CONTENTS

Acknowledgments	. 5
History of My Path in Jiu-Jitsu	. 7
Jiu-Jitsu	. 9
CHAPTER 1	
Takedowns with GI	11
Koshiki Taoshi – Ouchi Gari	12
Oushi Gari - Kibisu Gaeshi	14
Sukui Nage	15
Kibisu Gaeshi	16
CHAPTER 2	
The Closed Guard with Gi	19
Arm bar from the closed guard	
Choke from the closed guard	21
Closed guard sweep to back control	
Umaplata sweep from arm bar in the	
closed guard	24
Collar choke from the closed guard with	21
one arm trapped	25
Sweep to mount from the closed guard	23 26
Arm bar from the close guard with your	20
	20
opponent's arm trapped	28
Sweep to mount from the closed guard	20
when your opponent stands	29
Sweep from Umaplata when your	•
opponent stands	30
Umaplata from arm bar in the closed guard	31
Arm bar from the closed guard when your	
opponent stands	32
Close guard sweep to mount from the	
kimura position	
Kimura from the closed guard	34
Guillotine from the closed guard	35
CHAPTER 3	
Passing the Closed Guard with Gi	
Passing the closed guard	38
Passing the high closed guard securing	
one sleeve	39
Passing the high closed guard gripping	
your opponent's collar	40
Passing the guard controlling your	
opponent's arm	42
Passing the low closed guard while holding	
your opponent's writs	43
CHAPTER 4	
Butterfly guard and X-guard with Gi	45
Butterfly guard sweep	

Butterfly guard sweep gripping your	
opponent's belt	47
Butterfly guard sweep to back control	48
Butterfly guard sweep holding a leg and	
arm and standing up	49
Butterfly sweep holding a leg and arm to	77
	50
side control	50
Butterfly guard transition to X-guard sweep	
5 11	51
Butterfly guard sweep to technical	
stand up	52
Butterfly guard transition to X-guard sweep	
to the back of your opponent	54
Spider guard sweep to back control	55
Spider Guard sweep with a hook while	
	56
	50
CHAPTER 5	-0
Open Guard Pass with Gi	
Open guard pass controlling the hips	60
The "Bullfighter" open guard pass	61
Knee cut across open guard pass	62
Knee cut across open guard pass when the	
opponent blocks with his leg	63
CHAPTER 6	
CHAPTER 6 Across-side Position with Gi	65
Across-side Position with Gi	
Across-side Position with Gi	66
Across-side Position with Gi Armbar from side control Kimura from the north-south position	66
Across-side Position with Gi Armbar from side control Kimura from the north-south position Kimura to choke from the north-south	66 67
Across-side Position with Gi Armbar from side control Kimura from the north-south position Kimura to choke from the north-south position	66 67 68
Across-side Position with Gi Armbar from side control Kimura from the north-south position Kimura to choke from the north-south position Armbar from side control to the other side	66 67 68
Across-side Position with Gi Armbar from side control Kimura from the north-south position Kimura to choke from the north-south position Armbar from side control to the other side Choke from side control with the arm	66 67 68 69
Across-side Position with Gi Armbar from side control Kimura from the north-south position Kimura to choke from the north-south position Armbar from side control to the other side Choke from side control with the arm trapped	66 67 68 69 70
Across-side Position with Gi Armbar from side control Kimura from the north-south position Kimura to choke from the north-south position Armbar from side control to the other side Choke from side control with the arm trapped North-south choke	66 67 68 69 70 71
Across-side Position with Gi Armbar from side control	66 67 68 69 70
Across-side Position with Gi Armbar from side control	66 67 68 69 70 71
Across-side Position with Gi Armbar from side control	66 67 68 69 70 71
Across-side Position with Gi Armbar from side control	66 67 68 69 70 71 72
Across-side Position with Gi Armbar from side control Kimura from the north-south position Kimura to choke from the north-south position Armbar from side control to the other side Choke from side control with the arm trapped North-south choke Choke from side control Choke from side control Choke from side control Choke from side control with hand on collar similar to Katagatame	66 67 68 69 70 71 72 73
Across-side Position with Gi Armbar from side control	66 67 68 69 70 71 72 73 74
Across-side Position with Gi Armbar from side control	66 67 68 69 70 71 72 73 74 75
Across-side Position with Gi Armbar from side control	66 67 68 69 70 71 72 73 74 75 76
Across-side Position with Gi Armbar from side control	66 67 68 69 70 71 72 73 74 75 76 79
Across-side Position with Gi Armbar from side control	66 67 68 69 70 71 72 73 74 75 76 79
Across-side Position with Gi Armbar from side control	66 67 68 69 70 71 72 73 74 75 76 79 80
Across-side Position with Gi Armbar from side control	66 67 68 69 70 71 72 73 74 75 76 79
Across-side Position with Gi Armbar from side control	66 67 68 69 70 71 72 73 74 75 76 79 80 81

Half guard sweep dominating your	
opponent's legs 83	
CHAPTER 8	K
Turtle Guard and Back Mount with Gi85	; K
Turtle guard attack to taking the back with	
one leg over the shoulder	, K
Kimura while attacking the turtle guard 87	
Choke from the top on all fours 88	
Attack from back mount using both collars	K
and your shoulder on the back of your	K
opponent's head 89	K
Back attack with one hand on the collar and	
one leg over the shoulder 90	
CHAPTER 9	S
Takedowns without Gi93	S
Koshiki Taoshi – Ouchi Gari 94	
Oushi Gari – Kibisu Gaeshi 95	S
Kibisu Gaeshi 96	
Sukui Nage 97	
CHAPTER 10	N
The Closed Guard without Gi	
Arm bar from the closed guard 100	
Double arm bar from the closed guard 101	O
Closed guard sweep to the mount 102	A
Arm bar from the closed guard	
2nd version	
Wrist lock from the closed guard 104	
Kimura from the closed guard 105	A
Guillotine from the closed guard 106	
"Hip bump" – Closed guard sweep	Ha
to mount 108	D
Arm bar from the closed guard	
3rd version 109	
Arm bar from the closed guard when	Н
your opponent stands 110	Н
CHAPTER 11	
Passing the Closed Guard without Gi 113	
Standing closed guard pass 114	H
Closed guard pass while holding your	
opponent's wrist 116	Н
Closed guard pass while holding your	
opponent's wrist 118	
Standing closed guard pass controlling	Att
your opponent's arm 120	Ti
CHAPTER 12	11
Butterfly Guard without Gi	Тι
"Over-under" Butterfly guard sweep 124	Ti
Butterfly guard sweep from back attack 126	
Butterfly guard sweep to knee cut across 128	

CHAPTER 13

83	Passing the Open guard without Gi	. 131
00	Knee cut across open guard pass	
85	Knee cut across open guard pass when	
00	the opponent blocks with his leg	134
86	Knee cut across open guard pass when	
87	the opponent blocks with his leg	136
88	Knee cut across to high leg back	138
00	Knee cut across to high leg back	140
	Knee cut across to side control	142
89	Knee cut across to the mount	144
07	CHAPTER 14	
90	Side Control without Gi	. 147
	Same side arm bar from side control	148
93	Same side arm bar from side control	
94	off triangle attack	150
95	Same side arm bar from side control	
96	off triangle attack	152
97	Mount sliding knee to belly	153
	Mount sliding knee to belly	154
99	Mount to arm triangle	155
00	Kimura from the north-south position	156
01	Opposite side arm bar from side control	158
02	Arm bar from north-south Kimura	160
	CHAPTER 15	
03	The Mount without Gi	
04	Arm bar from the mount	164
05	Arm bar from the mounted arm triangle	166
06	CHAPTER 16	1.00
	Half Guard without Gi	169
08	Deep half guard sweep dominating	170
~~	your opponent's leg	170 172
09	Half guard sweep to mount Half guard sweep	172
10	Half guard sweep dominating your	1/4
10	opponent's legs	176
10	Half guard sweep to side control	178
13 14	Deep half guard sweep to side control	180
14	Half guard pass to side control	182
16	Half guard to Kimura pass	183
10	Half guard pass to knee cut across	184
18	CHAPTER 17	101
10	Attacking the Turtle Guard and	
20	Back Mount	187
	Turtle guard attack to taking the back -	
23	arm bar finish	188
24	Turtle guard attack to Kimura	190
26	Turtle guard attack to rear naked choke	191