

Brazilian Jiu-Jitsu & Submission Grappling

Contributed by Administrator

HSMA-Tinguinha

BRAZILIAN JIU-JITSU

&

SUBMISSION GRAPPLING

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Come and achieve tournament victories or just have fun training.

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Earn Brazilian Jiu-jitsu belts.

- Learn all those cool submission grappling moves you see on TV when you watch MMA.
- Compete in Brazilian Jiu-jitsu and Submission Grappling tournaments.
- Gear up for MMA fighting with your strong Brazilian Jiu-jitsu and Submission Grappling base.
- Also learn Kurash (a throwing art that complements BJJ) for the art of grappling on your feet.
- Judo is available Fridays under head coach David Malar. Judo is a very popular and effective addition to your BJJ skills.

ENJOY BJJ & SUB GRAPPLING THREE DAYS, FIVE HOURS, A WEEK:

7-9 P.M. Mon

7-9 P.M. Wed no-gi

11:30-12:30 A.M. Sat

Bring your gi: Mon & Sat.

No gi: Wed.

(Don't forget about judo Fridays 7-9 too. Judo improves your BJJ game a lot. If you come out to judo also, you're training 7 hours a week! You'll be a BEAST in no time!)

BRAZILIAN JIU-JITSU

We are a Tinguinha Brazilian Jiu-jitsu school. In 2005 the Canadian Jiu-jitsu Association adopted Brazilian Jiu-jitsu rules for its Sport Jiu-jitsu grappling competitions and for training. The sport of Brazilian Jiu-jitsu was developed from Judo in the 20th Century by Carlos and Helio Gracie in Brazil. Its rules were set in the 1970s. It is excellent training for ground

fighting (pins, chokes and joint locks.) It is a big help in winning on the ground in judo tourneys. It was popularized in modern MMA initially by Royce and Rorion Gracie at the Ultimate Fighting Championships, proving that pure grappling beats pure striking. We are an official Tinguinha school of Brazilian Jiu-jitsu.

We are a member in good standing of the:

Tinguinha school of Brazilian Jiu-jitsu

Canadian Jiu-jitsu Association

[Click Here for Canadian Rules](#)

[Click Here for International Rules](#)

[Click Here for ADCC Rules](#)

SUBMISSION GRAPPLING

Submission grappling is the sport of submitting an adversary. There are several rule sets for submission grappling including the very popular BJJ rules, the ADCC rules and FILA. There are two types: gi and no gi. The difference

between grappling and BJJ tourneys that use the same rules is that grappling tourneys are not divided by BJJ belt levels but rather by levels of experience in the sport of submission grappling, typically beginner, intermediate, and advanced. Also, submission grappling, being a sport only, has no belt ranks, and incorporates training regimens and concepts from various origins, such as wrestling, judo, sambo and so forth, and not only from Brazilian Jiu-jitsu. Submission grappling is not limited in scope to its own rules but is also an important part of MMA preparation, strategy and training.

In the year 2000, Sheik Tahnoon Bin Zayed Al Nayan founded the Abu Dhabi Combat Club World Championships (ADCC) with the help of Matt Hume, a famous mixed martial artist. It has now become the most prestigious no-gi submission wrestling event in the world. Its rules differ somewhat from BJJ.

Head Coach:

Mauricio " Tinguinha" Mariano: 3rd Degree Brazilian Jiu-jitsu Black Belt

[Click here for more information about Professor Tinguinha.](#)

Coaches:

Mark Simon: 3rd degree Jiu-jitsu black belt; 2-time Sport MMA world champion.

Kim Ribble: 4th degree Judo black belt; 3-time Canadian Judo champion; 12-year Team Canada member; multiple-time medalist around the world; Joslin's Canadian Open Grappling champion; Canadian Olympic Judo Team.

David Malar: 2nd degree Judo black belt. 2009 Central East Region Master's Shiai Judo Champion.

Rob Martino: 1st degree Jiu-jitsu black belt.

Mikro Kuruc: 1st degree Jiu-jitsu black belt. Ontario Open Grappling champion.

Chris Miller: 1st degree Judo black belt; 2009 Senior International Cup Judo Champion; 2009 Copa Ontario BJJ Champion; 2008 Joslin's Canadian Open BJJ champion; 2008 Budokan Judo champion. 2009 Central East Region Master's Shiai Judo Champion.

RESOURCES

For Brazilian Jiu-jitsu DVDs, we highly recommend Tinguinha's. [Click here](#) for more information. Mauricio "Tinguinha" Mariano is a pioneer in BJJ teaching methodology - a leader in reducing the vast assortment of techniques into an effective and teachable system.

Our successful and reputable HSMA team fights both nationally and internationally and offers many opportunities for travel outside-of-province and abroad.
Try a free class

Call for more details: (905)544-9788

Brazilian Jiu-Jitsu Combat Progressions

Simply put, you win by submission. All manner of armlocks and wristlocks are allowed, as well as chokes, straight leg and ankle locks and the toe hold. Neck cranks, finger locks and twisting leglocks are banned.

If you don't win by submission in the allotted time then the match goes to points. The points reward your attempts to progress towards positions that are closer and closer to establishing a submission hold. You have to get through these phases of combat in order to win points in Brazilian Jiu-jitsu Tournaments:

1. "Throw" your opponent to the ground. 2 POINTS.

2. "Pass The Guard" 3 POINTS, meaning get around your opponent's legs and maintain control from the side for 3 seconds.

3. If you are pulling guard then "Sweep" your opponent by rolling him or her over and getting on top. 2 POINTS.

4. "Control" your opponent. In MMA or in real combat, you can strike your opponent into submission or worse. If you have his or her back, get your hooks (heels) into the inner thigh area and work a rear choke.

Knee on Belly control for 3 seconds: 2 POINTS.

Progress from knee on belly to full mount control.

Mount for 3 seconds: 4 POINTS.

Now, as your opponent tries to turn onto his or her stomach to turtle out of the mount, you take...

Back Control for 3 seconds: 4 POINTS.

It only counts if you get BOTH heels inside your opponent's inner thighs. It doesn't matter whether you are both face up or face down - you still get 4 points.

*If you are being controlled, you need to "Escape".

5. Finish your opponent at any time by applying a "submission" technique such as a choke, joint lock, or even a crushing pin. IMMEDIATE VICTORY.

*If you are being submitted, defend against it and escape from it. If you cannot do either, then "tap out".

*Every position of control must be held for at least 3 seconds to qualify for points.

Sometimes you can skip a phase of combat if you are clever or if your opponent makes your job easy for you, but you have to be ready to fight your way through all.

Brazilian Jiu-Jitsu

History

Judo is won by submission, 25 second pin or throw clean to the back keeping control. Partial points are given for less effective throws and shorter pins. The partial points are used to determine a winner if the time runs out. The scores are for moves that have been proven most useful in self-defence situations yet are still safe enough to be done on mats.

Brazilian Jiu-jitsu is won by submission, but has a points system to determine a winner if match time has run out. The points system is based on progressing to a position of more control from a position of less control. The points are meant to reward the kind of grappling moves that are most useful in progressing you towards gaining a submission hold.

Judo began as a very rough and violent activity in late 19th Century Japan 6 years after the banning of the carrying of swords. Interest in traditional weaponry understandably dropped to almost nil as a result of the sword-carrying ban, and the interest of the Japanese people shifted to that of unarmed fighting methods. The same ardent desire for prowess in weaponry was now applied to developing skill in unarmed combat. Judo combines the samurai art of Jiu-jitsu with concepts drawn from Japanese swordsmanship and Western wrestling, as a method of steeling the Japanese people's bodies and minds for legal self-defence and for war. Due to too much emphasis on ground grappling, leading to almost utter neglect of standing fighting which is necessary for self-defence, battle and law-enforcement, rules were instituted in the 1920s to place more emphasis on standing techniques, in a roughly 50-50% ratio. A judo throw onto concrete, solid ground, down a flight of stairs, off a ledge or onto a hard object like a fire hydrant can end a fight instantly, and that was the reason given for this emphasis. Therefore, in judo practice groundfighting training is balanced equally with standing-fight training in typical judo training halls in a 50-50 split. At some clubs, the emphasis is traditionally very strongly in favour of groundfighting. Judo is now one of the world's most popular sports, martial arts and methods of self-defence.

In 1970s Brazil, 6th Degree Judo Black Belt Helio Gracie and his brother Carlos developed unique rules, based on their experience in vale tudo (mixed martial arts) fights, that emphasize ground techniques and at the same time promote movement on the ground, by awarding points for transitional ground techniques and for short pins. These unique and novel rules solved the problem of stagnation on the ground by encouraging the player in the dominant position to keep transitioning to new moves instead of just keeping the stronger position he had already attained on the ground. These rules marked the differentiation of Brazilian Jiu-jitsu from Judo, creating a new sport. The rules are known as "Brazilian Jiu-jitsu" outside of Brazil. The no gi form was begun in the 1990s. Both have a very wide following throughout the world. There is roughly a 90-10% emphasis on ground techniques in this system. The highest ranked Brazilian Jiu-jitsu fighter and trainer in Canada is Marcus Soares, 7th Dan, (who is also a judo black belt with an excellent competitive career in judo as well.) Mauricio "Tinguinha" Mariano, 3rd Dan, is a pioneer in reducing the vast array of BJJ techniques to an effective, teachable system as well as being a highly decorated BJJ champion! He is our club's professional mentor for the sport.

Training in both Brazilian Jiu-jitsu and Judo together is a popular way to master the art grappling in Brazil and around the world: Judo for the throws and a top-oriented control and submissions game on the ground, and Brazilian Jiu-jitsu for almost complete focus on groundfighting. One pioneer in this approach outside of Brazil is the world renowned judo and BJJ champion Dave Camarillo.

Brazilian Jiu-Jitsu Points:

- 1 point. Advantage (ALMOST passing the guard, ALMOST sweeping, ALMOST executing a takedown)
- 2 points. Takedown from standing
- 2 points. Knee-on-belly position
- 2 points. Scissor, sweep, or flip, using legs (from bottom position to top)
- 3 points. Passing the guard
- 4 points. Mount
- 4 points. Mount on back (with heel hooks inside the inner thighs)

ADCC Points :

Mount
position = 2 points

Back mount with hooks
= 3 points

Passing the guard
= 3 points

Knee on stomach
= 2 points

Clean Sweep
= 4 points

Sweep = 2 Points

Clean
Take down (Ends passed the guard)= 4
points

Take
down (Ends Guard or Half Guard)= 2 points

Pulling Guard from standing is penalized = -1 point

- Each position must be established for 3 seconds or more in order for points to be awarded.
- When changing multiple positions points will be awarded only for the position that has been established for 3 seconds or more.
- Reversals are considered Sweeps as well.

A Typical Brazilian Jiu-Jitsu and Kurash Class at HSMA

We start with light warmups leading to rolls. Rolls:

- develop all the muscles throughout the body.
- toughen you up.
- improve balance.
- make you resistant to dizziness in a fight.
- are at the base of the many throwing and grappling movements in Kurash and jiu-jitsu.

Here are the most important rolls, always starting with feet shoulder-width apart and finishing standing up and well-balanced:

- forward ending with feet close together.

- backward ending with feet close together.
- forward ending with feet wide apart.
- backward ending with feet wide apart.
- forward with a hand stand.
- backward with a hand stand.
- forward breakfalls (left and right.)

We next do what is called "uchikomi," which is an exercise where you repeatedly spin into throwing position and then back out again to your starting stance. All the throws involve this movement in one way or another, and actually many grappling moves on the ground utilize it as well. Speed, coordination and strength at this movement are what we are aiming at here.

Next we study techniques, often in strings of movements. An example would be something like freeing yourself from a grip, then establishing a dominant grip on your partner leading to a throw, a ground control and then a submission.

We often do drills where we fight it out from a specified starting position. Some particularly important ones are:

- Closed Guard
- Open Guard
- Triangle Choke/Armlock (Particularly important for lasting in BJJ tourneys :))
- Butterfly Guard
- Half Guard
- Turtle
- Back Control (Also, particularly important for surviving tourneys.)

Finally, we spend a long time actually fighting. We do three kinds of fighting: standing, ground and both together (like in a real match.) This part is especially fun and it gives everyone the chance to apply their newly learned skills to their game.

Conditioning (Homework:)

The best form of conditioning for judo and grappling is running. You should ideally run for about an hour 3 times a week on the off-nights when you are not training at the club. Running develops the following sport-specific skills and attributes:

- superb dynamic balance
- strong grappling stance
- fast and explosive movements
- tough body
- strong back and stomach
- resilient cardio-vascular stamina
- an indomitable will to persevere

For the upper body all kinds of weight lifting methods are good. Kettle bells are particularly good because they strengthen the grip better than regular weights do. Pushups are especially helpful because they exercise more muscles than any other single upper-body exercise and thereby develop fantastic conditioning and stamina. Also, they exercise the whole body and not just the upper body. In addition, they strengthen the body posture for pinning a downed opponent. Pushups for grappling are best done with hands placed apart at or wider than shoulder width.

Advice for Judo clubs wishing to compete in Brazilian Jiu-jitsu tournaments:

We at HSMA think that open BJJ tournaments are an excellent additional competitive outlet for judoka. The open tournaments are also often called "grappling" tournaments. There are typically two types of competition: gi and no-gi. For a typical judo club, the gi variety is the one to compete in, since judoka train primarily in the gi.

We'll assume you have already read the above sections on rules, so we'll stick to how to train up for the BJJ tournaments.

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First of all, when doing newaza randori (groundfighting) do NOT stop at pins. In fact, only look upon the pins as means to an end, the end being the submission. So, stop just holding a pin a long time and going no further. Hold the pin, instead, so that you can work towards a submission technique. Don't worry about your pinning skills getting weaker, because you have to pin first before you can apply most of the submissions anyways. In fact, your pins will become stronger because you will get good at pinning while also fishing for subs. And your judo newaza skills will improve because you will be able to pull off more submissions in tournaments, which are instant victories as opposed to pins which take more time.

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Secondly, you need to train fighting from certain positions that are most common in BJJ. Since you already know all the moves that are common in BJJ due to judo having the same ones, you just need to focus on training for specific phases of the match that most commonly come up, and take up much more match time in BJJ than in judo tournaments. They are the following, ranked in order of importance:

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In full guard: the bottom player tries to submit or sweep to a top position (worth 2 points,) and the top player tries to pass the guard to any legitimate judo pin (worth 3 points.) [It is alright if the top player tries for submissions a little too, but in spite of there being a few possible ones, such as the sleeve choke (sode guruma jime,) they are extremely hard to pull off in a real match against a fairly matched adversary.] Stop the action whenever any of the above objectives is attained. This forces you to focus on this extremely important phase of the BJJ match. In judo the guard often ends up in a restart due to the no-progress rule, but in BJJ they let it go on and on and on :) since it is pretty much the distinctive signature position of the whole system. If you do not do this drill a lot, there is no way you will be prepared for BJJ fighting. If you end up in half guard while doing this drill, then continue to fight until one of the objectives is reached.

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In half guard: the same objectives as for the full guard, but now there are some good submissions available to the top player. Of course, do this one on both sides. Without doubt, you will end up in this position a lot when you are doing the full guard drill, but you should still train to start from this position just to force yourselves to focus on it, since it is so important.

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In butterfly guard: again, the same objectives as for full guard. Many competitors favour this guard, so be ready for it, and learn to use it too!

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In turtle: the top player tries to get both heels into the inner thighs and to apply the rear naked choke or other choke (this is called "back control" and is worth 4 points - it doesn't matter whether you both end up face up or face down,) or even other submissions from there. So there are two steps for the top player: back control first and then a submission. The bottom player's objectives are first of all to stop both heels from getting into the inner thigh area, and second of all, if the back control position is established in spite of trying to stop it, which is much more than likely :) to escape from it - and get to top in guard, top in half guard, or into any judo pin, even to get to bottom in guard is better than waiting for your back to be taken with hooks in! It is highly recommended to escape from turtle position as fast as possible in order to pull guard! Unlike in judo tournaments you can't wait for *matte*. The ref will let this position continue on for a long time, possibly the whole match time, in BJJ tournaments.

- Triangle Choke Position: start in the triangle choke position from guard. The top player tries to escape from this choke and pass guard while the bottom player tries to finish the choke or apply another submission like the triangle armlock, or a sweep to a top position. This is an extension of the full guard drill. Submissions from this position are very common in BJJ tournaments. You need focused practice in handling them.

- Back Control Position: start in this position face-up. Fight it out until a submission is scored or you end up in guard. This is an extension of the turtle drill. Submissions from this position, primarily chokes, are also extremely common in BJJ tournaments.

Keep in mind that there is no stipulation against standing up in BJJ tournaments. Don't worry about standing up, the ref will not restart the match. You just keep fighting. So, if you wish to stand up to pass the guard or attack the turtle, feel free to do so in these drills.

Once you have done these drills a lot, there is no need to continue doing them forever. After a few months of these, you will be able to incorporate what you learned from them into your submissions-oriented *newaza randori* (submissions groundfighting.) From this point on you can simply fight for submissions when you do *newaza randori*, and not do anything else particularly special to keep ready for BJJ matches. However, when a BJJ tournament is approaching, make sure you do some full match-type *randori* sessions, starting from standing up and continuing on the ground until submission. Do try to incorporate the point scoring moves into your fighting where applicable but don't get hung up on them to the point of becoming distracted from scoring the submission.

Advice for BJJ clubs wishing to compete in Judo tournaments:

The biggest difficulties for BJJ exponents wishing to fight in judo tournaments are:

- an ippon throw can end the match outright
- periods of inactivity in guard lead to referee stoppage and a restart in the centre of the mat.

To overcome these limitations it is important for BJJers to work on how to apply their pinning and submission skills while transitioning from standing to ground in the combat. In typical club standing randori sessions, where the objective is to gain a good throw, it is often overlooked how one player might not actually score on the other but will land in an advantageous position for groundwork. In actual fact, if it were a real tourney, the fighter who has the advantageous position on the ground will often win the match by following it up with a pin or submission. So, for BJJers wishing to fight in judo tourneys, it is important to train to fight going from standing to a position of dominance on the ground. So, try the following randori (fighting) objectives at your club while doing practice fighting:

- start standing
- try to throw each other or take each other down in any safe way
- continue to fight until one of you is on top of the other on the ground for an amount of time that shows solid control; for at least 10 seconds, for example. This will be in one of three positions:
 - turtle
 - a form of guard
 - a legitimate pin (North-South, Side Control, Scarf Hold, Top Mount. Note: Knee on Belly is not a pin in judo, it is a strong position of control to set up a submission but it is not a scoring pin.)

Assume that the top person is the winner for the sake of this drill. Here are the rationales:

- On top of the turtle means that you were almost certainly not thrown for a score AND that you were able to begin to take your opponent's back.
- On top in guard often means that you probably scored at least a small score with a throw to get there, and again it means that you yourself were not thrown to your back, since you are on top. You have nothing to fear from the bottom fighter, given the limited time allowed for being stuck in guard, and if anything, you have the potential to pass the guard and win the match with a pin or submission.
- If you manage to land on top of your opponent in a legitimate pin, you will likely win the match with the pin, and even with a possible submission if you choose to go for one from the pin to win the match sooner.

Newaza (groundfighting) is an extremely important part of judo, and is a full 50% of what judo is. If your newaza is good, as it should be from BJJ training, you ought to do very well in judo tourneys, if you fight to maximize your use of it!