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BRAZILIAN JIU-JITSU

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THE ULTIMATE
GUIDE TO DOMINATING
BRAZILIAN JIU-JITSU AND
MIXED MARTIAL ARTS COMBAT



TUTTLE Publishing
Tokyo | Rutland, Vermont | Singapore

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The Tuttle Story: “Books to Span the East and West”



Most people are very surprised to learn that the world’s largest publisher of books on Asia had its beginnings in the tiny American state of Vermont. The company’s founder, Charles E. Tuttle, belonged to a New England family steeped in publishing. And his first love was naturally books—especially old and rare editions.

Immediately after WW II, serving in Tokyo under General Douglas MacArthur, Tuttle was tasked with reviving the Japanese publishing industry, and founded the Charles E. Tuttle Publishing Company, which still thrives today as one of the world’s leading independent publishers.

Though a westerner, Charles was hugely instrumental in bringing knowledge of Japan and Asia to a world hungry for information about the East. By the time of his death in 1993, Tuttle had published over 6,000 titles on Asian culture, history and art—a legacy honored by the Japanese emperor with the “Order of the Sacred Treasure,” the highest tribute Japan can bestow upon a non-Japanese.

With a backlist of 1,500 books, Tuttle Publishing is as active today as at any time in its past—inspired by Charles’ core mission to publish fine books to span the East and West and provide a greater understanding of each.

Please note that the publisher and author(s) of this instructional book are NOT RESPONSIBLE in any manner whatsoever for any injury that may result from practicing the techniques and/or following the instructions given within. Martial arts training can be dangerous—both to you and to others—if not practiced safely. If you're in doubt as to how to proceed or whether your practice is safe, consult with a trained martial arts teacher before beginning. Since the physical activities described herein may be too strenuous in nature for some readers, it is also essential that a physician be consulted prior to training.

Published by Tuttle Publishing, an imprint of Periplus Editions (HK) Ltd.

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Photographs and graphic design: Marian Winiecki

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Library of Congress Cataloging-in-Publication Data

in process

ISBN: 978-1-4629-1000-7 (ebook)

Distributed by

North America, Latin America &

Tuttle Publishing

364 Innovation Drive

North Clarendon

VT 05759-9436 U.S.A.

Tel: 1 (802) 773-8930

Fax: 1 (802) 773-6993

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www.tuttlepublishing.com

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Fax: (81) 3 5437-0755

sales@tuttle.co.jp

www.tuttle.co.jp

Asia Pacific

Berkeley Books Pte. Ltd.

61 Tai Seng Avenue #02-12

Singapore 534167

Tel: (65) 6280-1330

Fax: (65) 6280-6290

inquiries@periplus.com.sg

www.periplus.com

First edition

16 15 14 13 12 6 5 4 3 2 1 1209CP

Printed in Singapore

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Acknowledgments

There are many people I would like to acknowledge for the help they have given me in my practice. I listed everyone, it would take many pages.

All of those with whom I have had the pleasure of practicing — from those with white belts to those with black belts, from the Brazilians to the foreigners — have in some way helped me with my unending search to improve my technique. They have helped me on my way through a complex martial art which is difficult to understand. It demands years of devotion to attain an upper level of maturity as well as technical and pedagogical expertise.

I am convinced that it is not enough to gain knowledge; one must also know how to convey knowledge.

There are a few people that I need mention, however, as they have been present throughout my life.

My friend and teacher **Romero Cavalcante, Jacare**, who opened my eyes to the sport. He is a great example of how to combine the professional career of a fighter and teacher with one's personal life, and how to transform a profession into a lifestyle and to enjoy what you are doing. I met so many friends in his school, not to mention Daniela, who became my wife.

My mother **Salvia**, who always understood and respected my will to do what I want. This allowed me to devote my efforts entirely to my practice.

My wife **Daniela**: a great athlete with international recognition, a black belt owner, and a cyclist who won the Race Across America 2009. She has sport in her blood. She is my greatest motivator who helped me discover new dimensions in sports, and who gave me beautiful children and a fantastic family.

My children, **Victorio, Julia**, and **Antonio**, for understanding my absence at home and for being aware of my love, a love that is bigger than any possible physical distance between us.

Fabio Gurgel, my great friend and colleague from the Alliance Team — a person with great character and excellent technique — who has always supported me. He is one of the best entrepreneurs in the martial arts world, one who has become an example for me.

Fernando Gurgel, Fabia's brother and my friend since the age of 3. He has always been like a brother to me. One of the best teachers in the academy.

Orlando Cani, my teacher and yoga master, a wonderful person who has enriched me with his friendship and respect. He is one of those people who is born to set an example of what it means to be a human.

Elcio Figueiredo, my long time friend and brother who, at the beginning of my teaching career, gave me strength. Although now we are far away from each other, he will always remain my oldest brother.

Luis Fernando, like a father to me, always sharing his precious advice and wisdom of the life of an athlete.

Sebastian Slowek, my student and friend who is responsible for shaping up this book.

Markku Juntunen, who always comes to my mind when I think of a charismatic person from the martial arts world. He is also a true example of a great student and friend.

Alexandre Puga, my student and friend who works with me at the academy, always supporting me, always ready to help.

I would also like to acknowledge the Gracie Family for their input into the development of the exceptional martial art that Jiu-Jitsu is. I would especially like to mention:

Rickson Gracie, a warrior and an idol who inspired me and my generation. I have been honored with the privilege of practicing with him and being thought of by him.

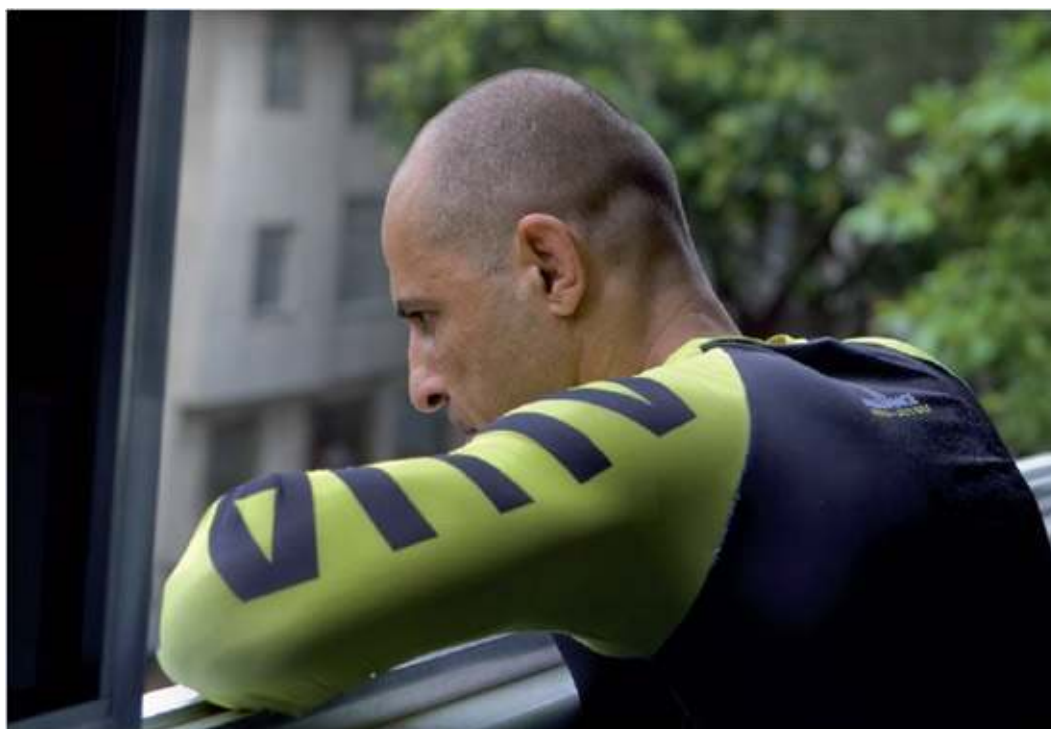
I couldn't miss this opportunity to express my appreciation to those who were not a part of my sport's life, yet played important roles in my life in other ways.

Life's secret wisdom is to face every day of your life as if it were your last, trying to be the best possible human, not showing off in front of others, but merely for the sake of doing the best you can.

This type of thinking I owe my uncle Silvio, uncle Paulo, my cousin Marcinho, Davidowi Isaac (Mumm-Rá), my brother Kiko, Gilberto (Giba), Jules Sideratos, and my father Aldo Genovesi, who even though he wasn't able to assist me in my sporting career and did not see my children grow up, has always been a point of reference for me in both my good decisions and my mistakes.

As my mother-in-law used to say: "... the world is only for a few, for a very few." Life is in our hands. We do not have to understand this fact to live in a happiness which comes from what we have, not from what we have lost.

—Alexandre Paiva Genovesi



History of My Path in Jiu-Jitsu



I started Jiu-Jitsu practice in 1984 when I was 10 years old. Sergio Lauro Jardim, more commonly known as Malibu, encouraged me to take my first lesson in the Jacare school where he taught some classes. Like any other teenager, I loved action movies and wanted to be a warrior, so the opportunity sounded perfect to me, almost like a dream come true. I always admired the advanced students, wondering if one day I would know what they know, and be able to perform what they can. Many things happened in those days, things which shaped me for the rest of my life.

In the beginning I devoted myself to practice. But later, I had to face my greatest decision: whether I should follow my dreams and do what I really enjoy in my life, or choose something that would build my social position — a way of submitting to the rules of the market place (which was something I was expected to do).

My father's death was a shock, leaving me with great grief and a big, empty hole in my heart. Since then, I have had to be responsible for my family without having the support of somebody who could guide me. While death is a part of life, and does not have to set us back, this death was not expected. Many responsibilities and duties fell on my shoulders.

Another important moment came with my decision to get married and become a father. It is not an easy task to be a husband, a father, a teacher, and a warrior at the same time. Such a life instantly becomes busy with many responsibilities, and there is little time for fun. I think I am truly blessed with my job, which brings me joy and satisfaction.

When I injured my back in 1988, I was forced to stop practicing and wasn't able to see my friends. I wanted to be far away from the places and people I love so much. I thought I would not be able to resume my practice.

After surgery at the end of 1989, I began training again. I got my black belt in 1991. Then, in 1992, I went to a doctor to confirm what sort of exercises I could be doing to stay in top shape for a

upcoming competition without hurting myself. I had been getting back injuries often. My doctor told me that I shouldn't practice at all, that I shouldn't involve myself in any serious sports or demanding activities. And especially, I shouldn't practice Jiu-Jitsu. I thought my life had ended, that my dreams were over.

I went to another doctor, my friend, who had taken care of me since my childhood. He decided that my condition was stable enough to not only practice, but also to participate in a competition (indicating that I should always be aware of the limitations, pain, and ailments I can experience at any time).

I felt confident. In 1999 I won all the competitions in which I participated, but a week before the world championships I sustained a bad knee injury. I went to my doctor, who assured me that he could perform surgery the same day. I had two options: either arthroscopy, to remove a piece of the meniscus, which would immobilize my knee; or normal surgery, in which a block would be placed in my knee, though without a warranty that at any moment it might not slip out of place. I chose the second option. I rested till the end of the week only to discover two days before the competition that I had gained some weight and needed to lose 8 kilograms in order to be able to compete in my weight category. The enormous weight gain was caused by a combination of two factors: medication containing corticosteroids placed in my knee, thus causing water retention, and the fact that my body was being deprived of high-energy activities. I lost the surplus weight, passed the weight test, and after surmounting uncountable obstacles and challenges, managed to reach my goal – I won the world championship.

All the obstacles I faced through the whole adventure, like the doctors diagnosing that I was almost handicapped, only made my success taste sweeter and more satisfying.

The Alliance Academy was created in 1994 from the joint forces of the Master Academy (Jacaranda and Fabio Gurgel) and Strike (my school in those days). We didn't want our teams competing with each other in prestigious domestic and international competitions.

Our decision to join forces and establish one strong tournament team with the potential to win was welcomed with interest — other schools joined the Alliance team and began competing under the same name.

Currently the Alliance team is a four-time world championship winner (1999, 2000, 2008, 2009), the Panamerican championship winner in 2009; the Brazilian championship winner in 2009; and was chosen the best tournament team by many sides.

Alliance gave an opportunity to many great athletes including Leonardo Vieira, Leonardo Leitão, Fernando Terere, Ricardo Vieira, Claudio Moreno, Marcos Meireles, Alexandre Street, Gabriel Leitão, Marcelo Garcia, Alex Monsalve, Lucas Lepre, Michael Langhi, Cobrinha, Sergio Moraes, Damiano Maia, and many others.

Jiu-jitsu

Jiu-Jitsu techniques can be characterized by a reasoning process similar to the one found in the game of chess. In both activities, all actions are defined by logic, tactics and strategy.

Your path in Jiu-Jitsu can be compared to attempting to solve a puzzle. At the beginning, we are given a few elements that are easy enough to figure out. As soon as we solve the easy ones, however, we are facing a more complicated puzzle, with more elements to piece together. It is hard to imagine how many techniques are possible, how many techniques can be created. The variety of techniques can encourage one to not only know positions, but to also try to understand the mechanics of movement.

The logic, tactics, and strategy in techniques must be built on the knowledge of anatomy. One must know body parts, structure, mechanics, and all kinds of limitations — the limitations of the range of motion needed to execute sprains and needed to perform chokes. Based on this sort of knowledge, one can learn how to use locks and pins to force the opponent into submission. This is a close contact fight, body to body. Both fighters need to set their own strategy and tactics of attack, but they also have to understand and anticipate the opponent's moves and possible actions in order to counteract.

Playing chess and practicing Jiu-Jitsu demand exercising the anticipation of the opponent's moves. Thus, playing chess might bring advantages for the Jiu-Jitsu student and can be a part of the learning process.

Beside its physical side, Jiu-Jitsu has also a moral and ethical context, which also gives students training in moral aspects. When practicing with a sense of proportion and respect for the opponent, Jiu-Jitsu is very positive and moral. Practicing with others allows one to develop friendships and a bond with other people. The social aspect keeps the student coming back, continuing to practice and — finally — achieving new skills. Jiu-Jitsu is a wonderful way to educate a person and allow them to develop social tools.

Without doubt, Jiu-Jitsu is an effective martial art. It has been proved as such in comparison with other martial techniques, and included in the training routines of those who fight the most brutal combat: World Vale Tudo Championship (WVC), Ultimate Fighting Championship (UFC), and Pride Fighting Championships (Pride FC). Being aware of Jiu-Jitsu's advantages and effectiveness helps students to develop self-confidence and self-esteem.

Technical development in Jiu-Jitsu depends on the way one maintains discipline in many aspects of daily life, such as a healthy diet, a regular schedule, etc. This discipline is another way of saying self-control.

The practice of martial arts is also a great life lesson which will prepare students to face the surrounding reality by teaching them about their limitations, increasing their self-esteem and confidence, and improving their motor skills. Practicing a martial art teaches one to respect one's friend and opponents, to handle both victory and failure.

If only we choose, we can live our dream life and achieve everything we want, instead of watching as time passes by. Jiu-Jitsu can be of great use in creating and preparing for such a life.



CHAPTER 1

Takedowns with GI

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Koshiki Taoshi - Ouchi Gari

The left hand grabs the opponent's collar and stretches it out. This allows the right hand to grip more powerfully.

Right hand grabs the collar on side of the neck.

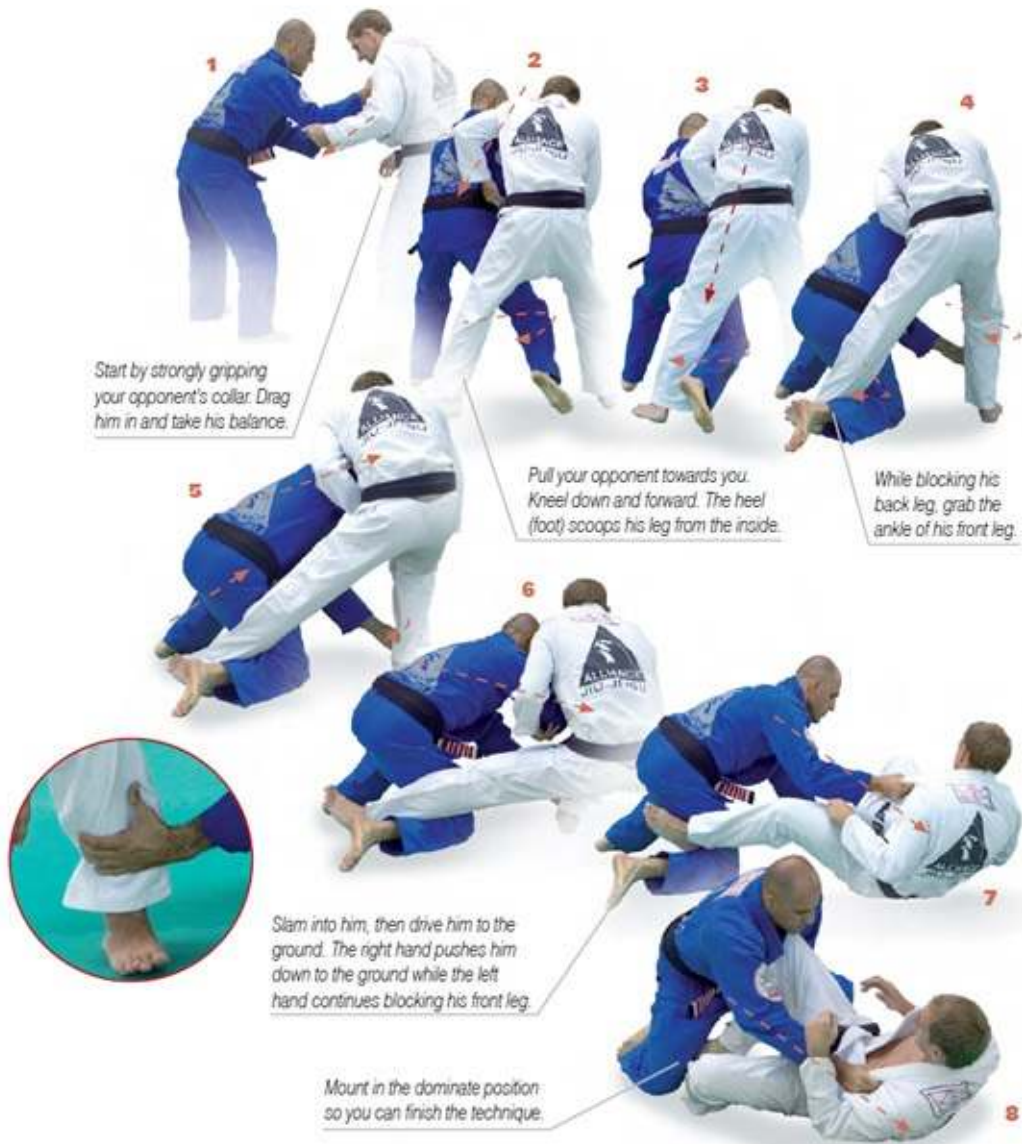
Pull the opponent towards you. He steps forward. Your left hand grabs his right hand to prevent an attack.

Your right foot hooks his right foot from the inside. He loses his balance. Your left hand grabs his knee from underneath.





Oushi Gari - Kibisu Gaeshi



Sukui Nage



Grab the opponent's gi collar. While passing by him, rapidly pull him down.



Your left hand hooks underneath his right knee from the outside.



Turning and bringing down your body will force the opponent down. Mount in the dominate position.

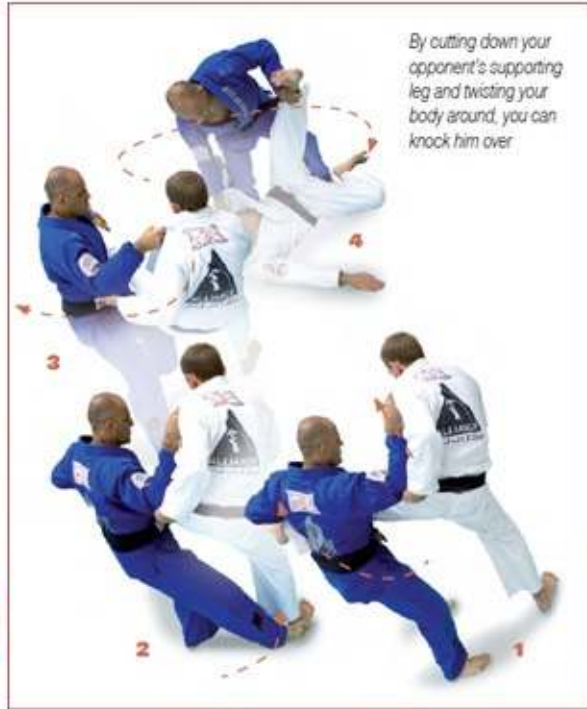


Kibisu Gaeshi



With your right foot hook his supporting leg's ankle and turn your body.

After putting the opponent on the ground, you can fully control him and finish with the appropriate technique.



By cutting down your opponent's supporting leg and twisting your body around, you can knock him over.



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