

**infinity**  
martial arts

**AURA**

# UNDERSTANDING BRAZILIAN JIU JITSU LINGO



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The idea behind the points is to reward the person who is gaining the more dominant positions and seeking to submit their opponent. The value of the positions is roughly matched to how well you lend yourself into an effective position should you find yourself in a real fight. If you hold the position for at least 3 seconds you have earned your points.

## WHERE IT ALL BEGAN?

Brazilian Jiu Jitsu was first developed in Brazil during the 1920s by the Gracie family. In 1917 Carlos Gracie was taught traditional Kodokan Judo by a travelling Japanese Judoka Mitsuyo Maeda. The family later went on to develop their own self defence system known as Gracie Jiu Jitsu. This system evolved into the modern Brazilian Jiu Jitsu, a world-renowned martial art.

## WHAT IS BRAZILLIAN JIU JITSU?

Brazilian Jiu Jitsu (BJJ) is a self-defence, combat sport based martial art, often defined as submission grappling. It entails grappling on the feet, ground-fighting, and submission holds. BJJ focuses on advancing to dominant positions, controlling one's opponent, forcing their opponent to submit to techniques such as joint-locks and chokes. It revolves around the concept that a seemingly weaker, yet skilled individual, can successfully defend themselves against, and control a larger and stronger opponent. This is done through taking the fight to the ground, the manipulation of leverage and weight distribution, and exploiting body mechanics in the form of submissions. BJJ training is often demonstrated in BJJ tournaments, Mixed-Martial-Arts (MMA) fights, and in self-defence situations. Sparring, commonly referred to as "rolling" within the BJJ community, and technique drilling, are the two major processes in a practitioner's development.

# WHAT IS STANDING?



When you and your opponent are standing, the aim is to attain a takedown to the ground, with you landing on top. A takedown is a technique that involves off-balancing your opponent. In BJJ you also have the option to pull guard when you sit down on the ground while your opponent is still standing.

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POINTS

## Takedown

- There are many ways to get your opponent to the ground with upper body takedowns, lower body takedowns, or a combination of both.
- You will need good timing, technique and control over your opponent to successfully take them down.
- It is important to employ different techniques in succession, forcing your opponent to react. Working off their reaction will open up greater opportunities to enter a takedown.

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POINTS

## The Guard pull

- Before you pull guard you will need to have a grip on your opponent.
- Pulling guard requires almost zero stand-up training.
- With the right grips, technique and timing, you can pull guard straight to a submission or sweep your opponent.

# WHAT IS THE GUARD?



There are various types of guard in BJJ. Each of these are categorised by an individual's legs being in the way of their opponent, who is either in front (standing or kneeling) or on top of them. The Guard is one of the concepts which separates Brazilian Jiu Jitsu from other grappling arts. It is a defensive position with offensive applications for submissions and sweeps.

## The Guard Bottom

- It is important to always retain your guard to stop your opponent from reaching a dominant position.
- By using frames and grips you can slow your opponent down.
- Having strong grips controlling your opponent's posture will allow you to attempt sweeps and submissions.

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POINTS

## The Guard Top

- When dealing with your opponent's guard, you must maintain a strong base.
- You must be able to defend sweeps and submissions with good posture and balance.
- Your aim here is to pass their guard and advance to a dominant position.

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POINTS

# WHAT IS A SWEEP?



A sweep allows you to transition from your guard to a top position. Using your hand grips, feet, and body position to control your opponent, will help to off-balance them, and allow you to sweep and get on top, with much less strength required. It also opens up opportunities for submissions.

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POINTS

## Sweep

- Controlling your opponent's posture to a unathletic position will help with the success of your sweep.
- Use your guard and your grips to push and pull on your opponent, and when you feel their balance and weight distribution shifting around to compensate for your actions, you will begin to learn when / how they can be swept.
- Time your pushing / pulling with your sweeping motion so that as your opponent corrects their position, they fall into the trap you're setting.

# WHAT IS A GUARD PASS?



Passing the guard is a large part of Jiu Jitsu where you attempt to get past your opponent's dangerous guard, while your opponent attempts to sweep or submit you.

## Guard passing

- Speed passing involves surprising your opponent with a quick and sharp pass that lands you in a dominant position.
- Pressure passing mainly involves tying up your opponent and applying pressure while on top of them. This results in your opponent seeing the pass coming but being unable to stop it.
- Hybrid passing is a mix of both speed and pressure passing, which is believed to be the best way to set up your passing. This keeps you versatile, unexpected, and is often more effective than using just one type of passing.

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POINTS

# WHAT IS SIDE CONTROL?



Side Control is a dominant position that you can attain after passing your opponent's guard. You are chest to chest on top of your opponent, with wide knees for good base, one arm under the head and the other controlling your opponent's far side arm. By controlling your opponent's ability to turn and escape while maintaining constant weight, you're in a great controlling position.

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POINTS

## Side Control Top

- It is important to stay heavy, having your opponent carry all your weight.
- From here it is easy to exhaust your opponent, slowing their movement.
- There is an array of submissions available from here, as well as numerous transitions to different positions.

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## Side Control Bottom

- Your opponent has now passed the guard and can begin to increase pressure to drain your energy.
- It is vital to keep your arms close to your body, reducing the chances of them being isolated and decreasing exposure of the neck.
- You should make use of frames formed by your arms, allowing you to create space through which you can shift your hips and regain your guard.



# WHAT IS KNEE ON BELLY?



Knee on Belly (or Knee Ride) is a dominant position where your knee is on your opponent's belly with your other leg extended to the side for balance. This is often used when passing the guard from standing, or directly from the side control or mount.

## Knee on Belly Top

- This position allows your opponent more space to move, which opens up greater opportunities to attack.
- This is accentuated by the panic induced through added pressure generated by the knee.
- When your opponent tries to escape you can transition to another dominant position such as side control, mount or back control.

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POINTS

## Knee on Belly Bottom

- You want to keep your hands and elbows tucked close to your body. Your opponent is wanting you to overreach so they can attack for submissions.
- It is a high priority to escape this position due to the amount of pressure that can be generated.
- Hip movement is your best tool for escaping this position.

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# WHAT IS MOUNT?



Mount is one of the most dominant positions in Jiu Jitsu. Your opponent is restricted by the ground and by your weight on their belly or chest. There are many chokeholds and joint locks that can be applied from this position.

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POINTS

## Mount Top

- You can maintain great control and pressure, with the opportunity of chokes and joint locks.
- By constantly threatening attacks, this will slow their escaping ability.
- It is a good idea to force your opponent to expend as much energy as possible trying to escape.

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POINTS

## Mount bottom

- It is important to remain calm as there are many effective escapes from this position.
- You must keep your arms in a defensive position close to your neck.
- When you begin to escape the mount, you may be at risk of submissions or exposing your back, however this is the trade-off.

# WHAT IS BACK CONTROL?



Back Control is also considered one of the most dominant positions in Jiu Jitsu. The Back Control involves you having your chest connected to your opponent's back, with your legs wrapped around them to lock them in place.

## Back Control Attacking

- To limit your opponent's escaping ability, the positioning of your arms (one over the shoulder and one under the arm) and head (close to your opponent's head) is important.
- Your opponent cannot see your attacks coming.
- By threatening your opponent with submissions, they are distracted from escaping.

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POINTS

## Back Control Defending

- You are in grave danger of being submitted here.
- It is important to stay active, keeping your hands close to your neck and chin down to defend chokes.
- It will take a tremendous effort to escape this position in attempting to get your shoulders to the mat so that your opponent can no longer maintain the back.

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# WHAT IS TURTLE POSITION?



The turtle position involves you being in a defensive position on your knees and elbows with your opponent on top. The turtle position is usually used as a defensive position when your opponent has passed your guard but hasn't been able to secure side control, mount, knee on belly, or the back control.

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## Turtle Top

- It is important to first stabilise yourself to prevent your opponent from re-guarding or sweeping you.
- You want to keep your weight down on your opponent.
- Transitioning to back control is a high priority

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POINTS

## Turtle Bottom

- Have wide knees for a strong base, keep your head down, elbows close to your knees.
- You want to create enough space to re-guard.
- You must be careful to not leave too much space for your opponent to transition to back control.

# WHAT IS A SUBMISSION?



Most submission holds can be grouped into two broad categories: joint locks and chokes. Joint locks involve isolating your opponent's limb and creating a lever with your body position, forcing the joint to hyperextend. A choke either obstructs the windpipe or restricts blood flow through the arteries to the brain. If your opponent taps to a submission you win the match immediately.

## Submission Attacking

- You have done a great job to isolate a limb or the neck for a joint lock or choke.
- You may have to alter your grips, angles or positioning to increase pressure to tighten the submission, in a controlled manner.
- As soon as your opponent taps (either with their hand, foot, or verbally) release the submission hold immediately.

WIN

## Submission Defending

- Trying to either prevent the submission from being locked up or attempting escapes before it is tightened, is the most efficient method of evading being submitted.
- When caught in a tight submission you may be forced to tap to your opponent on their body or loudly hand slapping the mat with your hand or foot, or by verbal tap – saying "tap" or "yep".
- It is a good idea to tap early as it will prevent many injuries from taking place.

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# GYM RULES?

## **MAT ETIQUETTE**

- Show a positive attitude
- Support your teammates to learn
- Lower belts give way to higher belts when rolling
- Tap early
- Always show respect
- Ask your instructor if unsure
- Be humble

## **SAFETY**

- Never intentionally hurt anyone
- No striking, punching, or kicking.
- No eye gouging or hair pulling.
- No twisting or grabbing fingers.
- No neck cranks.
- No slamming (picking someone up and dropping them).
- All jewellery must be removed
- Do not abuse your knowledge of martial arts

## **HYGIENE**

- No shoes on the mat
- Footwear must be worn in the bathroom
- Footwear must be worn when going outside of the gym
- Always wear clean training gear
- Practice good personal hygiene
- Keep toenails and fingernails trimmed
- Brush teeth (especially smokers)
- Hair must always be tied back
- Cover any wounds
- Always wear deodorant
- Do NOT train if you are sick

# WHAT WILL YOUR FIRST CLASS LOOK LIKE

- Arrive a few minutes before class. Introduce yourself to your instructor.
- Class will start with a group warm up for 5 to 10 minutes under the guidance of your instructor.
- After this you gather along the wall as your instructor demonstrates the technique for the class.
- You will be partnered up with an experienced student that will help you further learn and understand the technique.
- You practice the technique as demonstrated by your instructor.
- You repeat this with your partner, along with any further additions to the technique as demonstrated by the instructor for a 35 to 45 minutes.
- This allows you time to refine the technique and practice to ensure you have a good understanding of the moves.
- After the technique part of class, it's time for live sparring "rolling" with your partner.
- Live rolling helps you to practice the techniques learnt in class against an unwilling partner.
- If you have any injuries make your partner aware of them before you start.
- Rolling is an amazing cardio workout and is one of the most satisfying experiences of the class.
- Class will continue with rolling with the option to changing partners every 6 minutes.
- You can take breaks or stop when you feel like it.
- Before leaving have a quick chat with your instructor about your class experience.

