIC TOMONAGE TAKEDOWN*****
- DOUBLE LEG TAKEDOWN FROM STANDING POSITION*****
- COUNTER WITH TAKEDOWN AGAINST OPPONENT TRAPPING YOUR ARMS*****

DVD II (Blue Belt 2nd Stripe)

BOTTOM POSITIONS

(Control Positions, Transitions, Sweeps, Reversals, Counters & Set Ups)

- ADVANCED DE LA RIVA HOOK SWEEP*****
- ADVANCED DE LA RIVA CONTROL POSITION TO THE THREE FEET SWEEP FOR STANDING OPPONENT*****
- DE LA RIVA HOOK TO BASIC HELICOPTER SWEEP*****
- COUNTERING THE DOUBLE UNDERHOOK TO BASIC REVERSAL*****
- COUNTERING THE DOUBLE UNDERHOOK TO BASIC REVERSAL TRAPPING THE ARM*****
- CROSS COLLAR CONTROL POSITION TO REVERSAL SWEEP*****
- CROSS COLLAR CONTROL POSITION TO THE BUTTERFLY GUARD REVERSAL SWEEP*****
- HALF GUARD CONTROL GRABBING THE PANTS TO BUTTERFLY SWEEP ENDING IN SIDE CONTROL*****
- BUTTERFLY REVERSAL TAKEDOWN*****
- OMOPLATA REVERSAL ROLLING OVER THE STOMACH*****
- SPIDER GUARD TO BACKWARDS REVERSAL TAKEDOWN*****
- HALF GUARD SIT THROUGH TO ATTACKING THE OPPONENT'S BACK*****
- TOMONAGE ATTACK TO THE THREE FEET SWEEP*****

TOP POSITIONS

(Control Positions, Transitions, Guard Passes, Side Control, Mount Positions, Half-Guard, Counters and Set Ups)

- PASSING GUARD WHILE TRAPPING OPPONENT'S ARM*****
- STEPPING BACK THEN SITTING DOWN TRAPPING OPPONENT'S LEG*****
- BREAKING CLOSED GUARD USING THE KNEE BETWEEN THE LEGS*****
- GUARD PASS ATTACK TO CROSS KNEE GUARD PASS CONTROL POSITION*****

- CROSSING THE KNEE OVER THE THIGH GUARD PASS TO SIDE CONTROL *****
- CROSS KNEE GUARD PASS CONTROL POSITION *****
- HALF GUARD ON THE TOP TO THE CROSS KNEE GUARD PASS CONTROL POSITION *****
- CROSS KNEE CONTROL POSITION TO SIDE CONTROL APPLYING THE UNDERHOOK *****
- CROSS KNEE CONTROL POSITION TO SIDE CONTROL SPINNING TO KNEE ON THE STOMACH *****
- CROSS KNEE CONTROL POSITION TO SIDE CONTROL SPINNING TO THE OTHER SIDE *****
- CROSS KNEE CONTROL POSITION TO SIDE CONTROL SPINNING TO THE OTHER SIDE VARIATION 1 *****
- GETTING THE MOUNT FROM THE HALF GUARD CONTROL POSITION *****
- HALF GUARD SPRAWL PASS *****
- DE LA RIVA HOOK COUNTER WITH UNDERHOOK PASSING GUARD TO THE OTHER SIDE *****

SUBMISSIONS

(Back, Top and Bottom Game)

ON THE BOTTOM

- BASIC MONTEIRÃO ARMBAR ATTACK *****
- MONTEIRÃO ATTACK TO OMOPLATA *****
- HALF GUARD CONTROL TO TRIANGLE ATTACK *****
- OPEN GUARD CONTROL POSITION TO OMOPLATA ATTACK VARIATION 1 *****
- COUNTERING THE DOUBLE UNDERHOOK TO THE TRIANGLE *****

ON THE TOP

- JUCA CHOKE ON THE MOUNT GRABBING THE CLOTH ON THE OPPONENT'S SHOULDER *****

ON THE BACK

- JUCA BACK ATTACK WITH DOUBLE ATTACK*****

ESCAPES

ON THE TOP

- TRIANGLE ESCAPE APPLYING THE MAL SAPAO STEPPING OVER OPPONENT*****
- OMOPLATA ESCAPE STANDING UP*****

ON THE BACK

- CHOOSING ONE SIDE TO ESCAPE THE BACK CHOKE*****
- ESCAPING THE CHOKE FROM YOUR BACK GOING INTO HALF GUARD*****

TAKEDOWNS

- ARM PUSH CONTROL TO SINGLE LEG TAKEDOWN*****
- TAKEDOWN USING THE FOOT TO HOOK THE OPPONENT'S LEG*****
- COUNTER FOR THE SUPLEX TAKEDOWN TO TAKING DOWN THE OPPONENT*****

DVD III (Blue Belt 3rd Stripe)

BOTTOM POSITIONS

(Control Positions, Transitions, Sweeps, Reversals, Counters and Set Ups)

- ADVANCED DE LA RIVA HOOK TO HELICOPTER SWEEP*****
- ADVANCED DE LA RIVA HOOK SWEEP TO STANDING OPPONENT TO SIDE CONTROL*****
- DOUBLE THREE FEET ATTACK TO 3RD VERSION OF THE DE LA RIVA HOOK SWEEP (ADVANCED DE LA RIVA HOOK)*****
- HALF GUARD CONTROL TO DIVE BETWEEN OPPONENT'S LEGS FOR TAKEDOWN REVERSAL TRAPPING ONE FOOT*****

- HALF GUARD TO BUTTERFLY CONTROL GRABBING THE PANTS APPLYING THE REVERSAL *****
- HALF GUARD TO ARM DRAG AND BUTTERFLY SWEEP TRAPPING ONE ARM*****
- HUGGING THE LEG FOR OMOPLATA ATTACK TO REVERSAL COUNTERING THE STEP OVER ESCAPE*****
- COUNTERING THE DOUBLE UNDERHOOK CONTROLLING ONE SIDE TO BUTTERFLY SWEEP*****
- COUNTERING THE DOUBLE UNDERHOOK TO GOING FOR THE BUTTERFLY SWEEP TRAPPING ONE ARM*****
- TURNING ON ALL FOURS TRAPPING OPPONENT'S ARM STEPPING THROUGH TO SIDE CONTROL (KATA GURUMA REVERSAL)*****

TOP POSITIONS

(Control Positions, Transitions, Guard Passes, Side Control, Mount Positions, Half-Guard, Counters and Set Ups)

- SCISSOR SIDE CONTROL USING THE HEADSTAND TO LAND ON THE OTHER SIDE OF THE OPPONENT*****
- OVERHOOK SIDE CONTROL DRILL *****
- BASIC DE LA RIVA HOOK COUNTER WITH UNDERHOOK APPLYING THE KNEE FOR GUARD PASS*****
- COUNTERING THE DE LA RIVA HOOK GRABBING THE SHIN AND PASSING OPPONENT'S GUARD (AFTER SITTING DOWN TRAPPING OPPONENTS LEG) *****
- CROSS KNEE CONTROL POSITION STEPPING BACKWARDS AND PASSING THE GUARD*****
- GRABBING OPPONENT'S COLLAR PULLING HIM UP ARRIVING IN THE CROSS KNEE CONTROL POSITION*****
- HALF GUARD COUNTER TO THE UNDERHOOK HUGGING THE LEG AND PASSING GUARD*****

- COUNTERING OPPONENT TURNING ON ALL FOURS WHILE CONTROLLING THE LEGS*****
- COUNTERING GUARD CONTROL STANDING UP GOING INTO ACHILLES CONTROL POSITION*****
- SPIDER GUARD COUNTER TO ACHILLES CONTROL POSITION*****
- SPRAWL COUNTER FOR THE UNDERHOOK REVERSAL*****

SUBMISSIONS

(Back, Top and Bottom Game)

ON THE BOTTOM

- ARMBAR COUNTERING THE DEFENSE WITH SWEEP*****
- CROSS COLLAR CONTROL POSITION TO BASIC LOOP CHOKE*****
- HALF GUARD CONTROL TO PUSHING THE KNEE SWEEP WITH TRIANGLE*****
- MONTEIRAO ATTACK TO TRIANGLE*****
- OPEN GUARD CONTROL POSITION TO TRIANGLE ATTACK AS OPPONENT STANDS UP*****

ON THE TOP

- EZEQUIEL CHOKE FROM HALF GUARD*****
- MOUNT CONTROL POSITION TO TRIANGLE*****
- TRIPLE ATTACK FROM SIDE CONTROL*****
- REVERSE TRIANGLE TO KIMURA FROM THE SIDE CONTROL*****
- ARMBAR SET UP TO ATTACK THE BACK*****
- ARMBAR SET UP TO CHOKE*****
- BREAKING THE GRIP APPLYING INTERLOCKED HANDS AGAINST THE OPPONENT'S WRIST*****
- CROSSING THE KNEE OVER THE THIGH GUARD PASS TO LEG LOCK*****
- JUCA BACK ATTACK TO REVERSAL ARMBAR*****

ESCAPES

ON THE BOTTOM

- ARMBAR ESCAPE FROM THE BOTTOM SLIDING HEAD OVER OPPONENT'S THIGH*****

ON THE BACK

- ESCAPE FROM THE BACK CHOKE ATTACK FORCING THE OPPONENT'S ARM TO THE OPPOSITE SIDE*****
- ESCAPE FROM THE REAR NAKED CHOKE TO HALF GUARD*****

TAKEDOWNS

- BREAKING THE CROSS COLLAR GRIP TO ONE ARM PUSH CONTROL AND SINGLE LEG TAKEDOWN*****
- UNDERHOOKING THE LEG FOR THE SINGLE LEG TAKEDOWN*****
- TAKEDOWN BY HOOKING THE LEG AND GRABBING THE OPPONENT'S ANKLE*****

DVD IV (Blue Belt 4th stripe)

BOTTOM POSITIONS

(Control Positions, Transitions, Sweeps, Reversals, Counters and Set Ups)

- CLOSED GUARD SWEEP COUNTERING THE BASIC ARMBAR DEFENSE*****
- BJJ OPEN GUARD CONTROL*****
- DRIVING THE OPPONENT BACK AND REVERSING THE POSITION WITH THE DE LA RIVA HOOK*****
- HALF GUARD SPRAWL PASS COUNTER TO OPEN GUARD CONTROL POSITION*****
- HALF GUARD SPRAWL PASS COUNTER TO BUTTERFLY SWEEP TRAPPING THE ARM TO MOUNT POSITION*****

- HALF GUARD SPRAWL PASS COUNTER TO UNDERHOOK BUTTERFLY SWEEP TO SIDE CONTROL*****
- HALF GUARD CONTROL PUSHING THE KNEE TO ATTACK THE BACK*****
- HALF GUARD CONTROL TO ROLLING BACKWARDS OVER THE SHOULDER SWEEP*****
- HALF GUARD TO ARM DRAG GRABBING THE LEG AND ATTACKING THE BACK*****
- HALF GUARD TO SIT THROUGH TO KATA GURUMA REVERSAL*****
- UNDERHOOK BUTTERFLY SWEEP TO X GUARD SWEEP WITH TAKEDOWN*****
- COUNTERING THE DOUBLE UNDERHOOK ROLLING BACKWARDS TO FACE THE OPPONENT*****
- TOMONAGE TO THE TRIPLE SWEEP ATTACK*****

TOP POSITIONS

(Control Positions, Transitions, Guard Passes, Side Control, Mount Positions, Half-Guard, Counters and Set Ups)

- COUNTERING OPPONENT'S ATTACK AND STEPPING OVER THE LEG TO PASS GUARD*****
- COUNTERING THE DE LA RIVA HOOK TRAPPING THE ARM AND GRABBING THE SHIN AND PASSING THE GUARD*****
- KICKING TO THE SIDE COUNTERING THE DE LA RIVA HOOK TO PASSING THE OPPONENT'S GUARD*****
- SPRAWL COUNTER FOR THE UNDERHOOK REVERSAL FROM STANDING POSITION*****
- NULLIFYING THE COUNTER FOR THE TAKEDOWN GRABBING OPPONENT'S ELBOW*****
- OPEN GUARD STANDING UP WITH CROSS GRIP UNDERHOOKING THE LEG AND PASSING GUARD*****
- STANDING UP TO ACHILLES CONTROL POSITION*****
- MOUNT POSITION TO KNEE ON THE STOMACH*****
- ALTERNATING KNEE ON THE STOMACH ATTACK FROM 100 KILOS SIDE CONTROL*****

SUBMISSIONS

(Back, Top and Bottom Game)

ON THE BOTTOM

- BJJ OPEN GUARD CONTROL TO OMOPLATA*****
- COUNTERING THE DOUBLE UNDERHOOK TO CRUCIFIX*****
- MONTEIRÃO ATTACK TO THE TRIANGLE ARMBAR CADEADO ATTACK*****
- MACARONE OPEN GUARD ATTACK TO OMOPLATA WITH TRIANGLE*****
- PULLING GUARD TO ARMBAR FROM STANDING POSITION*****
- FLYING ARMBAR*****
- BUTTERFLY SWEEP ATTACK TO LEG LOCK*****

ON THE TOP

- PASSING OPPONENT'S GUARD ARRIVING IN KIMURA OR ARMBAR*****
- NORTH SOUTH SCISSOR CHOKE*****
- OVERHOOK CONTROL POSITION TO LEG LOCK AND FOOT LOCK*****
- REVERSE TRIANGLE TO KIMURA THEN TO ARMBAR FROM SIDE
CONTROL*****
- JUCA TRIPLE ATTACK ON THE MOUNT*****
- KNEE ON THE STOMACH TO MONTEIRAO SPINNING BACKWARDS TO
TRIANGLE ATTACK*****

ON THE BACK

- BACK CHOKE PASSING THE CALF OVER THE OPPONENT'S ARM COUNTERING
HIS DEFENSE*****

ESCAPES

ON THE BOTTOM

- ARMBAR ESCAPE GOING TO THE NORTH SOUTH ENDING IN SIDE
CONTROL*****

ON THE TOP

- CRUXIFIX ESCAPE*****
- OMOPLATA ESCAPE ROLLING UNDER THE OPPONENT TO REGUARD OR ATTACK THE TRIANGLE*****

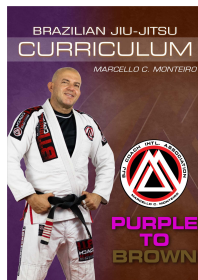
TAKEDOWNS

- COUNTER FOR THE HEADLOCK WITH TAKE DOWN GOING INTO THE ARMBAR*****
- COUNTER FOR THE GUILLOTINE WITH THE TAKEDOWN AND GUARD PASS*****
- TAKEDOWN THROWING THE OPPONENT OVER THE SHOULDER*****

PURPLE TO BROWN LEVEL 1 & 2

BOTTOM GAME 07

- CLOSED GUARD GRIP BEHIND OPPONENT'S BACK PULLING THE ARM AND GETTING THE MOUNT*****
- COUNTERING THE KNEE UP WITH THE ONE LEG SPIDER GUARD TO THE DOUBLE LEG ATTACK*****
- HALF GUARD CONTROL TO OMOPLATA SUBMISSION*****
- OPEN GUARD CONTROL COUNTERING THE KNEE UP PUSHING THE OTHER KNEE FOR THE SWEEP*****
- SCISSOR CHOKE FROM KNEE ON THE STOMACH*****
- SPIDER GUARD TO SPINNING SWEEP*****
- BACK ATTACK WITH BODY TRIANGLE*****



TOP GAME 14

- ARMBAR SET UP ATTACKING THE WRIST TO BREAK OPPONENT'S GRIP*****
- ATTACKING THE BACK FROM THE MOUNT POSITION*****
- CROSSING THE KNEE OVER THE THIGH GUARD PASS*****
- DRIVING THE KNEE OVER THE SHIN TO GET THE SIDE CONTROL*****

- DROPPING KNEE DOWN THEN STANDING BACK UP TO TAKE OPPONENT DOWN ATTACKING THE MOUNT*****
- GRABBING THE COLLAR TO THE DOUBLE LEG OR BACKWARDS TAKEDOWN GETTING THE MOUNT*****
- OVERHOOK SIDE CONTROL TO KIMURA AND ARMBAR*****
- REVERSE ARMBAR FROM THE SIDE CONTROL*****
- ROLLING FORWARD TO LEG AND FOOT LOCK*****
- SPIDER GUARD COUNTER TO ACHILLES CONTROL*****
- TRIANGLE ESCAPE STEPPING AGAINST OPPONENT'S BICEP*****
- UNCLE RON NORTH SOUTH CHOKE*****
- WRISTLOCK FROM THE OVERHOOK SIDE CONTROL*****
- WRISTLOCK FROM THE SCISSOR SIDE CONTROL*****

PURPLE to BROWN 3 & 4

BOTTOM GAME

- CROSSING THE KNEE OVER THE THIGH GUARD PASS TO LEG LOCK*****
- FLY ATTACK OF THE OPPONENT'S BACK FROM THE NORTH SOUTH IMMOBILIZATION*****
- FLYING ARMBAR*****
- MONTEIRO'S VERSION OF THE DE LA RIVA HOOK ATTACKING THE BACK*****
- DE LA RIVA SWEEP FLIPPING THE OPPONENT OVER AND GETTING THE MOUNT POSITION*****
- OMOPLATA REVERSAL ROLLING BACKWARDS*****
- HALF GUARD CONTROL PUSHING THE KNEE TO REVERSE ARMBAR*****

TOP GAME

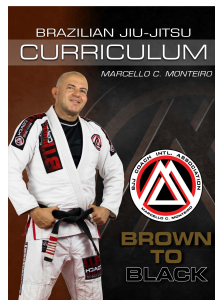
- ARMBAR SET UP TO BICEP SPLICER*****
- ARMBAR SET UP TO WRISTLOCK*****
- BACK CHOKE GRABBING THE OPPONENT'S PANTS AND PASSING YOUR LEG BEHIND HIS HEAD*****
- ESCAPING THE BACK ATTACK WITH THE STOMACH FACING DOWN*****

- EXPLANATION OF OPENING GUARD STANDING UP TO ACHILLES CONTROL POSITION*****
- MONTEIRO'S VERSION OF THE DE LA RIVA HOOK TO HELICOPTER SWEEP*****
- OMOPLATA ESCAPE CATCHING THE OPPONENT WITH THE OMOPLATA*****
- OVERHOOK SIDE CONTROL TO HIGH PRESSURE KIMURA*****
- QUICK ARMBAR APPLYING THE SHIN FROM THE SCISSOR SIDE CONTROL*****
- SIDE CONTROL COUNTERING OPPONENT'S ARMS AND LEGS THEN ATTACKING HIS BACK*****
- SIT THROUGH TAKEDOWN*****
- STANDING POSITION TO STRAIGHT FOOT LOCK TO ACHILLES TENDON CONTROL POSITION*****
- STANDING UP OPENING OPPONENT'S GUARD GOING INTO THE ACHILLES CONTROL POSITION*****

BROWN TO BLACK LEVEL 1 & 2

BOTTOM GAME

- CROSS COLLAR CONTROL POSITION TO OMOPLATA*****
- CROSS COLLAR CONTROL POSITION TO TAKING OPPONENT'S BACK*****
- DE LA RIVA HOOK TO BULL ATTACK BY MARCELLO C. MONTEIRO*****
- DE LA RIVA REVERSE HOOK BY FLAVIOS*****
- HALF GUARD SPRAWL PASS COUNTER TO OVERHOOK BUTTERFLY SWEEP WITH SIDE CONTROL*****
- MONTEIRO'S VERSION OF THE DE LA RIVA HOOK TO HELICOPTER SWEEP AGAINST STANDING OPPONENT*****
- REVERSAL SWEEP OVER THE SHOULDER FROM CLOSED GUARD ARMBAR ATTACK*****
- VINICINHO LOOP CHOKE*****



TOP GAME

- ALLIGATOR ARMBAR*****
- ARMDRAG TAKEDOWN*****
- ATTACKING THE MOUNT TRAPPING BOTH LEGS*****
- BACKWARDS OVERHOOK SIDE CONTROL ATTACK TO TRIANGLE MOUNT ATTACK*****
- CLOCK CHOKE TO BACK CHOKE*****
- COUNTERING THE DE LA RIVA HOOK TO ACHILLES CONTROL AND ATTACKING THE OPPONENT'S BACK*****
- MATSUMOTO GUARD PASS COUNTERING OPPONENT'S ESCAPE*****
- MOUNT CONTROL POSITION TO TRIANGLE ATTACK WITH REVERSE ARMBAR*****
- OMOPLATA ESCAPE ATTACKING THE MOUNT*****
- OPENING GUARD BY STANDING UP WITHOUT CONTROLLING THE OPPONENT'S ARMS*****
- OVERHOOK SIDE CONTROL TO OMOPLATA WITH WRISTLOCK AND CHOKE*****
- REVERSE ARMBAR FROM THE KNEE ON THE STOMACH*****
- TRAPPING OPPONENT'S ARM GOING INTO THE KATA GURUMA*****
- ZE GALO CHOKE TO ARM BAR*****

BROWN TO BLACK 3 & 4

BOTTOM GAME

- COUNTERING THE ARMBAR AND SWEEP DEFENSE GOING TO THE REVERSE ARMBAR*****
- HALF GUARD TO SHAOLIN SWEEP*****
- REVERSE ARMBAR COUNTERING THE OPPONENT'S DEFENSE TO THE BASIC ARMBAR*****
- DE LA RIVA HOOK TO BULL ATTACK AGAINST STANDING OPPONENT*****
- SPRAWL PASS COUNTER TO OVERHOOK BUTTERFLY CONTROL GOING TO ARMBAR OMOPLATA*****

- CROSS COLLAR CONTROL TO TRIANGLE ATTACK FROM THE OMOPLATA OPEN GUARD*****
- LOOP CHOKE WITH CROSS COLLAR CONTROL POSITION GRABBING THE KNEE*****
- HALF GUARD SAME SIDE CONTROL TO ROLETA SWEEP*****
- HALF GUARD GOING TO THE MINOTAURO SWEEP THEN APPLYING THE SPIDER LEG SWEEP*****

TOP GAME

- ARMBAR SETUP LOCKING THE TRIANGLE AND ATTACKING THE OPPOSITE ARM*****
- COUNTERING OPPONENT'S LEG ATTACK AND STEPPING OVER HIS ENTIRE BODY TO SIDE CONTROL*****
- COUNTERING OPPONENT STEPPING OVER THE LEG TO FLYING OMOPLATA*****
- COUNTERING THE DE LA RIVA HOOK UNDERHOOKING THE LEG AND ATTACKING THE BACK*****
- COUNTERING THE TRIANGLE ESCAPE WITH THE BICEP SPICER*****
- DOUBLE LEG LOCK FROM KNEE ON THE STOMACH*****
- DRILL FOR THE COUNTER OF THE ARM DRAG ATTACK WITH SETUP*****
- ESCAPE FROM THE OMOPLATA TO ATTACKING THE OMOPLATA*****
- FORCING OPPONENT TO ROLL BACKWARDS TO ATTACK THE CRUCIFIX*****
- OVERHOOK SIDE CONTROL TO MINOTAURO KIMURA*****
- PITBULL SUPER CHOKE FROM UNCLE RON SET UP*****
- STANDING UP TO OPEN GUARD FOLLOWING BACK AGAIN TO GET TOP POSITION*****
- ZE GALO CHOKE APPLYING THE SHIN AGAINST THE FACE*****



The Importance of the BJJ Scoring System

The importance of the BJJ scoring system is to help you learn how to get better at BJJ through competition. Competition, through its nature, makes BJJ athletes use their technical abilities by attempting to finish or neutralize their opponents. The points are used to display superior technique of BJJ positions in the match to score on the opponent. By playing points, it teaches how to play BJJ as a Chess Match. Instead of just rolling or only rolling for submissions, this teaches you to use position control or a position reversal to get advantage points. It teaches you to hold positions, not to make mistakes and go for a submission at the right time. If you are low on points, it teaches you to work for sweeps, reversals, guard passes and submissions to gain points and win the match. Learn to integrate the official point system (IBJJF) into your rolling. This will help you become better quicker by understanding what you need to do in each position. This method keeps rolling fun and conducive to learning Brazilian Jiu Jitsu the right way.



As you are scoring points it means you are getting more control against your opponent. The more points you get, the more control you have and the more frustrated your opponent will become. Sometimes he can try some crazy move against you, so

always pay attention to everything. The more frustrated he will become with your control, the better chance you have to finish the fight and tap him out.

BJJ Scoring System

BJJ Coach Association promotes the International Brazilian Jiu Jitsu Federation Rules)

4 points: Mount, Rear Mount

3 points: Passing the Guard

2 points: Sweeps, Knee on the Belly and Take Downs

1, 2, 3... Advantages

-1, -2... Penalties

4 Points	3 Points	2 Points	1 Point	-1 Point
Mount	Guard Pass	Sweeps	Advantages	Penalties
Back		Knee on the Belly		
		Take Downs		

THE MOUNT (4 Points)

Is when the athlete sits over the top of his opponent's torso; the opponent can be lying on his stomach, side or back. One leg when mounted can be on top of one of your opponent's arms, but never on both. It is also considered a mount if he has one knee up and one foot on the ground.

No points will be awarded if his feet or knees are on his opponent's leg. If an athlete applies a triangle while in the guard and in so doing lands mounted on his opponent, it will be considered a sweep, not a mount. (See the Guard)

BACK Position (4 Points)

Is when the athlete grabs his adversary's back, taking hold of his neck and wrapping his legs around his opponent's waist, with his heels on the inside of his opponent's thighs, not allowing him to leave the

position. NOTE: the points will not be awarded if both heels are not properly positioned on the inner part of the adversary's thighs. It can also be considered Back Position if the athlete has one leg over one arm of the opponent but not over both arms.

PASSING THE GUARD (3 Points)

Is when the athlete that is above his adversary (in between his legs) moves around the opponent's legs and gets to the side of the opponent, establishing a perpendicular or longitudinal position over his adversary's trunk, dominating him and leaving him no space to move or to escape the position—even if he is on his side or back. NOTE: if the athlete that is underneath avoids the move by getting to his knees or standing up, the initiative points will not be awarded.

THE SWEEP (2 Points)

The sweep takes place when the athlete that is underneath, has his opponent in his guard (opponent is between your legs) or the half guard (having one of the opponents legs between your legs), is able to reverse the position to get on top of his adversary.

Observation 1: *It will not be considered a sweep, if the move does not begin from inside the guard or half guard.*

Observation 2: *When the athlete sweeping advances his position to the back of his opponent during the attempted sweep, he is awarded 2 points.*

Observation 3: *If starting in a guard position, an athlete attempts a sweep and both athletes return to their feet and the competitor attempting the sweep executes a takedown remaining on top, he will be awarded 2 points.*

KNEE ON THE BELLY (2 Points)

When the athlete on top puts one knee on his adversary's stomach, holding his collar, sleeve or belt, while his other leg is towards his adversary's head.

TAKE DOWNS (2 points)

Any kind of knocking down the opponent or taking the opponent down on his back. If the athlete is thrown to the ground and does not land on his back, the thrower must pin him to the ground in the same position for at least 3 seconds to gain the points for the take down.

Observation 1: *The take down that goes outside of the fighting area and on to the security area will be valid as long as the athlete that applied it, stood with both feet in the fighting area while making the take down.*

Observation 2: *If the athlete has one of his knees on the ground and is taken down, whoever applied the take down will be awarded 2 points as long as he has both his feet on the ground. If the athlete has both his knees on the ground and is knocked down, the standing athlete will have to pass to his side and maintain this position to receive the takedown points.*

Observation 3: *When the athlete attempts the double leg and the opponent sits on the floor and executes a sweep, the athlete who attempted the takedown will not receive points, but the one who executed the sweep will.*

Observation 4: *When a competitor throws his opponent and ends up in a bottom position, the competitor throwing will receive 2 points and the opponent on top will receive an advantage. If the competitor executing the throw lands in his opponent's guard and is swept, both will receive 2 points.*

During a competition bouts will be decided by:



- **POINTS**
- **SUBMISSION**
- **ADVANTAGES**
- **DISQUALIFICATION**
- **UNCONSCIOUSNESS**

POSITIVE POINTS:

Competition, through its nature, makes BJJ athletes use their technical abilities to finish or neutralize their opponents. The point is to display superior technique during the match by applying the positions and negative points on the adversary.

IMPORTANT

The athlete cannot score more points by leaving the position and returning back to it immediately.

Example: For knee on the belly and switching sides, there will be no new points awarded.

- The match is an ascending condition for technique, looking to dominate the adversary, working to finish the opponent.
- No points will be marked for the athlete who is attaining a position while in a submission. Points will only be awarded after the submission is completely defended. Example: When one athlete is mounted on his opponent but is in a guillotine the points for the mount will be awarded only when the submission is defended.

SUBMISSION

Submission occurs when a technique forces an opponent into admitting defeat by:

- Tapping with the palm against his opponent or the floor in a visible manner.
- Tapping with his feet on the ground (if he is unable to use his hands.)
- Requesting verbally to the referee that the fight be stopped (if he can neither tap with his hands or his feet.)
- Requesting that the fight be ended if the athlete gets injured or feel physically incapable or unprepared.
- During a competition the referee may end the fight giving victory to the one that applied the lock, if he sees a lock being properly applied and is certain that the athlete is exposed to serious physical damage.
- An athlete's coach may request that the fight be ended either by directing himself to the referee or by throwing the towel into the ring for any reason.
- When an athlete is under a submission position and he screams or says "Ai", will be the same as if he taps.

- During a competition the referee may end the fight when one of the athletes is injured or the doctor's examination proves he is incapable to continue. If this occurs, the victory will be given to the opponent as long as the injury was not caused intentionally by conduct worthy of disqualification.
- If the athlete requests to stop the fight because of cramps, it will be considered a forfeit.

NEGATIVE POINTS: (PENALTIES)

Penalties are given to the athlete after committing a third offence .i.e. avoiding to engage, stalling or not seeking ways to finish the fight.

- The athlete makes the classic "Stalling" in the Side Control or North/South position without seeking ways to submit.
- Holding the opponent, standing up, or any position designed to stall. Noticing this the referee will request that 20 seconds be marked making the gesture by saying LUTE (fight). At the end of the 20 seconds if the athlete hasn't changed his position or shown visible signs of engagement, the referee say again "LUTE" and make the same gesture, penalizing the athlete and giving an advantage to the other competitor, if he continues stalling the referee will stop the fight saying PAROU (stop), and he will penalize the same competitor, giving 2 points to the other competitor, and both athletes will return to their feet in a neutral position. With the possibility of disqualification on the next offence.

ADVANTAGES:

It is considered an advantage when the athlete attempts but does not complete any of the fundamental moves of the fight; i.e. sweep, take down, submission etc.

- Advantages through takedowns: when there is a visible loss of balance in which the adversary nearly completes the takedown. A visible loss of balance during an attempted throw will also result in an advantage.

During Closed Guard Advantages

(When the athlete on the bottom has his legs wrapped around his opponent's waist)

A) The one on top will earn the advantage by being on the offensive and trying to dominate his adversary's guard (pass the guard). For the referee to consider it an advantage, the athlete that is on top must come close to passing the guard, forcing his adversary to exert energy to regain position e.g. half guard, almost immobilizing, etc.

B) The one underneath will earn the advantage if he almost sweeps his opponent, putting him in a dangerous position, as well as when he attempts a lock that forces his opponent to defend. NOTE: For the sweep attempt to be considered worthy of an advantage, the athlete underneath must open his legs.

When there is a tie situation on the scoreboard, it is up to the referee to decide if he will award an advantage, using the following judgments:

- Advantages will be awarded during standing or on the ground if the athlete attempts a technique with more aggressiveness and initiative, trying takedowns, finalizing moves during the fight or showing that he dominated the fight most of the time by putting the opponent on the defensive.
- Advantages through takedowns: When there is a visible loss of balance in which the adversary nearly completes the takedown. A visible loss of balance during an attempted throw will also result in an advantage.
- Advantages will be awarded during ground fighting if the athlete attempts a technique and puts his adversary on the defensive.

BJJ History

Jiu-Jitsu, which means gentle art, is the oldest form of martial art. It originated in India more than 2000 years before Christ. It was created by monks who could not use any type of weapon to defend their lives against barbarian attacks. It spread through China, and eventually took root and was elaborated on in Japan, becoming the first martial art style. The samurai clans in Japan adopted Jiu-Jitsu as their own traditional style to defeat an opponent regardless if the

opponent was striking, throwing or grappling. With the passing years, they split the techniques and developed other martial arts styles, such as judo, aikido, karate, and most of the other martial arts that we have today.

Jiu-Jitsu, unlike other martial arts, did not evolve from one source or root; instead it has multiple roots and traveled through many Asian countries before its final development in Japan.

The development of Jiu-Jitsu techniques started around 5000 years ago. A Babylonian copper stand, dating from the third Millennium B.C., shows two men engaged in a grappling technique found in Jiu-Jitsu. Both men are trying to unbalance each other by controlling the hip.

Buddhist Monks in northern India greatly contributed to the early development of Jiu-Jitsu. Bandits constantly assaulted the monks during their long journeys through the interior of India. Buddhist religious and moral values did not encourage the use of weapons so they were forced to develop an empty hand system of self-defense.

These Monks were men of great wisdom who possessed a perfect knowledge of the human body. Consequently, they applied laws of physics such as leverage, momentum, balance, center of gravity, friction, weight transmission and manipulation of the human anatomy's vital points in order to create a scientific art of self-defense.

In 230 BC the techniques of Jiu-Jitsu arrived in Japan where the wrestling sport called chikara kurabe was developed. The techniques of this art later served as the base of contemporary Jiu-Jitsu.

From 230 BC onward, many different schools of Jiu-Jitsu were formed. Empty hand Jiu-Jitsu techniques were incorporated as part of the samurai warrior's training during the Heian period.

Warriors grapple on the Battlefield

For several years, the grand masters of the Kodokan reigned supreme in Japan. All subsequent challengers representing traditional styles

were defeated, and the superiority of the Kodokan appeared unassailable. Then, 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 experts at fighting on the ground, an area conspicuously lacking in the Kodokan's syllabus of technique (up to this point in its evolution, Judo techniques were almost entirely composed of stand up throwing methods).



In the matches that followed, all representatives of Kodokan 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 the head of the Kodokan, Jigoro Kano, invited Tanabe to teach ground grappling at the Kodokan. Ground fighting became very popular at the Kodokan, and all students began practicing both throwing and ground grappling techniques. At about the time the grappling techniques of the Fusen Ryu entered the Kodokan curriculum, a young man named Mitsuyo Maeda began his training.

Master Koma

Mitsuyo Maeda (1878-1941) was a martial arts prodigy who eventually became one of the greatest fighters in history. Maeda originally practiced classical styles of Jiu Jitsu, eventually entering the Kodokan to study this style too.

After remaining undefeated in many competitions, Jigoro Kano sent Maeda to the U.S.A. in 1904 to spread the message of Kodokan. 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.

Throughout his career as a professional fighter, after engaging in over 1,000 free fights, Maeda retired without ever losing a match. The culmination of Maeda's training in classical Jiu Jitsu and especially Judo, tempered by his extensive combat experience against all types of challengers, resulted in a realistic, street effective method of fighting.

Mitsuyo Maeda Koma in Brazil

Maeda was in Brazil to over see Japanese immigration into the country. While doing so, he became friends with Gastao Gracie who was instrumental in helping Japanese immigrants establish communities in Brazil.



Maeda was a World Jiu-Jitsu Champion. Around 1908 he did something that was not usually done by teaching Gastao Gracie's son Carlos the art of Jiu-Jitsu.

After learning traditional Jiu-Jitsu from Maeda, Carlos passed on his knowledge to the others in the family. He then decided to open the first academy in Rio de Janeiro, Brazil. Carlos Gracie was small in stature as were others in the family, so they went on to refine the Jiu-Jitsu. Carlos was taught so that anyone of any size could use the techniques. In Brazil anyone could come and test their skill against them. After Carlos's brother "Helio" who was the current representative of the family lost to a former student name Waldemar Santana the family looked towards Carlos's eldest son Carlson Gracie.

Carlson Gracie

Carlson Gracie (17 yrs old, 72kg) fought Waldemar Santana (94kg). This was Carlson Gracie's first professional Vale Tudo fight. Carlson revenged Prof. Helio's loss to Santana.



Carlson went on to fight 19 professional matches and remained undefeated. Carlson reigned as world champion for 30 years in the 1950s, 60s and 70s.

Brazilian Jiu Jitsu 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 artists 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, after these many Brazilian Jiu Jitsu Fighters were very successful in MMA events around the World.

It became quickly apparent that fighters versed only in punching and kicking lost every time they faced a BJJ trained opponent. Presently, all fighters in open rules events (now popularly called "mixed martial arts" or MMA) train in BJJ to some extent.

These early competitions pitted style versus style, or martial art versus martial art against each other and the Brazilian Jiu-Jitsu fighters consistently defeated other martial artists trained in other styles. Because of this, virtually every martial arts academy has added some form of BJJ to their curriculum.

It can easily be said that Brazilian Jiu-Jitsu is the most effective hand to hand combat art available today, and it is the fastest growing martial art worldwide.

BJJ 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 BJJ players today, through constant testing and refinement in the crucible of actual fights, has resulted in this unique style of Brazilian Jiu Jitsu.

Marcello's Lineage

- At the age of 6 years old Marcello started learning Jiu Jitsu with Alvaro Barreto (Carlos and Helio Gracie's student) at the "Corpo Quatro Academy in Copacabana/ Rio De Janeiro/ Brazil. But at that age, Marcello was just a small kid that used to train on and off and he didn't know how BJJ would change his life.



- At the age of 16, Marcello started to take BJJ very serious in his life.
- Many years ago, some of Carlson Gracie's best students in Brazil were Sergio Souza "Bolao", Ricardo De La Riva and Ricardo Juca. These were among many BJJ Masters that he had the opportunity to train with and helped his game. Marcello likes to speak about these 3 old masters.
- Sergio Souza helped Marcello's game for about 1 year. Sergio Souza is best known in Brazil for his butterfly guard.



- De La Riva is best known for his "De La Riva Hook" and Ricardo Juca is best known in Brazil for his fighting strategies for back attacks and mount attacks. Juca also published in the very first BJJ book in Brazil.

- For many years Marcello was considered De La Riva's protégé at his academy in Rio de Janeiro/ Brazil. De La Riva showed Marcello all the secret details of his De La Riva Guard game. Juca showed Marcello all his fighting strategies while focusing on teaching Marcello the way he should think during a match.

- Marcello helped De La Riva give lessons at his school when he became a Purple Belt. He continued helping De La Riva's school for many years, until achieving his Black Belt.



- In 1998 Marcello opened his first school in Nova Friburgo in Rio De Janeiro/Brazil where he has turned regular students into State, National and World Champions.

"Marcello always says that he was in the right place at the right time. He learned bjj from the right sources, before it was regarded worldwide as a premier fighting art. Since 2003 Marcello has resided in the U.S. where he is continuing to fulfill his dream of spreading his knowledge of Brazilian Jiu-Jitsu. He hopes to continue fulfilling his dream until the day he dies. And hopes that even after he's gone, his knowledge will continue to spread."



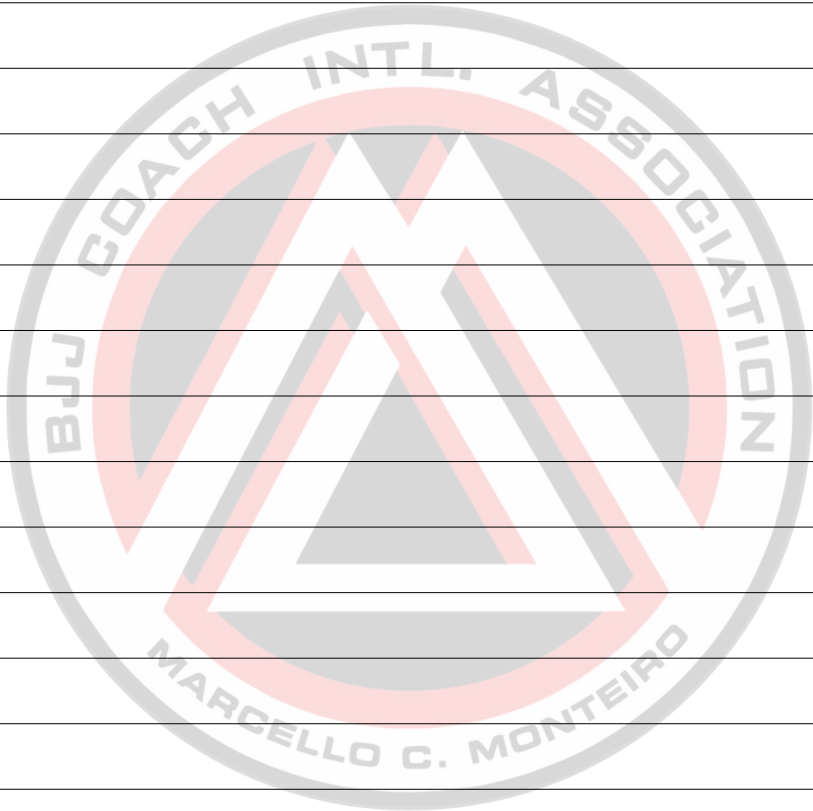
Training Notes



Training Notes



Training Notes



The logo is a circular emblem. The outer ring contains the text "BJJ COACH INTL. ASSOCIATION" at the top and "MARCELLO C. MONTEIRO" at the bottom. Inside the ring is a stylized triangle composed of three interlocking shapes, each with a red outline and a grey fill. The background of the entire page is a light grey with horizontal white lines.



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