

# Techniques

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## DVD I

### BOTTOM POSITIONS

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(CONTROL POSITIONS, TRANSITIONS, SWEEPS, REVERSALS, COUNTERS AND SET UPS)

BREAKING THE GRIPS UPWARD FROM CLOSED GUARD

BREAKING THE POSTURE HUGGING THE OPPONENT

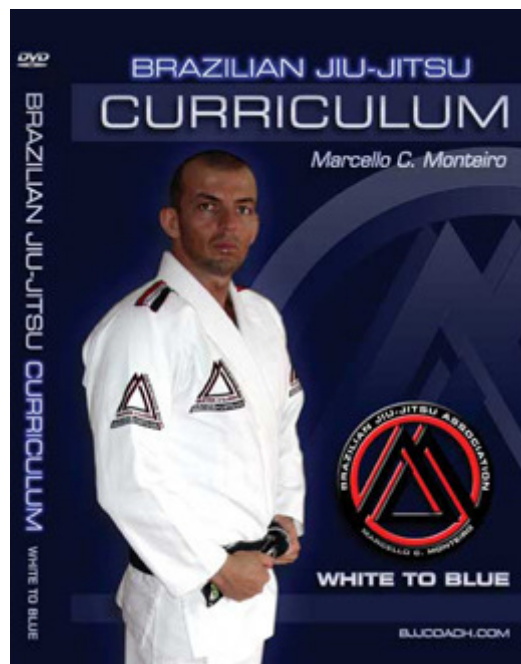
BREAKING THE POSTURE OPENING THE ELBOWS

APPLYING THE MOUNTAINEER SWEEP GOING FROM CLOSED GUARD TO THE MOUNT

CLOSED GUARD TO SCISSOR CONTROL POSITION

CLOSED GUARD TO BASIC SCISSOR SWEEP

BASIC OPEN GUARD CONTROL POSITION VARIATION 1



### TOP POSITIONS

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(CONTROL POSITIONS, TRANSITIONS, GUARD PASSES, SIDE CONTROL, MOUNT POSITIONS, HALF GUARD, COUNTERS AND 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

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NEVER USE BOTH HANDS AGAINST THE PANTS WHILE IN OPPONENTS CLOSED GUARD, PART 1

NEVER USE BOTH HANDS AGAINST THE PANTS WHILE IN OPPONENTS CLOSED GUARD, PART 2

NEVER USE BOTH HANDS AGAINST THE PANTS WHILE IN OPPONENTS CLOSED GUARD, PART 3

NEVER GRAB THE PANTS AGAINST THE KNEE WHILE IN OPPONENTS CLOSED GUARD

NEVER PUT YOUR SINGLE ARM BETWEEN THE LEGS WHILE IN OPPONENTS CLOSE GUARD

NEVER ATTEMPT A KIMURA SUBMISSION WHILE IN YOUR OPPONENTS CLOSED GUARD

NEVER CROSS YOUR ARM OVER THE CENTRAL LINE WHILE IN OPPONENTS CLOSED GUARD

NEVER PULL THE HEAD STRAIGHT TOWARDS YOU WHILE IN OPPONENTS CLOSED GUARD

### SUBMISSIONS

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(Back, Top and Bottom game)

## **ON THE BOTTOM**

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BASIC REVERSE KIMURA

BASIC ARMBAR

BASIC CROSS COLLAR CHOKE

## **ON THE TOP**

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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**

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REAR NAKED CHOKE

ARMBAR FROM THE BACK ATTACK

BACK ATTACK CROSSED FEET COUNTER

BACK ATTACK WITH STRETCHED CHICKEN

## **TAKE DOWNS**

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BASIC SINGLE LEG TAKEDOWN

COUNTER TO THE OPPONENT HUGGING THE ARMS FROM THE BACK GOING INTO TAKEDOWN

## **DVD II**

### **BOTTOM POSITIONS**

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(CONTROL POSITIONS, TRANSITIONS, SWEEPS, REVERSALS, COUNTERS AND 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**

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

### **TOP POSITIONS**

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(CONTROL POSITIONS, TRANSITIONS, GUARD PASSES, SIDE CONTROL, MOUNT POSITIONS, HALF GUARD, COUNTERS AND 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**

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WARNING AGAINST GRIPPING PANTS ON THE OUTSIDE OF THE KNEE

**SUBMISSIONS**

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(Back, Top and Bottom game)

**ON THE BOTTOM**

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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**

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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**

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

**ESCAPES**

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**ON THE BOTTOM**

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

**ON THE TOP**

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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**

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BASIC DOUBLE LEG TAKEDOWN ON THE GROUND

## **DVD III**

### **BOTTOM POSITIONS**

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(CONTROL POSITIONS, TRANSITIONS, SWEEPS, REVERSALS, COUNTERS AND 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**

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(CONTROL POSITIONS, TRANSITIONS, GUARD PASSES, SIDE CONTROL, MOUNT POSITIONS, HALF GUARD, COUNTERS AND 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**

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(Back, Top and Bottom game)

#### **ON THE BOTTOM**

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## 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**

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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**

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CLOCK CHOKE

ESCAPES

### **ON THE BOTTOM**

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ESCAPE FROM THE MOUNT GOING INTO HALF GUARD

### **ON THE TOP**

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BASIC ARMBAR ESCAPE FROM THE TOP GRABBING YOUR OWN BICEP

TRIANGLE ESCAPE APPLYING PRESSURE AGAINST THE GROIN

### **ON THE BACK**

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CHOOSING ONE SIDE TO ESCAPE THE BACK CHOKE

## **TAKE DOWNS**

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BASIC HITTING THE CALF MUSCLE TO SWEEP-TAKEDOWN

BASIC SINGLE LEG TAKEDOWN FROM STANDING POSITION

## **DVD IV**

### **BOTTOM POSITIONS**

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(CONTROL POSITIONS, TRANSITIONS, SWEEPS, REVERSALS, COUNTERS AND 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**

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(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  
TORENDO 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**

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(Back, Top and Bottom game)

### **ON THE BOTTOM**

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ARMBAR COUNTERING THE MAU SAPAO  
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**

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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**

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### **ON THE BOTTOM**

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ESCAPE FROM THE MOUNT DRIVING OPPONENT FORWARD

### **ON THE TOP**

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

### **ON THE BACK**

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ESCAPE FROM THE REAR NAKED CHOKE TO HALF GUARD WITH UNDERHOOK

## **TAKE DOWNS**

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CALF MUSCLE SWEEP-TAKEDOWN TO ARMBAR

CINTURADA

TAKEDOWN PULLING THE COLLAR TO GRAB THE ANKLE