ALEXANDRE PAIVA

BRAZILIAN JIU-JITSU



ALLIANCE JIU-JITSU

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

TUTTLE

BRAZILIAN JIU-JITSU



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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.

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Acknowledgments

There are many people I would like to acknowledge for the help they have given me in my practice. If 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 martal 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 througout my life:

My friend and teacher **Romero Cavalcante**, **Jacare**, who opened my eyes to the sport. He is an example of how to combine the profesional career of a fighter and teacher with one's personal life, of 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.

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supported me. He is one of the best entrepreneurs in the martial arts world, one who has become an example for me.

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I would also like to acknowledge the Gracie Family for their input into the development of the exeptional 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 imoprtant roles in my life in other ways.

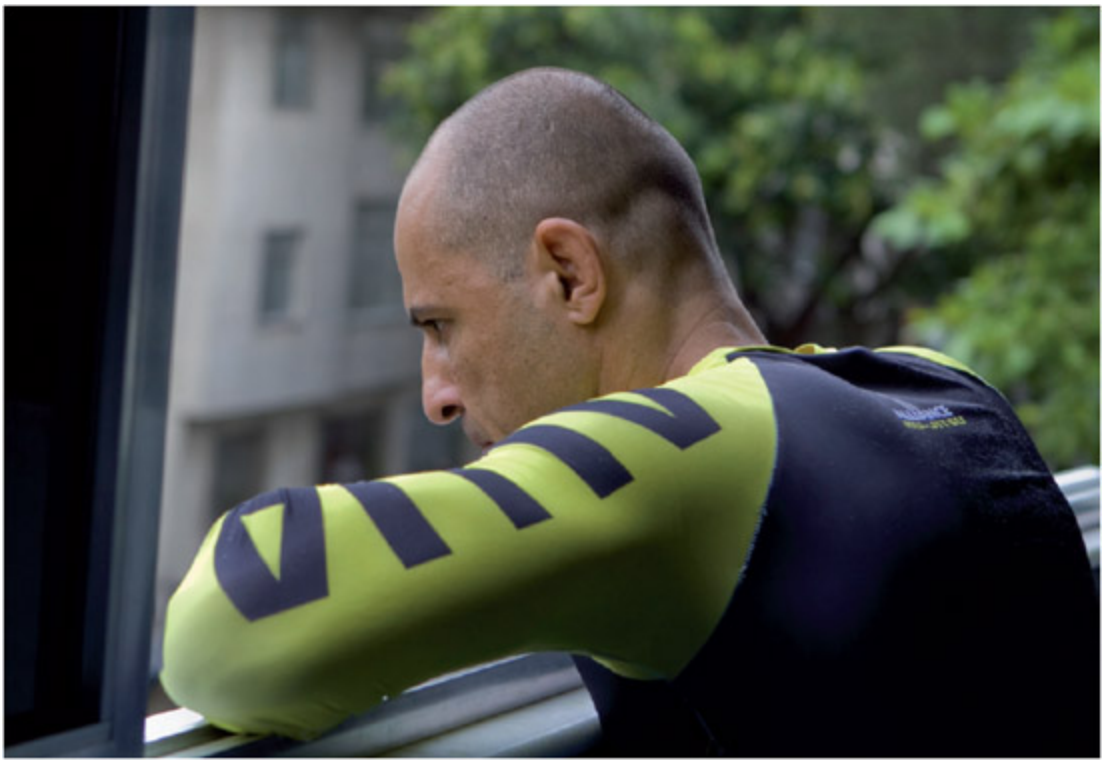
Life's secret wisdom is to face every day of your life as if it were your last, trying to be the best possible human, not showing off in front of others, but merely for the sake of doing the best you can.

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 ours hands. We do not have to understand this fact to live in a happines 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 yeras old. Sergio Lauro Jardim, more commonly known as Malibu, encouraged me to take my first lesson in the Jacare shool 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 pratice. 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 1998, I went to a doctor to confirm what sort of exercises I could be doing to stay in top shape for an upcoming competition without hurting myself. I had been geting 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 immobilze my knee; or normal surgery, in which a block would be placed into 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, manged to reach my goal – I won the world championship.

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

The Alliance Academy was created in 1994 from the joint forces of the Master Academy (Jacare 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 this 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 choosen the best tournament team by many sides.

Alliance gave an opportunity to many great athletes including Leonardo Vieira, Leonardo Leite, Fernando Terere, Ricardo Vieira, Claudio Moreno, Marcos Meireles, Alexandre Street, Gabriel Leite, Marcelo Garcia, Alex Monsalve, Lucas Lepre, Michael Langhi, Cobrinha, Sergio Moraes, Damien 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 possitions, 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 of 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 to 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 others 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 their 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.


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CHAPTER 1

Takedowns with GI

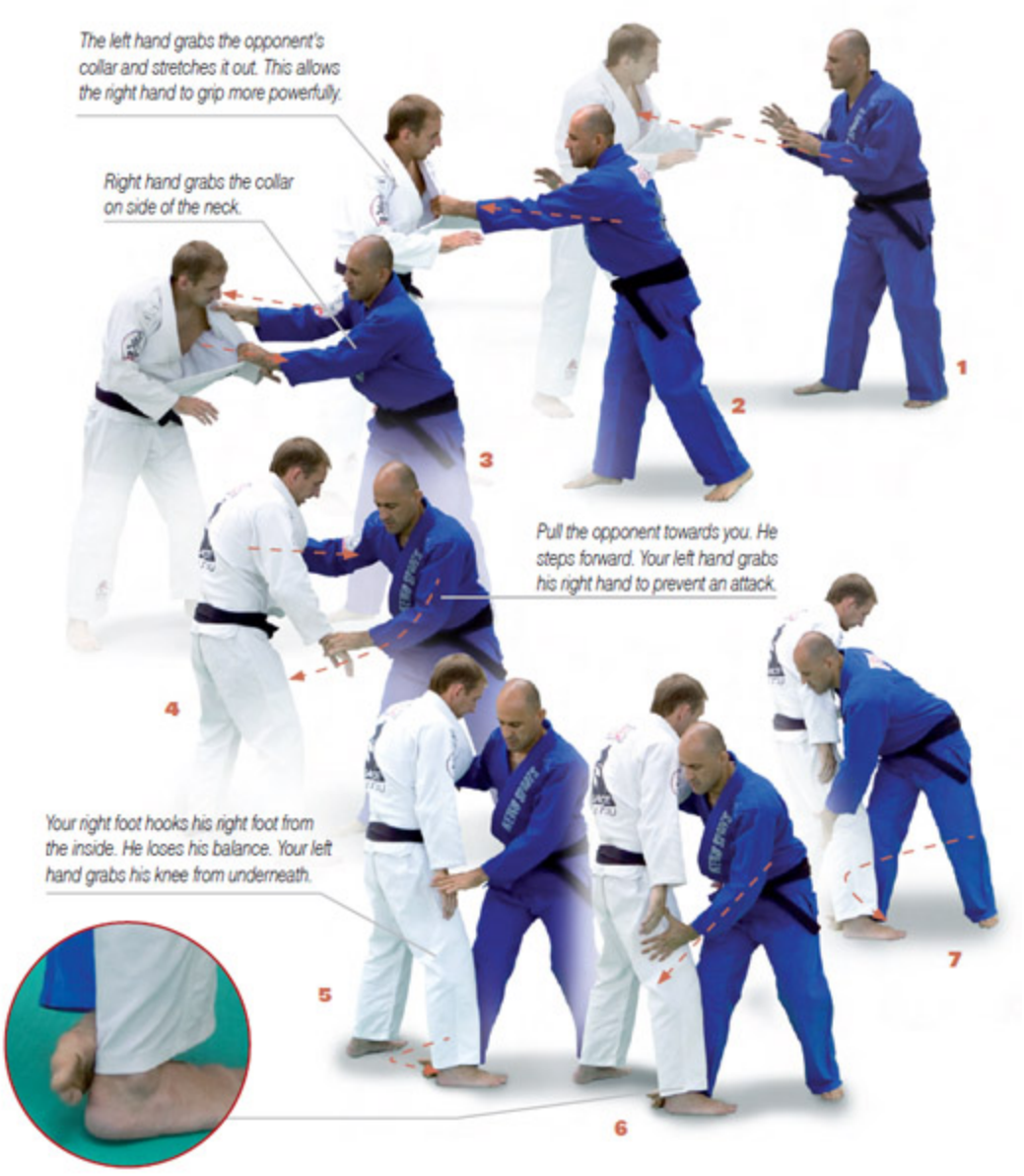
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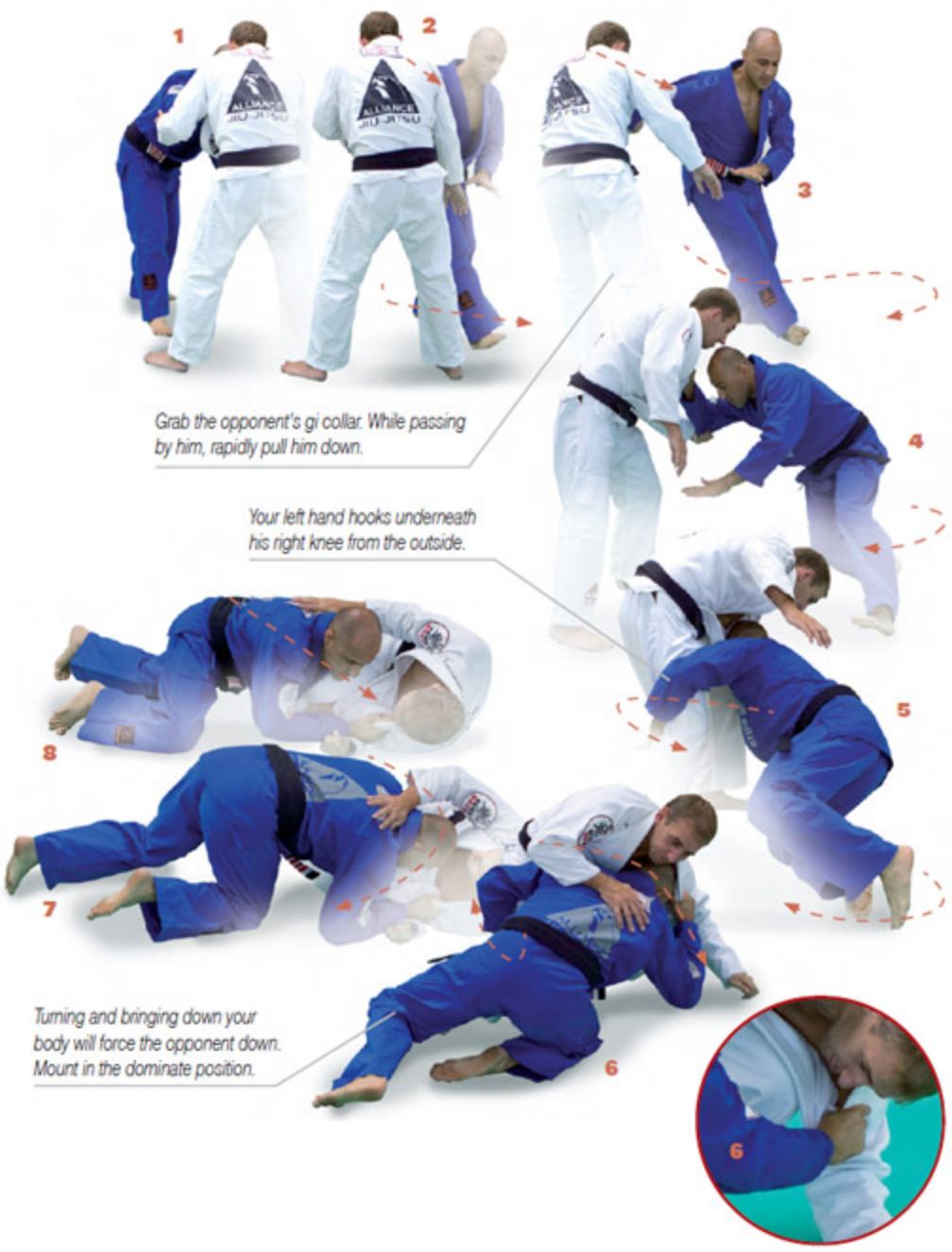



8
9
10
Lift up the opponent's legs and then enter with your left foot forward.
11
12
Enter forward. Take down the opponent by scooping up his supporting leg.
13
14
Enter with hip. Your undercut is stronger and more effective when you use your hips to enter.
3
2
1

Oushi Gari - Kibisu Gaeshi



Sukui Nage


1
2
3
4
5
6
7
8
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.
6

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 techinque.
By cutting down your opponent's supporting leg and twisting your body around, you can knock him over
1
2
3
4
9
10
11
12

CHAPTER 2

The Closed Guard with Gi

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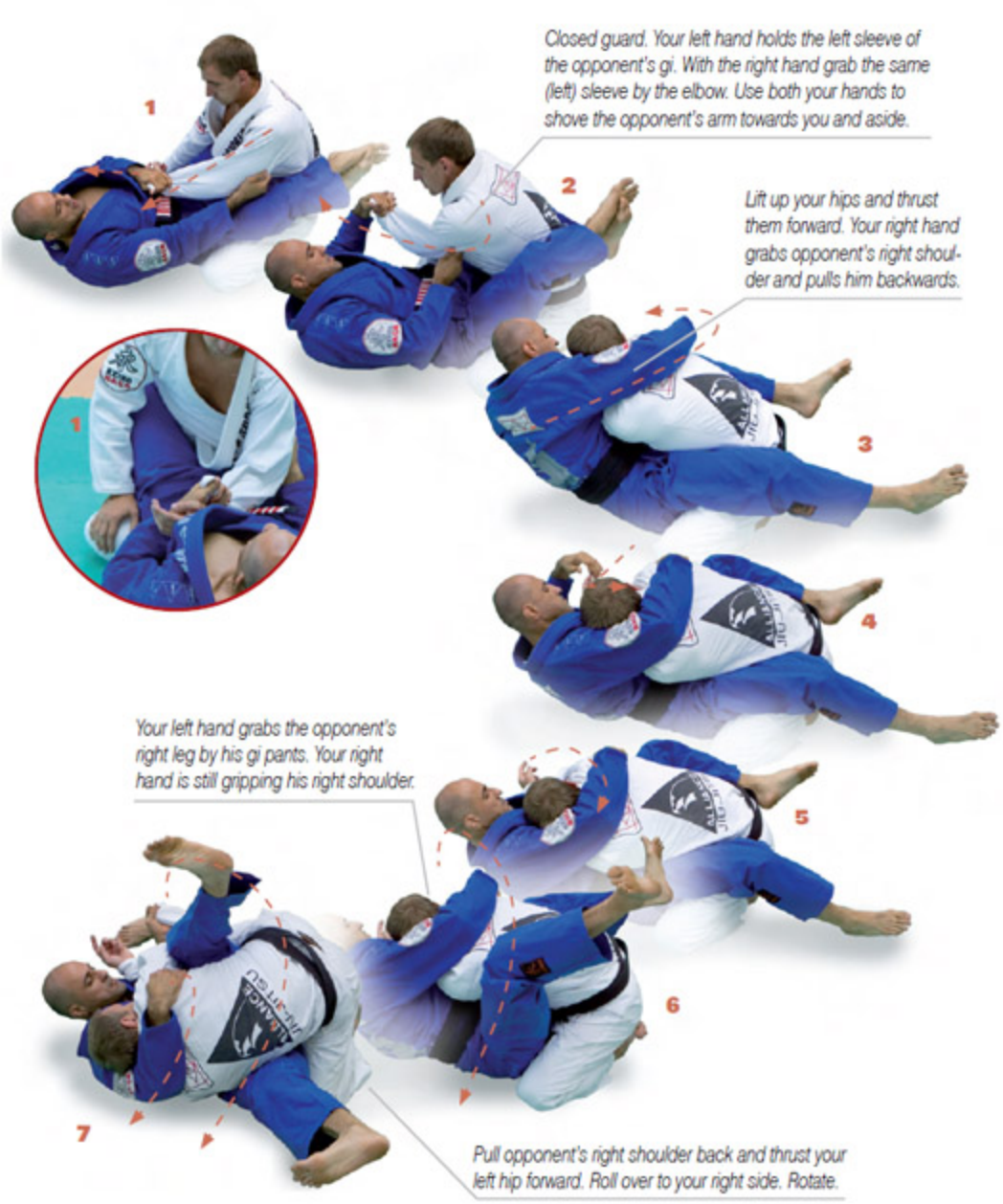
Arm bar from the closed guard

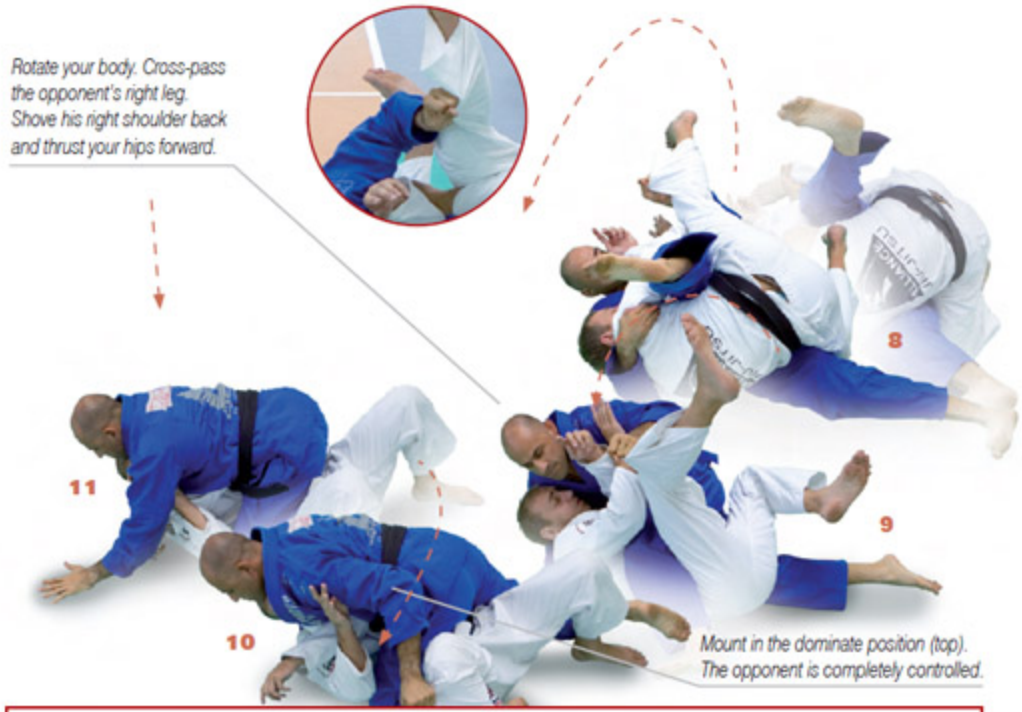


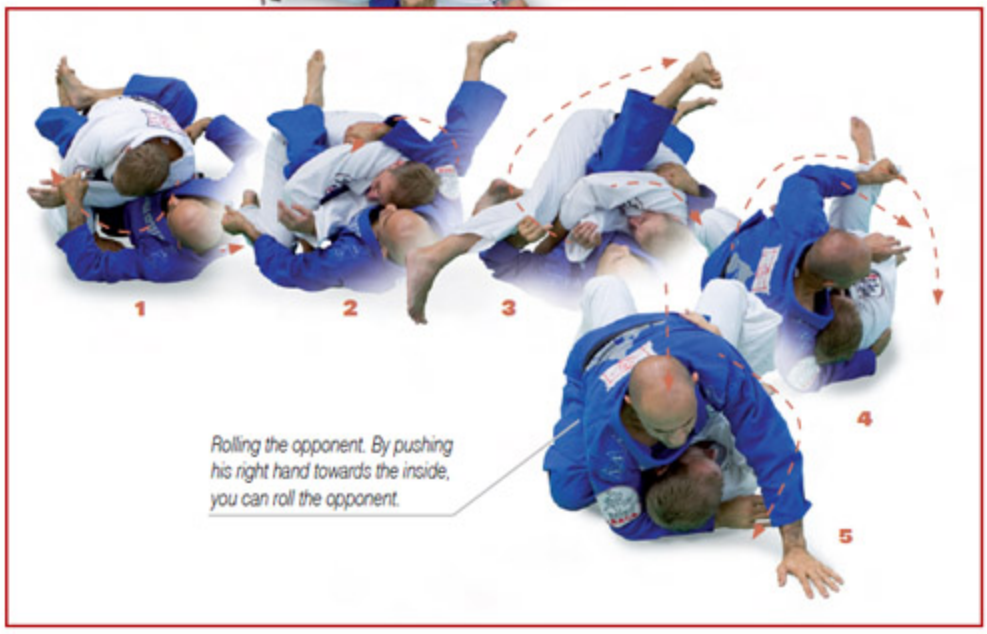
Choke from the closed guard



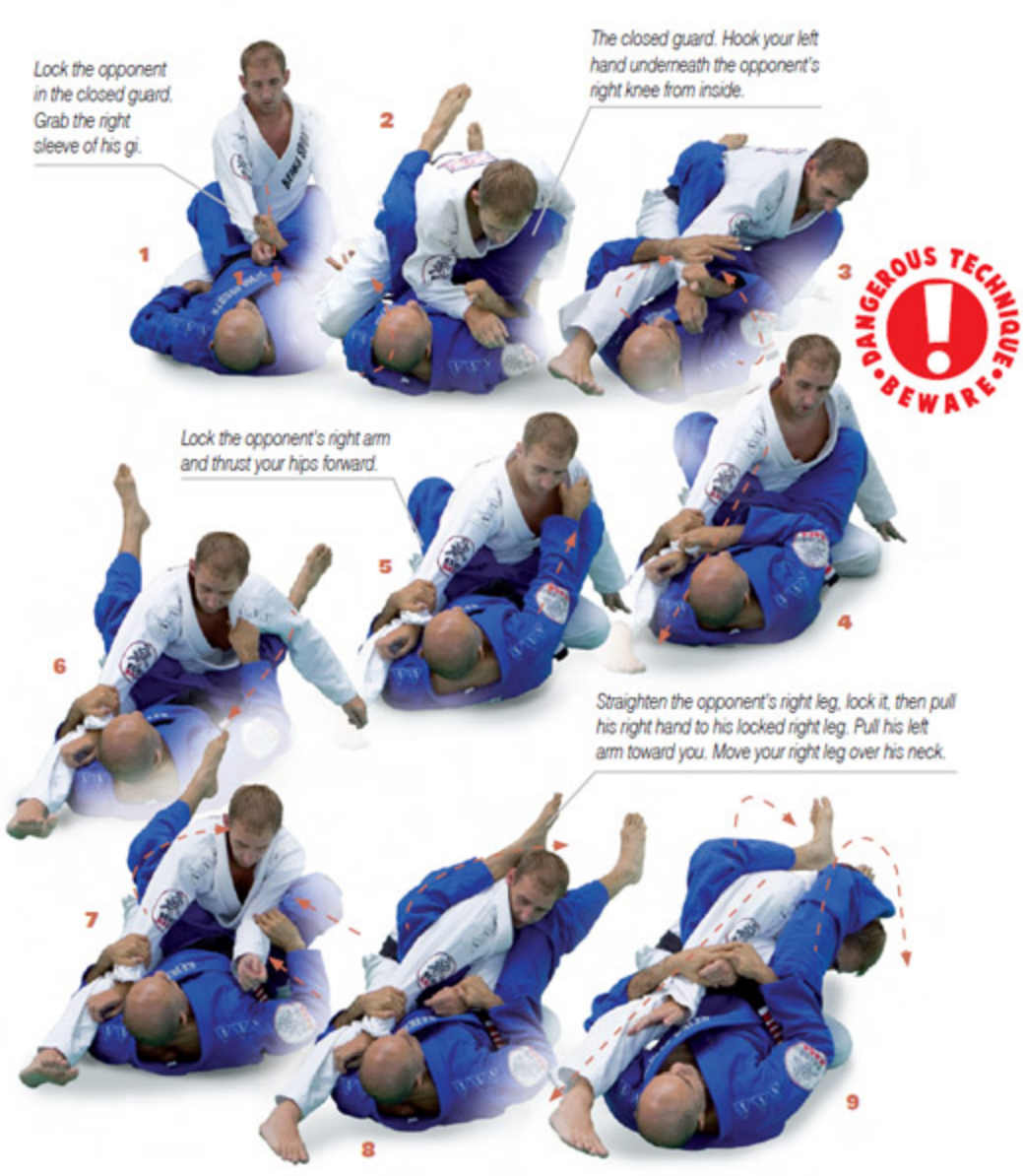
Closed guard sweep to back control




Rotate your body. Cross-pass the opponent's right leg. Shove his right shoulder back and thrust your hips forward.
8
9
10
11
Mount in the dominate position (top). The opponent is completely controlled.


1
2
3
4
5
Rolling the opponent. By pushing his right hand towards the inside, you can roll the opponent.

Umaplata sweep from arm bar in the closed guard



Collar choke from the closed guard with one arm trapped

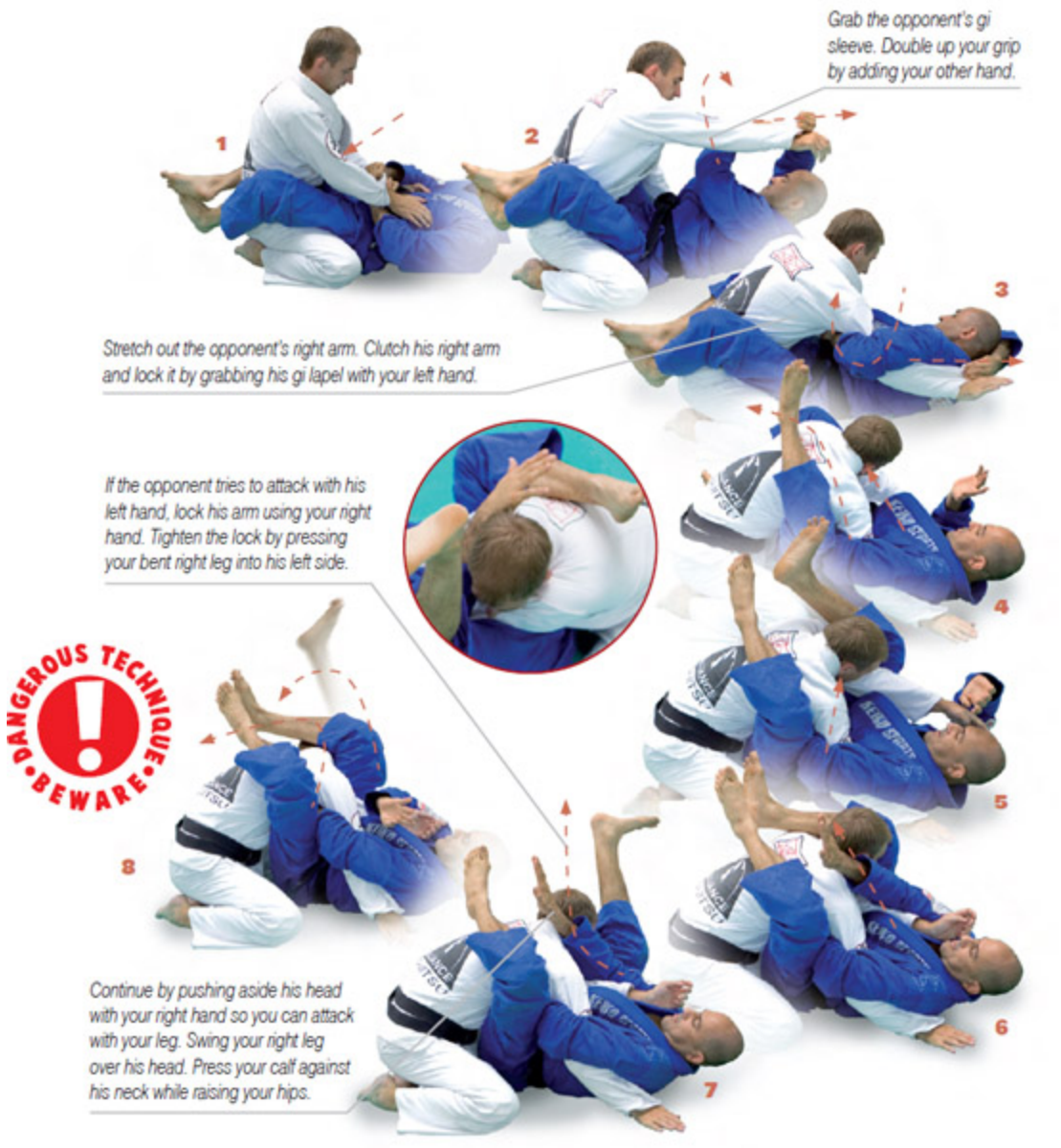

Grab the opponent's right gi sleeve. Add your second hand to make the grip tight.
DANGEROUS TECHNIQUE • BEWARE •
1
2
3
4
Extend his right arm, clutch it, and lock it by grabbing his gi lapel with your left hand.
5
6
7
8
Get a deep collar grip with your thumb, grabbing the inside of the collar. Tighten your grip and twist your wrist.
9
10
11
12
Choking. Keep choking the opponent by tightening your left-hand grip on his collar, pressing your right forearm against his neck, and rotating your body.

Sweep to mount from the closed guard

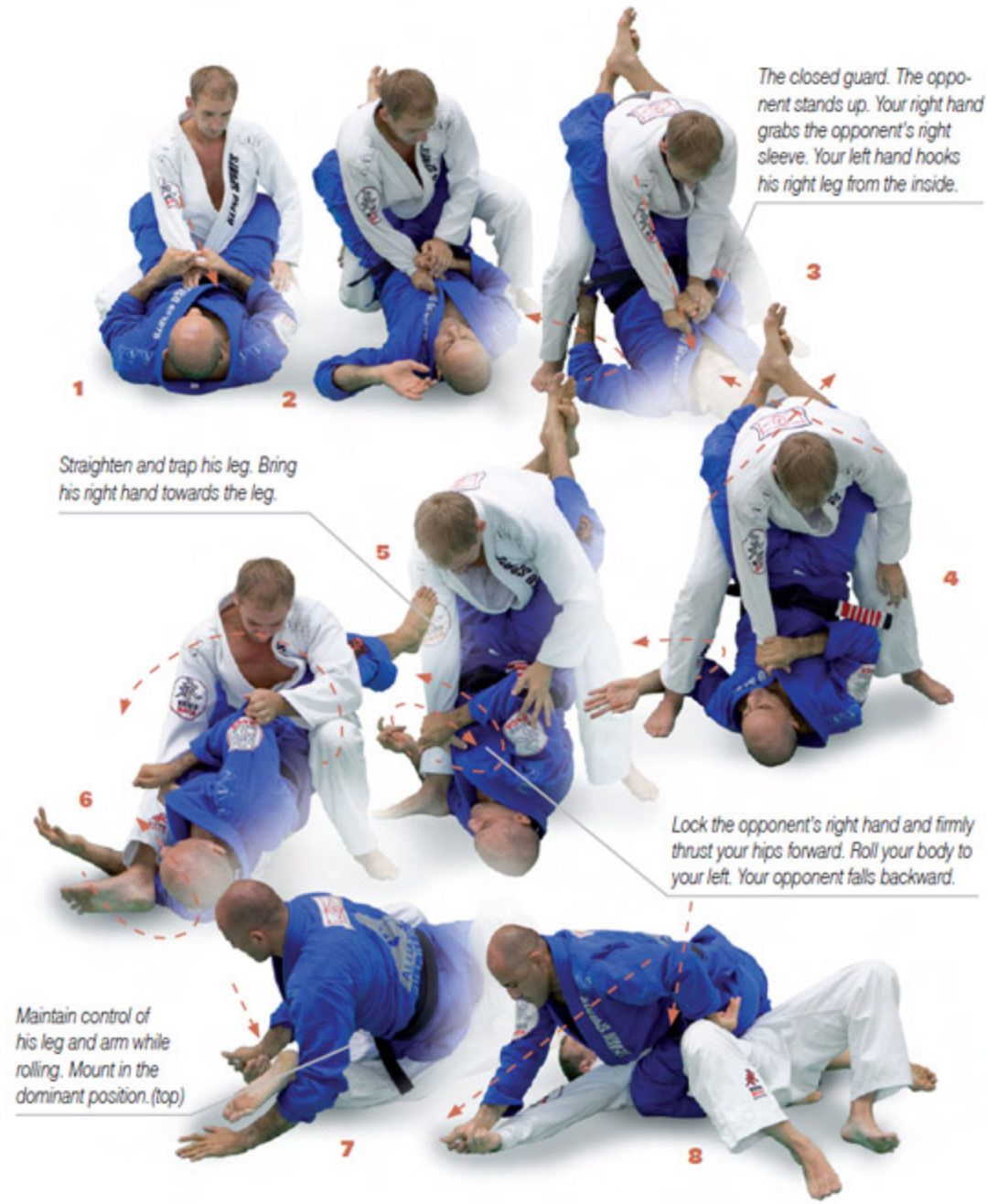



Twist your body dynamically over the left shoulder. Strongly push the opponent's side with your thigh, throwing him off balance.
6
7
8
Continue twisting your body. Press your chest against the opponent's arm and leg.
9
10
11
Keep control of his leg until done twisting. Mount in the dominant position (top).

Arm bar from the close guard with your opponent's arm trapped



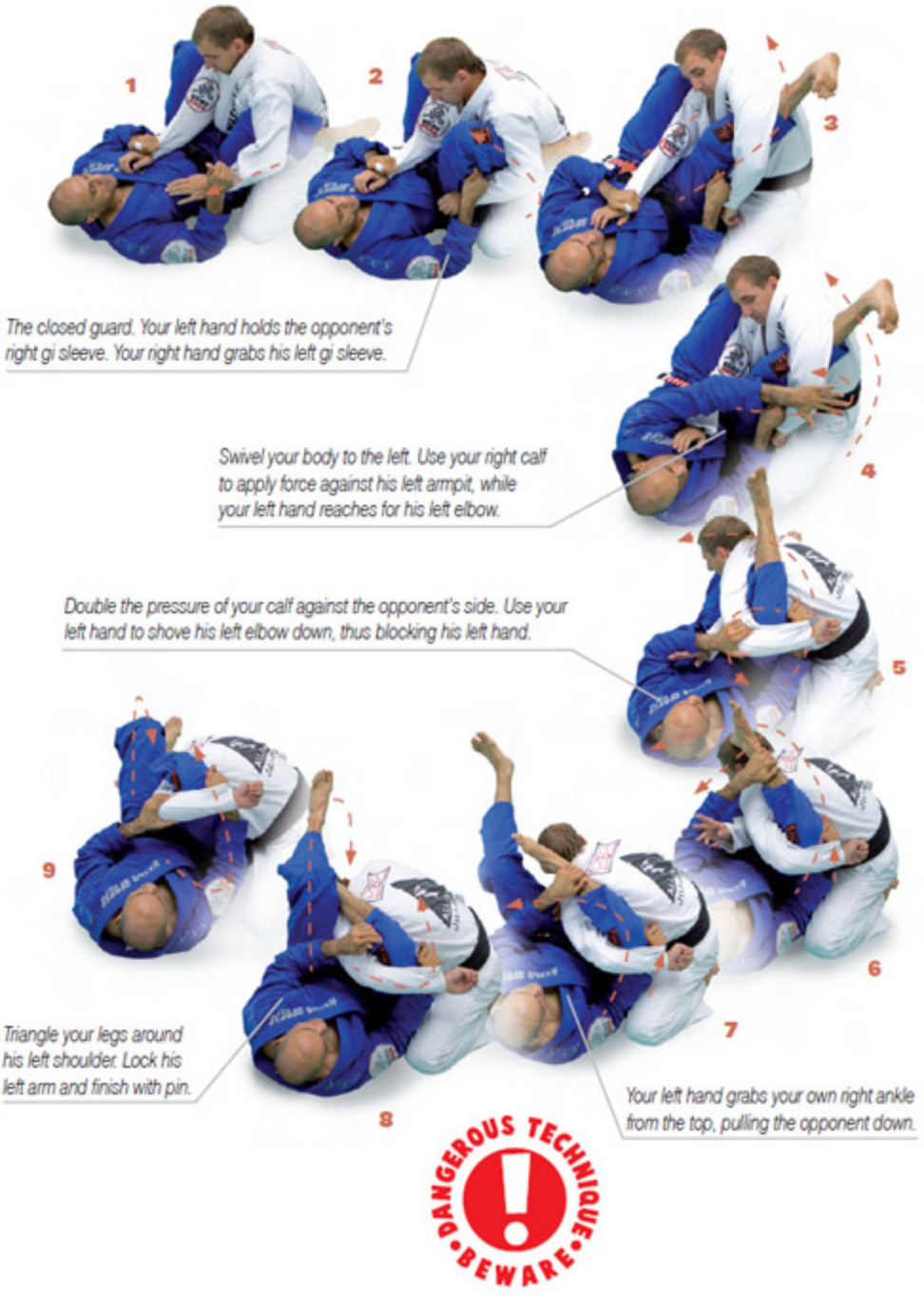
Sweep to mount from the closed guard when your opponent stands


The closed guard. The opponent stands up. Your right hand grabs the opponent's right sleeve. Your left hand hooks his right leg from the inside.
1
2
3
4
Straighten and trap his leg. Bring his right hand towards the leg.
5
6
Lock the opponent's right hand and firmly thrust your hips forward. Roll your body to your left. Your opponent falls backward.
Maintain control of his leg and arm while rolling. Mount in the dominant position.(top)
7
8

Sweep from Umaplata when your opponent stands


The closed guard. The opponent stands up. Your right hand grabs the opponent's right sleeve. Your left hand hooks his right leg from the inside.
Swivel your body to the left so your head is close to opponent's right leg. Lunge with your right leg.
Straighten and trap the opponent's right leg while shoving his right hand towards the leg.
1
2
3
4
Lock his right elbow and press with your legs against his arm. Turn your body and start rolling over your right shoulder.
5
6
7
Rolling. Keep opponent's right arm and leg locked.
8
9
10
11
Hook under the opponent's right knee and fold his right leg over his left knee. Slide your hips forward, dig your right knee into his rib cage. The dominant side position.

Umaplata from arm bar in the closed guard


1
2
3
The closed guard. Your left hand holds the opponent's right gi sleeve. Your right hand grabs his left gi sleeve.
4
Swivel your body to the left. Use your right calf to apply force against his left armpit, while your left hand reaches for his left elbow.
5
Double the pressure of your calf against the opponent's side. Use your left hand to shove his left elbow down, thus blocking his left hand.
6
7
8
9
Triangle your legs around his left shoulder. Lock his left arm and finish with pin.
Your left hand grabs your own right ankle from the top, pulling the opponent down.
DANGEROUS TECHNIQUE
BEWARE

Arm bar from the closed guard when your opponent stands



Close guard sweep to mount from the kimura position



Kimura from the closed guard



Guillotine from the closed guard





CHAPTER 3

Passing the Closed Guard with Gi

Passing the closed guard 38

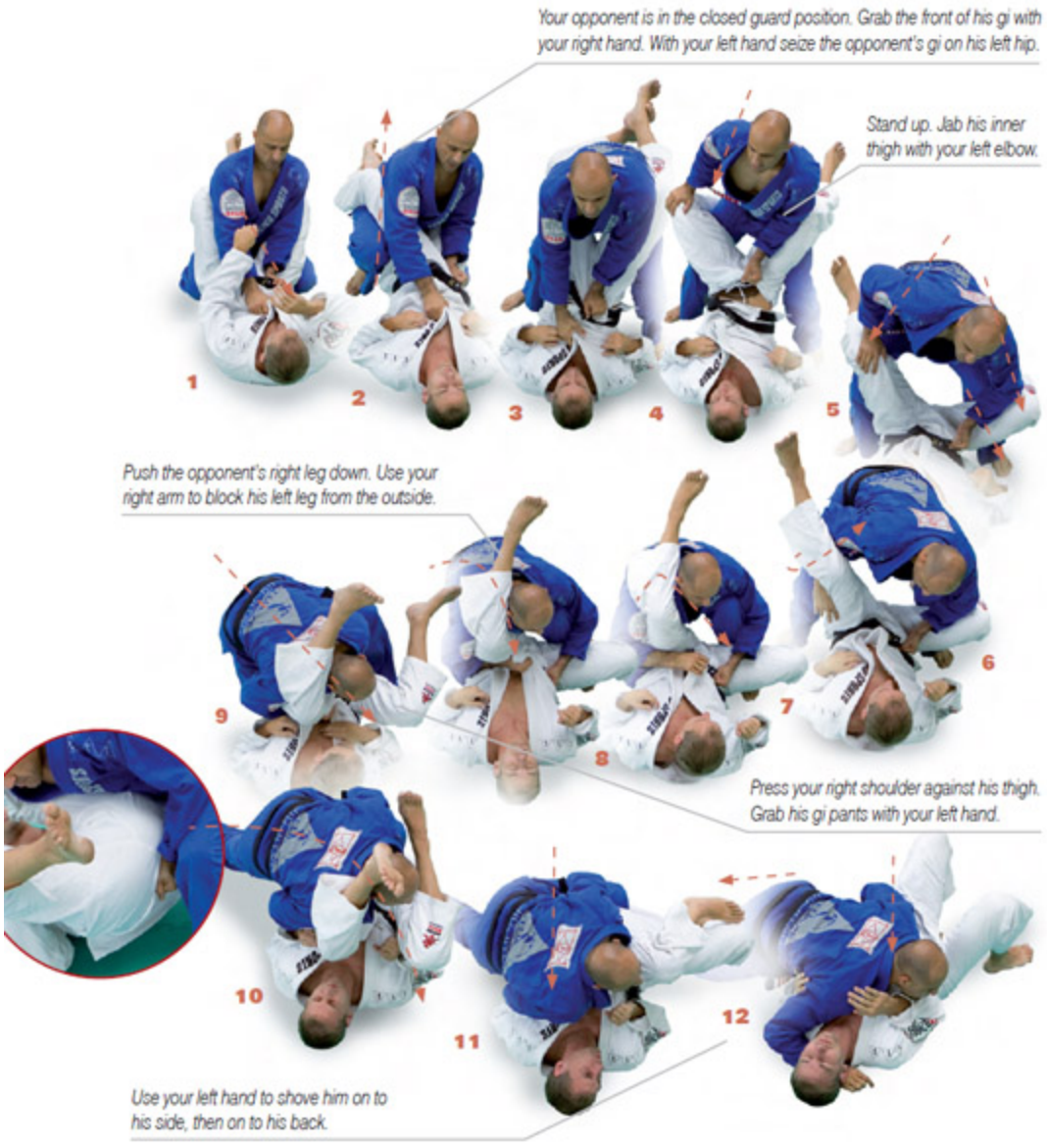
Passing the high closed guard securing one sleeve 39

Passing the high closed guard gripping your opponent's collar 40

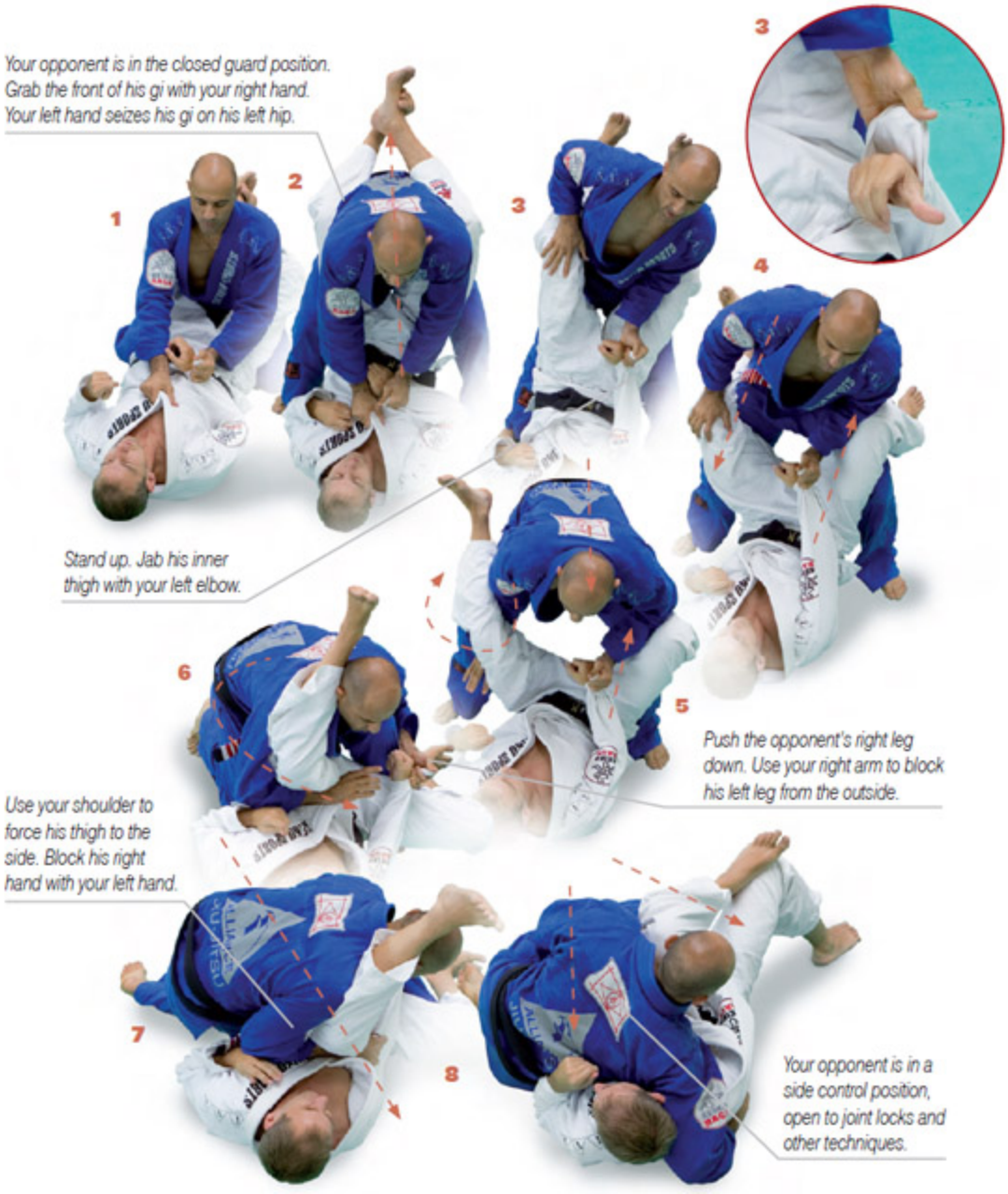
Passing the guard controlling your opponent's arm 42

Passing the low closed guard while holding your opponent's writs 43

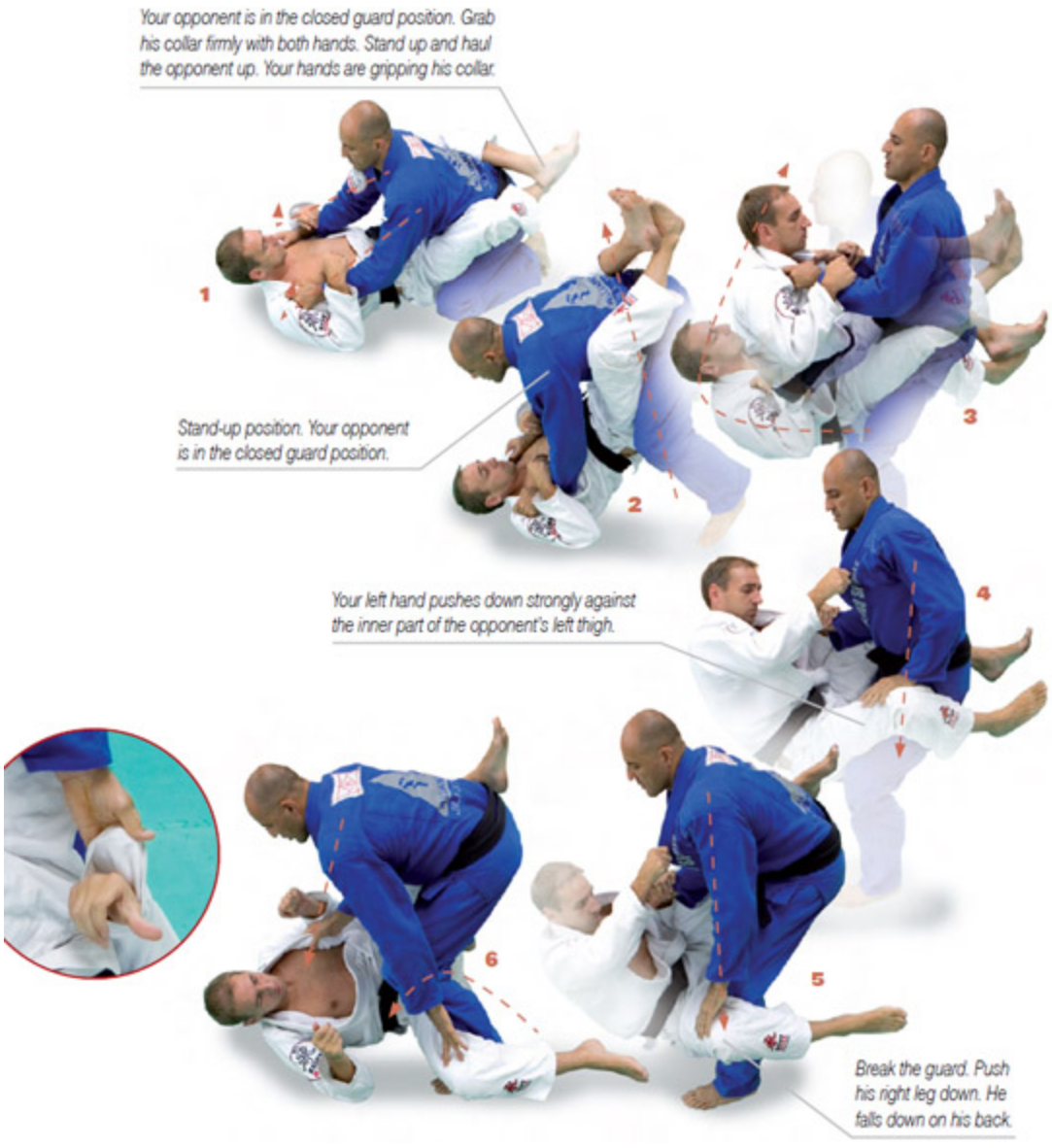
Passing the closed guard



Passing the high closed guard securing one sleeve

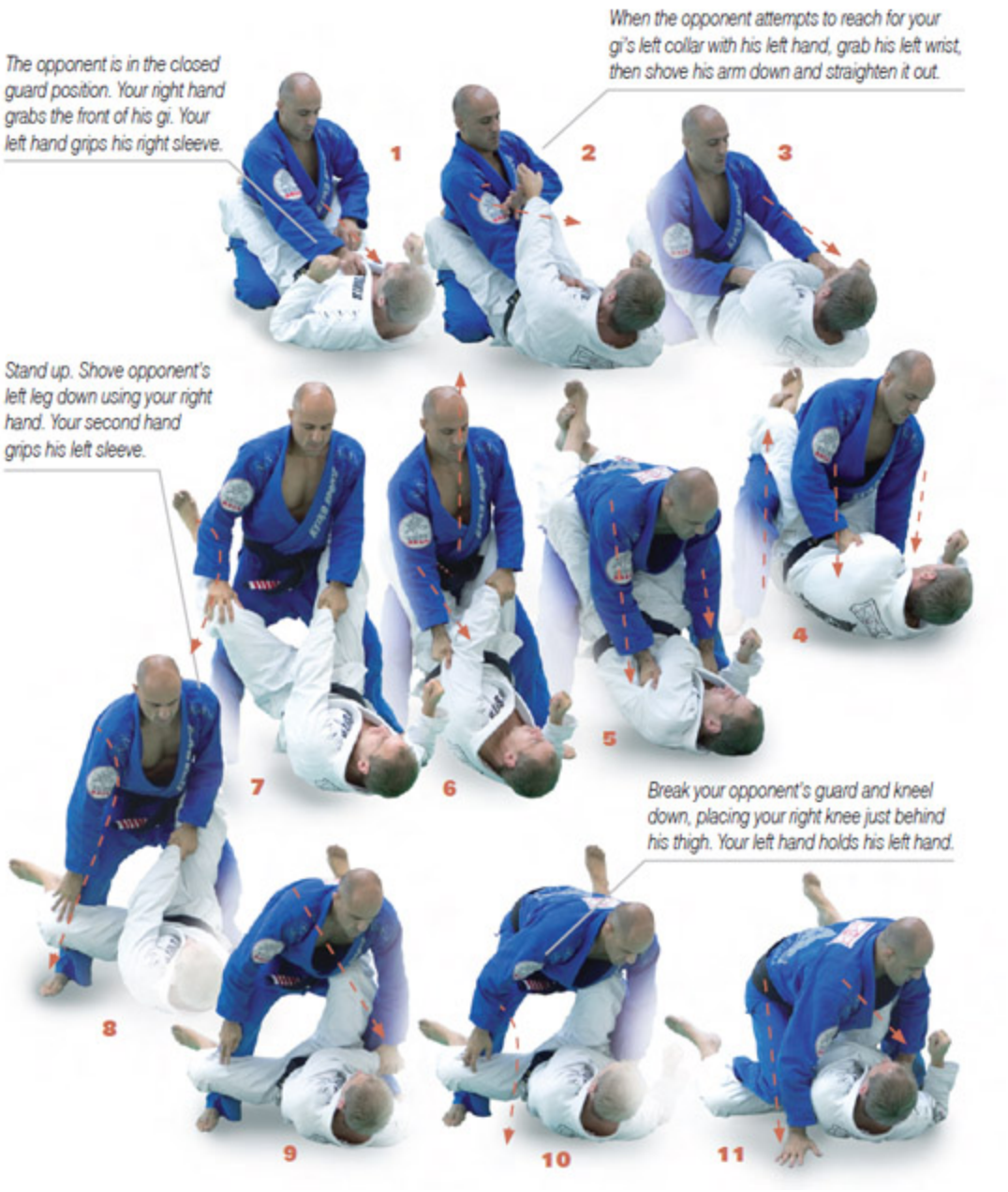


Passing the high closed guard gripping your opponent's collar




Press your shin against opponent's right thigh. Your right hand blocks his left leg from the inside.
1
2
3
4
5
6
7
8
9
10
11
Your left foot blocks the opponent's right leg while your left hand wraps around his neck. Shove his right leg aside with your right hand.
End up in the side control position. You can finish with joint locks or other techniques.

Passing the guard controlling your opponent's arm



Passing the low closed guard while holding your opponent's wrist




ALLIANCE
JIU-JITSU

CHAPTER 4

Butterfly guard and X-guard with Gi

Butterfly guard sweep 46

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 side control 50

Butterfly guard transition to X-guard sweep to the front of your opponent 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 holding your opponent's ankle 56

Butterfly guard sweep



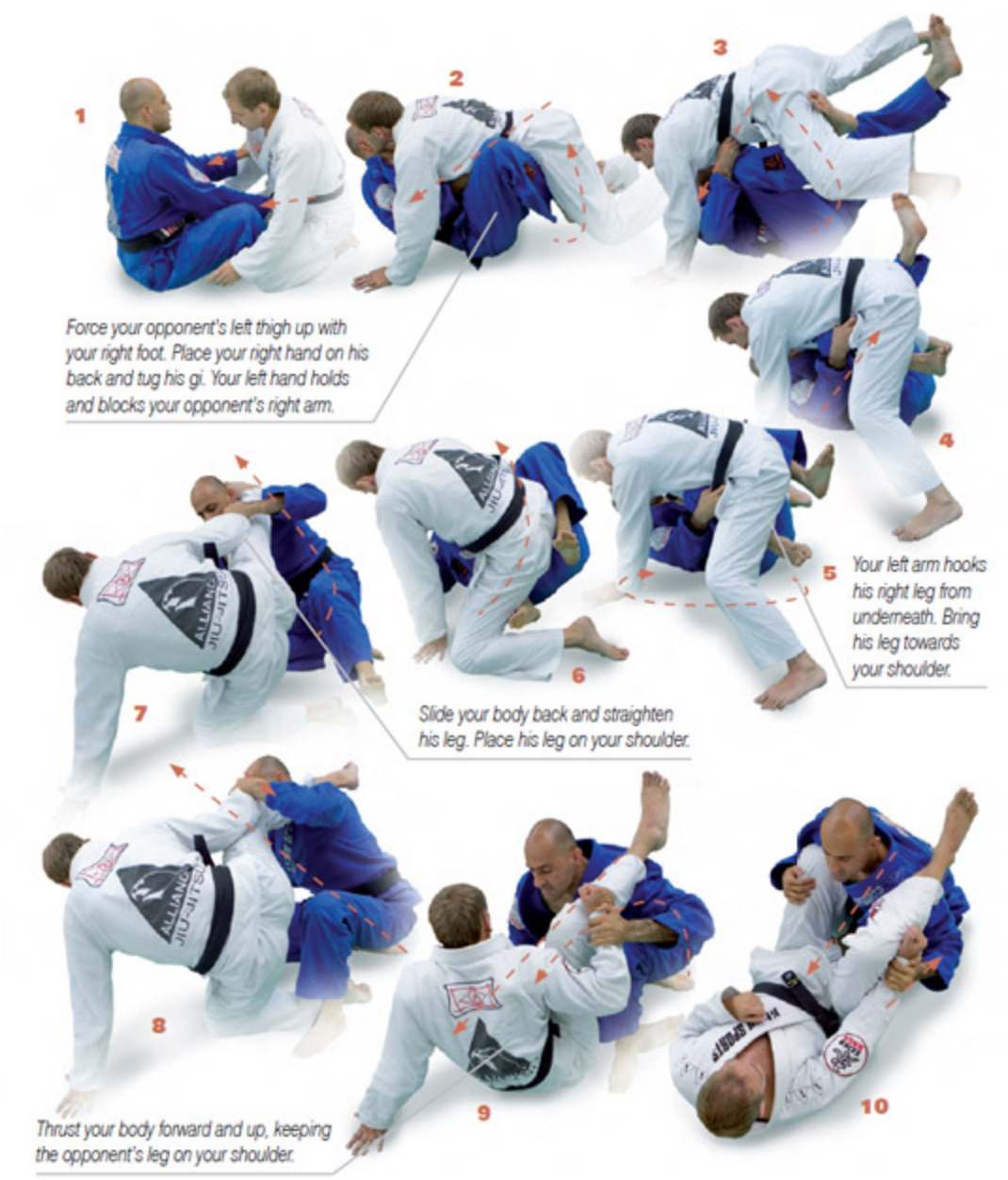
Butterfly guard sweep gripping your opponent’s belt


The butterfly guard position. With your right hand grab the opponent's gi belt. Hold his right arm with your left hand. Place your right foot under his thigh.
1
2
Kick the opponent's left thigh up with your right foot, and at the same time dynamically twist your body. With your right hand pull him by his belt. Use your left arm to pull his right arm down and to the left.
3
4
Keep twisting your body. The opponent is now on his back. During the whole motion keep control over his left hand.
5
6
7
8
Your opponent is on his back Move your hips forward. Assume the side control position.

Butterfly guard sweep to back control



Butterfly guard sweep holding a leg and arm and standing up



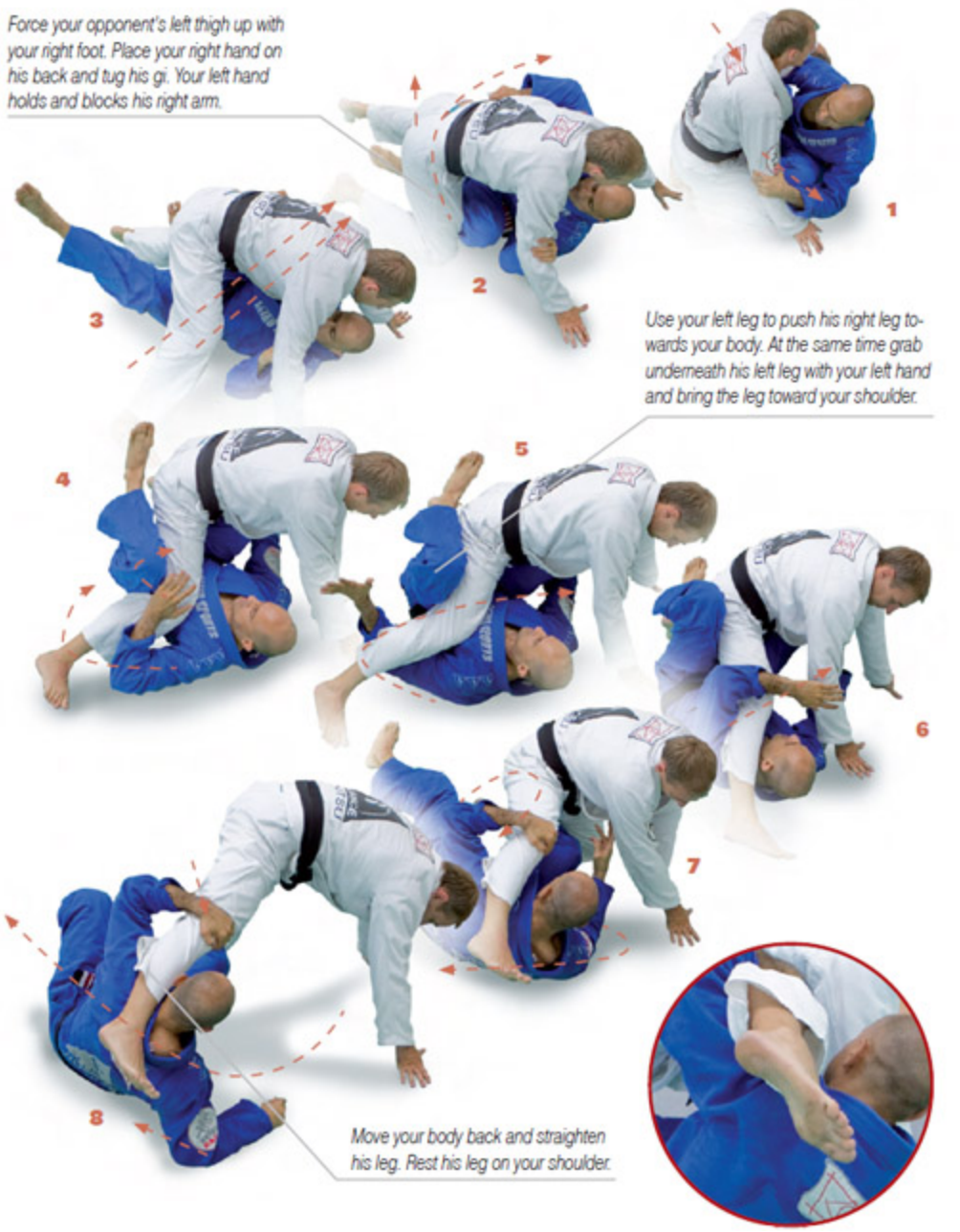
Butterfly sweep holding a leg and arm to side control



Butterfly guard transition to X-guard sweep to the front of your opponent



Butterfly guard sweep to technical stand up




Block your opponent's left thigh with your right foot.
9
10
11
12
Step back and stand up. His leg remains on your shoulder.
13
14
15
Grab his belt and turn him over onto his back. End up in the dominant position.
8
Block the opponent's leg, step back, and stand up.
9
11

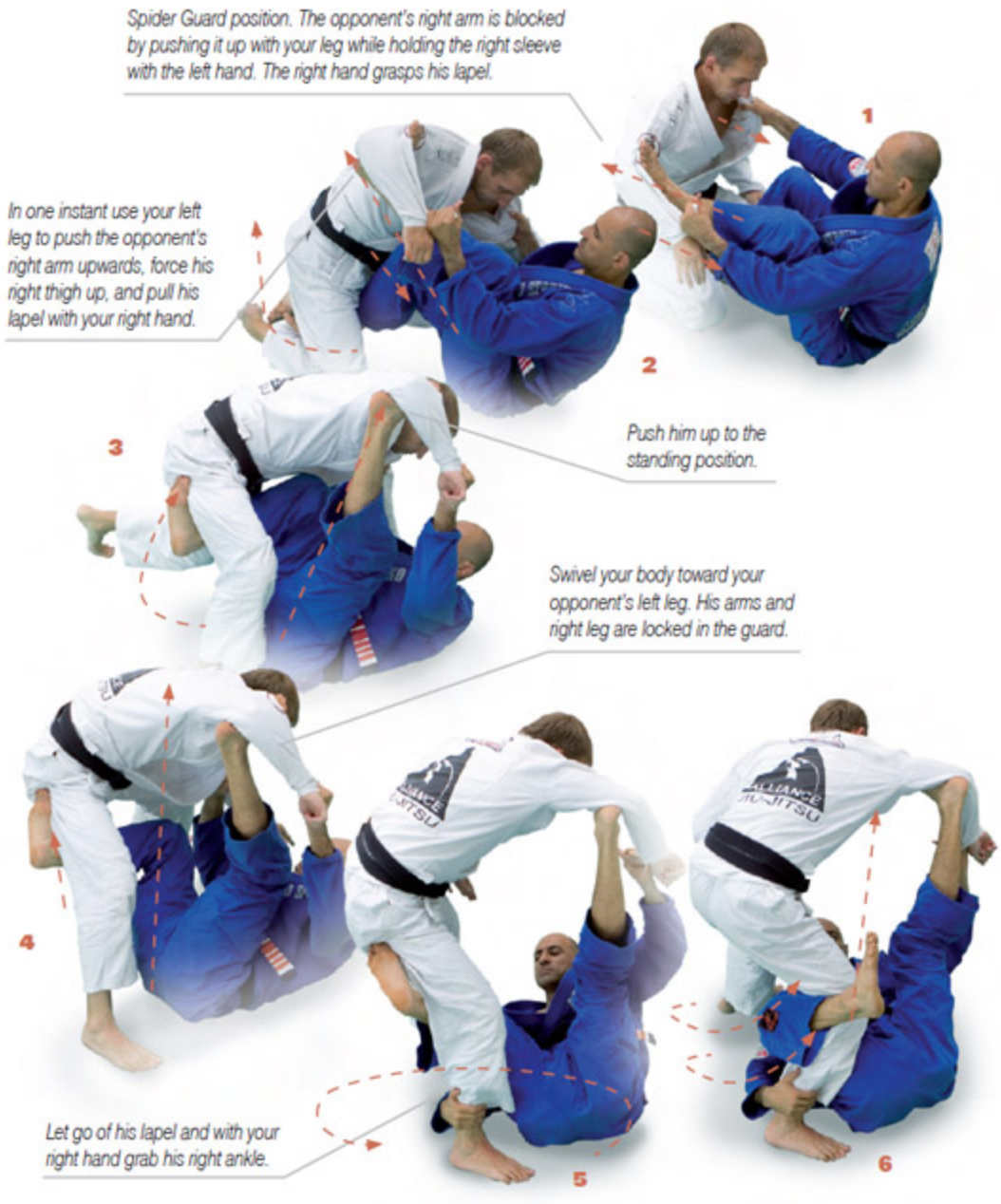
Butterfly guard transition to X-guard sweep to the back of your opponent


Force your opponent's left thigh up with your right foot and shift your body's position. Your head is near his ankle.
While pulling the opponent towards you, drive his left leg forward.
X guard: Position your left foot above your right foot, trapping the opponent's left thigh between your feet. Seize both his hands.
The opponent's right hand and leg are locked. Hook your right leg under his left knee and flip him onto his back.
1
2
3
4
5
6
7
8
9

Spider guard sweep to back control



Spider Guard sweep with a hook while holding your opponent's ankle




Rotate your body and press the opponent forward. Your right leg presses under his right thigh. Pull him down with your left hand.
7
8
Your opponent falls onto his back. His right hand and right leg are still under your control.
9
10
11
End up in the dominant position with full control over your opponent.


KEIKO
RAÇA
ALLIANCE
ALLIANCE

CHAPTER 5

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

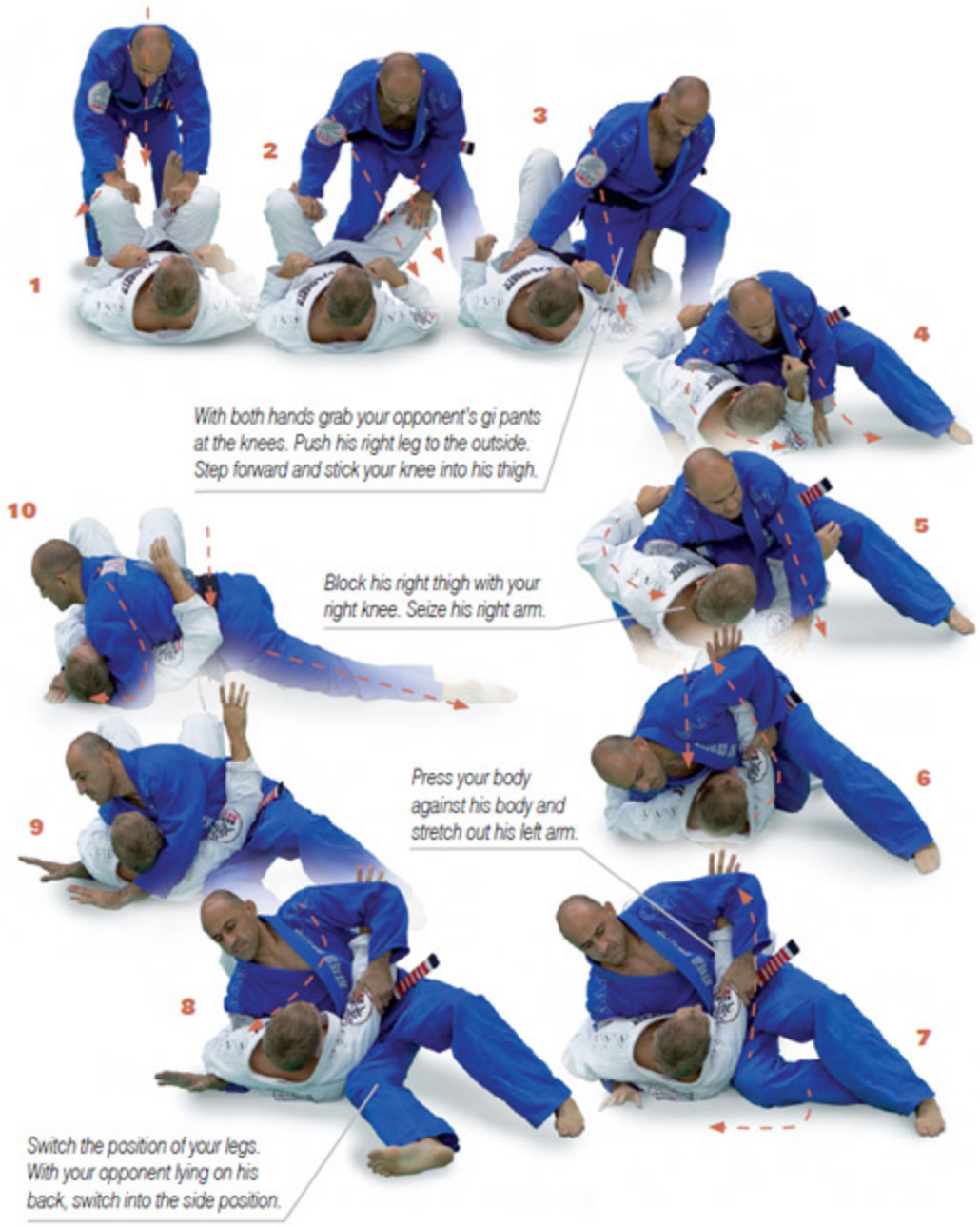
Open guard pass controlling the hips



The “Bullfighter” open guard pass



Knee cut across open guard pass



Knee cut across open guard pass when the opponent blocks with his leg


With both hands grab your opponent's gi pants at the knees. Push his right leg to the outside. Step forward and stick your knee into his thigh.
Block his right thigh with your right knee. Use your arm to shove his left leg down.
Hook your right arm underneath your opponent's right knee.
Press your body against his body. Seize his gi lapel.
Switch the position of your legs. With your opponent lying on his back, switch into the side position.
1
2
3
4
5
6
7
8
9
10


HENRY-LOCK

CHAPTER 6

Across-side Position with Gi

Armbar from side control 66

Kimura from the north-south position 67

Kimura to choke from the north-south position 68

Armbar from side control to the other side 69

Choke from side control with the arm trapped 70

North-south choke 71

Choke from side control 72

Choke from side control with hand on collar similar to Katagatame 73

Mount sliding knee to belly 74

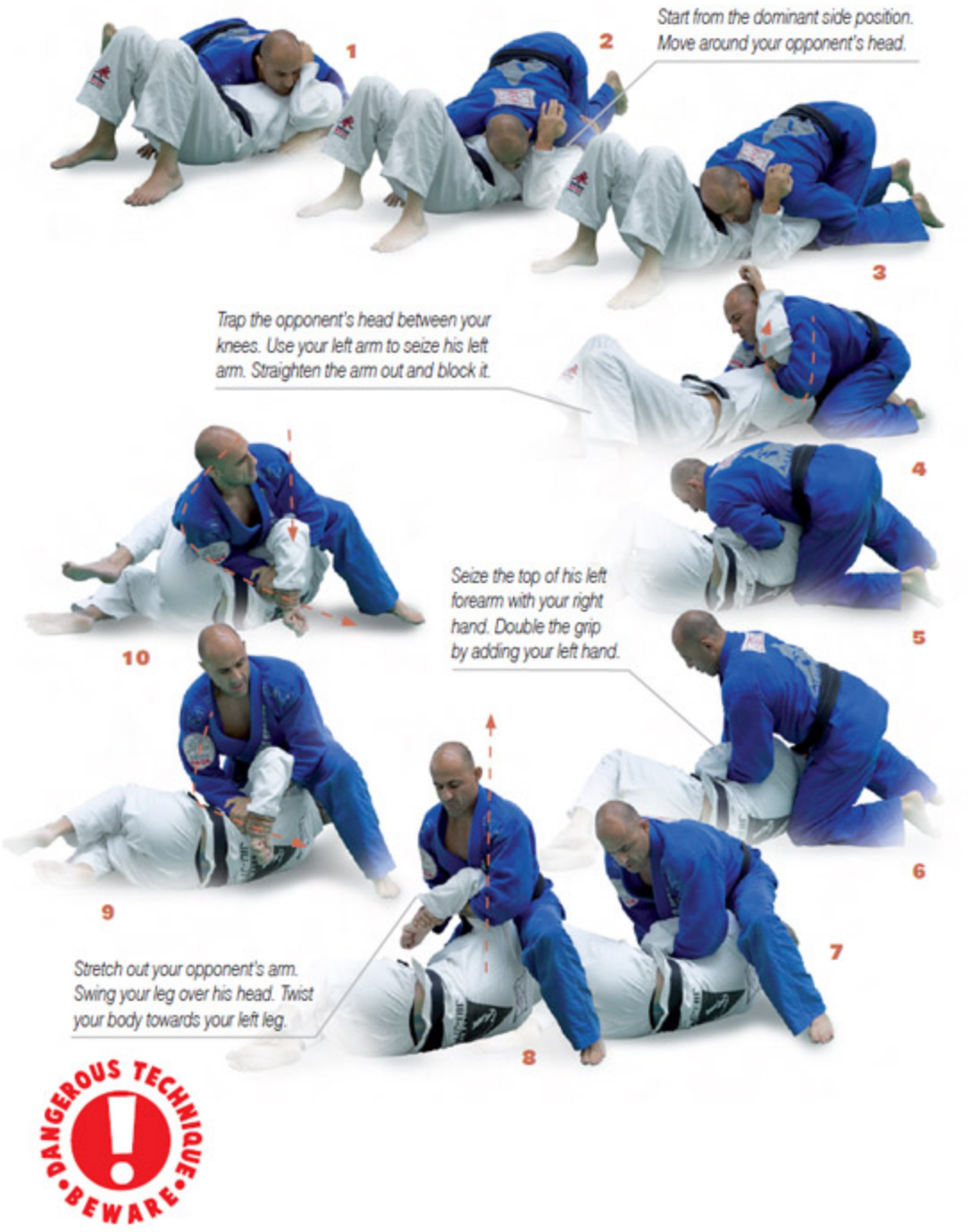
Arm bar from the mount 75

Arm bar from te mount in both arms 76

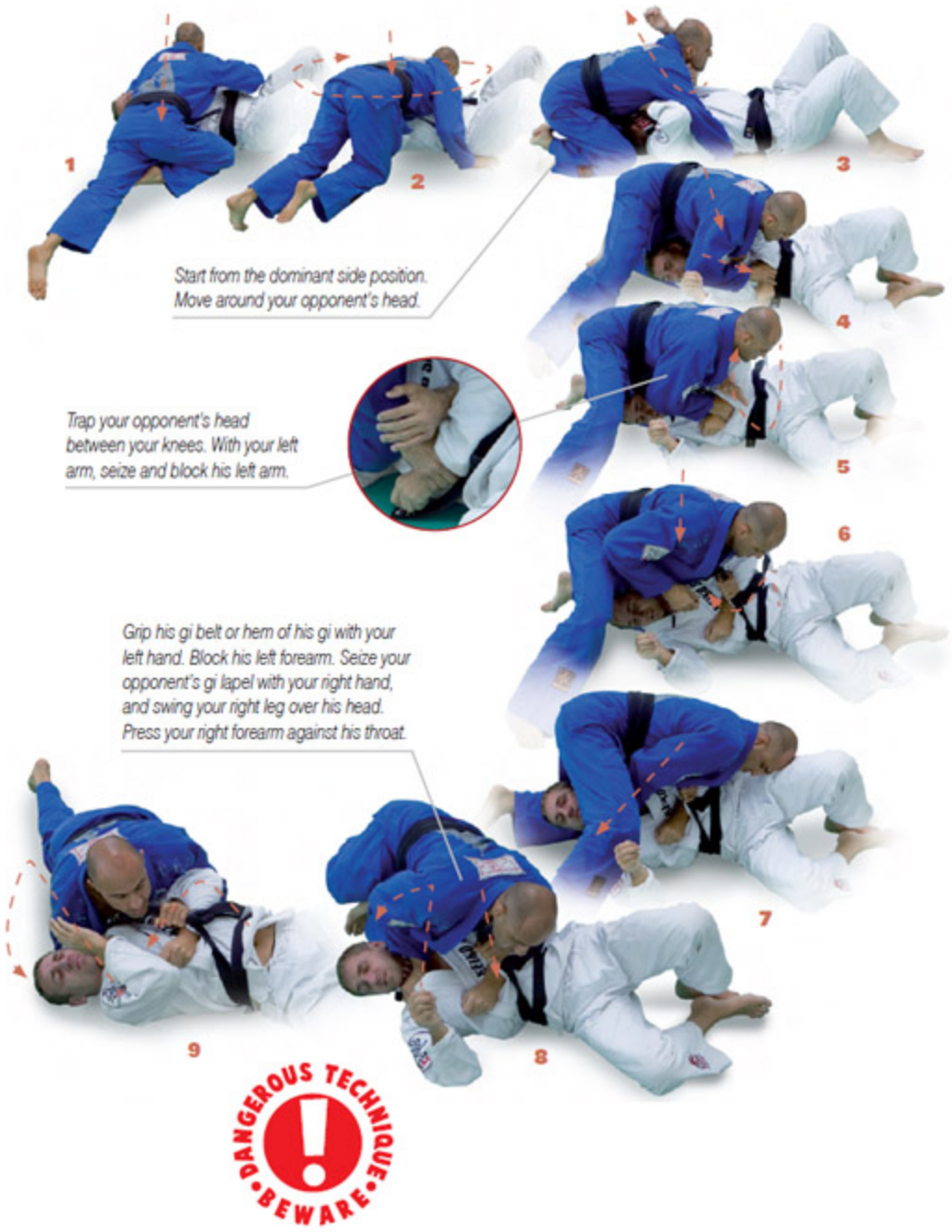
Armbar from side control



Kimura from the north-south position


1
2
Start from the dominant side position.
Move around your opponent's head.
3
Trap the opponent's head between your knees. Use your left arm to seize his left arm. Straighten the arm out and block it.
4
Seize the top of his left forearm with your right hand. Double the grip by adding your left hand.
5
6
7
8
Stretch out your opponent's arm. Swing your leg over his head. Twist your body towards your left leg.
9
10
DANGEROUS TECHNIQUE
BEWARE

Kimura to choke from the north-south position


1
2
3
Start from the dominant side position.
Move around your opponent's head.
4
Trap your opponent's head
between your knees. With your left
arm, seize and block his left arm.
5
6
Grip his gi belt or hem of his gi with your
left hand. Block his left forearm. Seize your
opponent's gi lapel with your right hand,
and swing your right leg over his head.
Press your right forearm against his throat.
7
9
8
DANGEROUS TECHNIQUE
BEWARE

Armbar from side control to the other side



Choke from side control with the arm trapped



North-south choke


The dominant position. Move around your opponent's head.
1
2
Grab his gi collar with your left hand, then shift the collar grip to your right hand. Use your right hand to stretch his collar out.
3
4
5
6
7
8
9
Rotate your right arm, pointing your elbow towards you. Press your forearm against his throat.
DANGEROUS TECHNIQUE
BEWARE

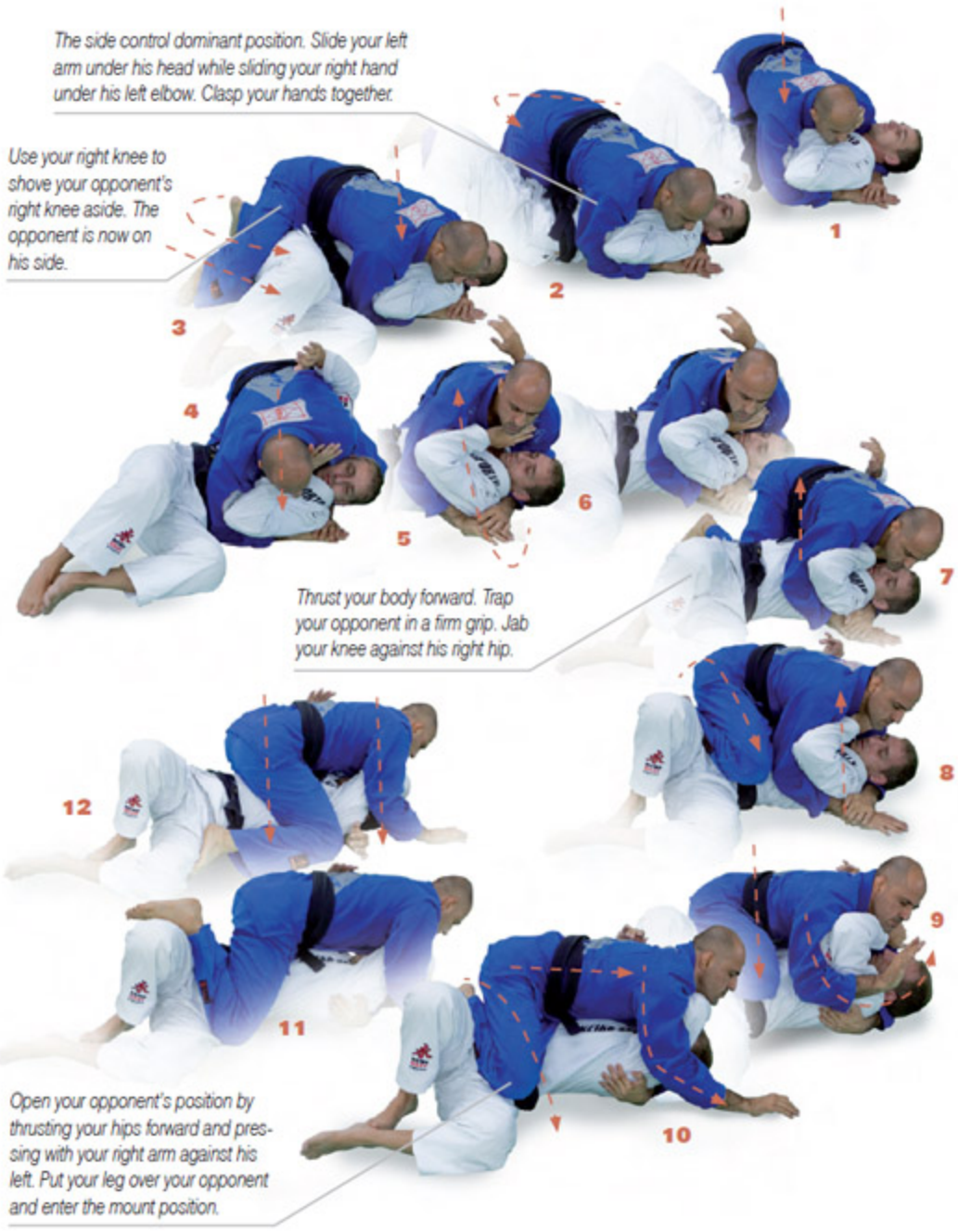
Choke from side control



Choke from side control with hand on collar similiar to Katagatame



Mount sliding knee to belly



Arm bar from the mount



Arm bar from te mount in both arms



(Different angle)





CHAPTER 7

Across-side Position with Gi

Half guard sweep to mount 80

Recover close guard in half guard with hook 81

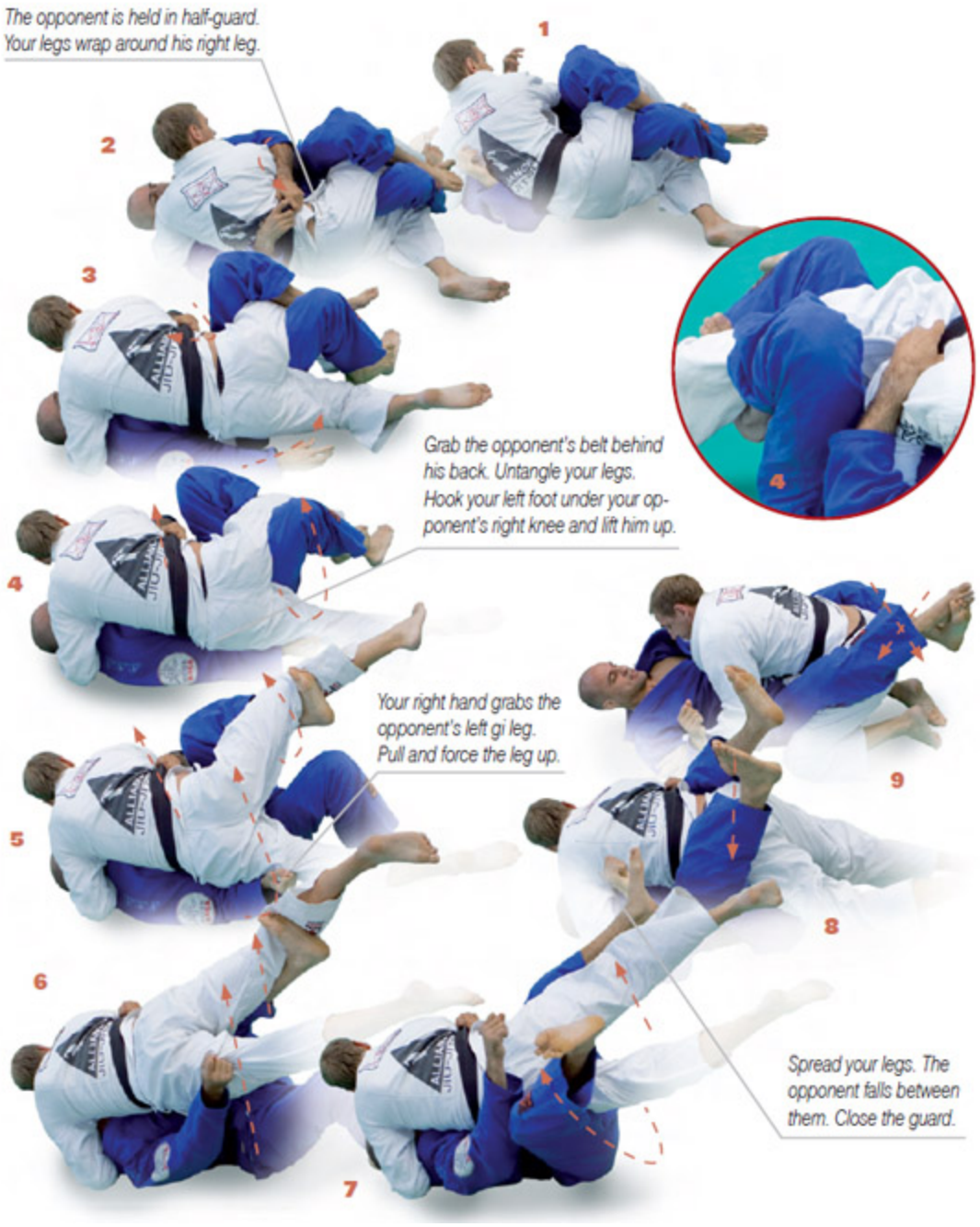
Half guard sweep dominating your opponent's arm 82

Half guard sweep dominating your opponent's legs 83

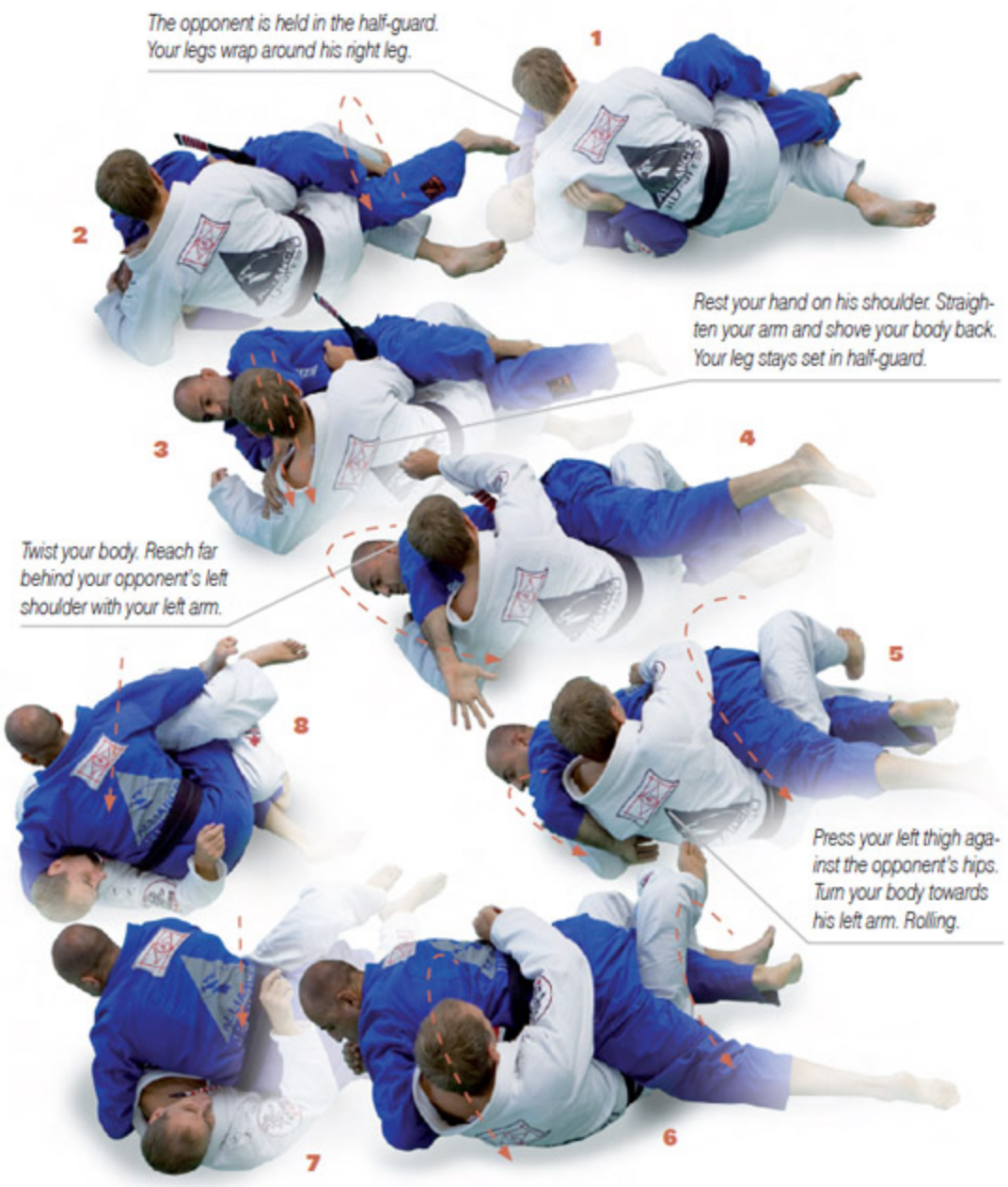
Half guard sweep to mount



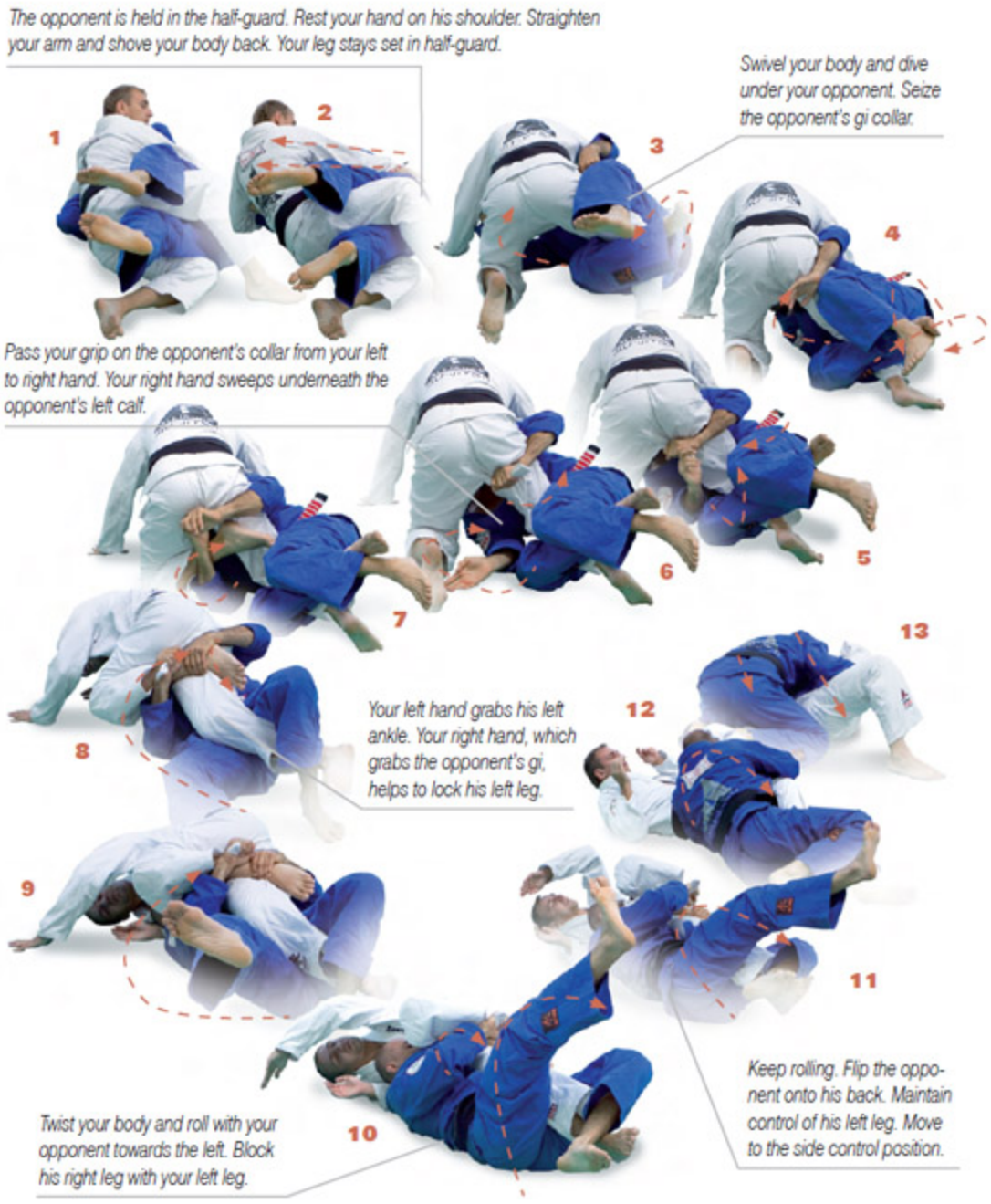
Recover close guard in half guard with hook



Half guard sweep dominating your opponent’s arm


The opponent is held in the half-guard.
Your legs wrap around his right leg.
1
2
Rest your hand on his shoulder. Straighten your arm and shove your body back.
Your leg stays set in half-guard.
3
4
Twist your body. Reach far behind your opponent's left shoulder with your left arm.
5
8
Press your left thigh against the opponent's hips.
Turn your body towards his left arm. Rolling.
6
7

Half guard sweep dominating your opponent’s legs


The opponent is held in the half-guard. Rest your hand on his shoulder. Straighten your arm and shove your body back. Your leg stays set in half-guard.
1
2
Swivel your body and dive under your opponent. Seize the opponent's gi collar.
3
4
Pass your grip on the opponent's collar from your left to right hand. Your right hand sweeps underneath the opponent's left calf.
5
6
7
Your left hand grabs his left ankle. Your right hand, which grabs the opponent's gi, helps to lock his left leg.
8
9
10
Twist your body and roll with your opponent towards the left. Block his right leg with your left leg.
11
12
13
Keep rolling. Flip the opponent onto his back. Maintain control of his left leg. Move to the side control position.



CHAPTER 8

Turtle Guard and Back Mount with Gi

Turtle guard attack to taking the back with one leg over the shoulder 86

Kimura while attacking the turtle guard 87

Choke from the top on all fours 88

Attack from back mount using both collars and your shoulder on the back of your opponent's head 89

Back attack with one hand on the collar and one leg over the shoulder 90

Turtle guard attack to taking the back with one leg over the shoulder



Kimura while attacking the turtle guard



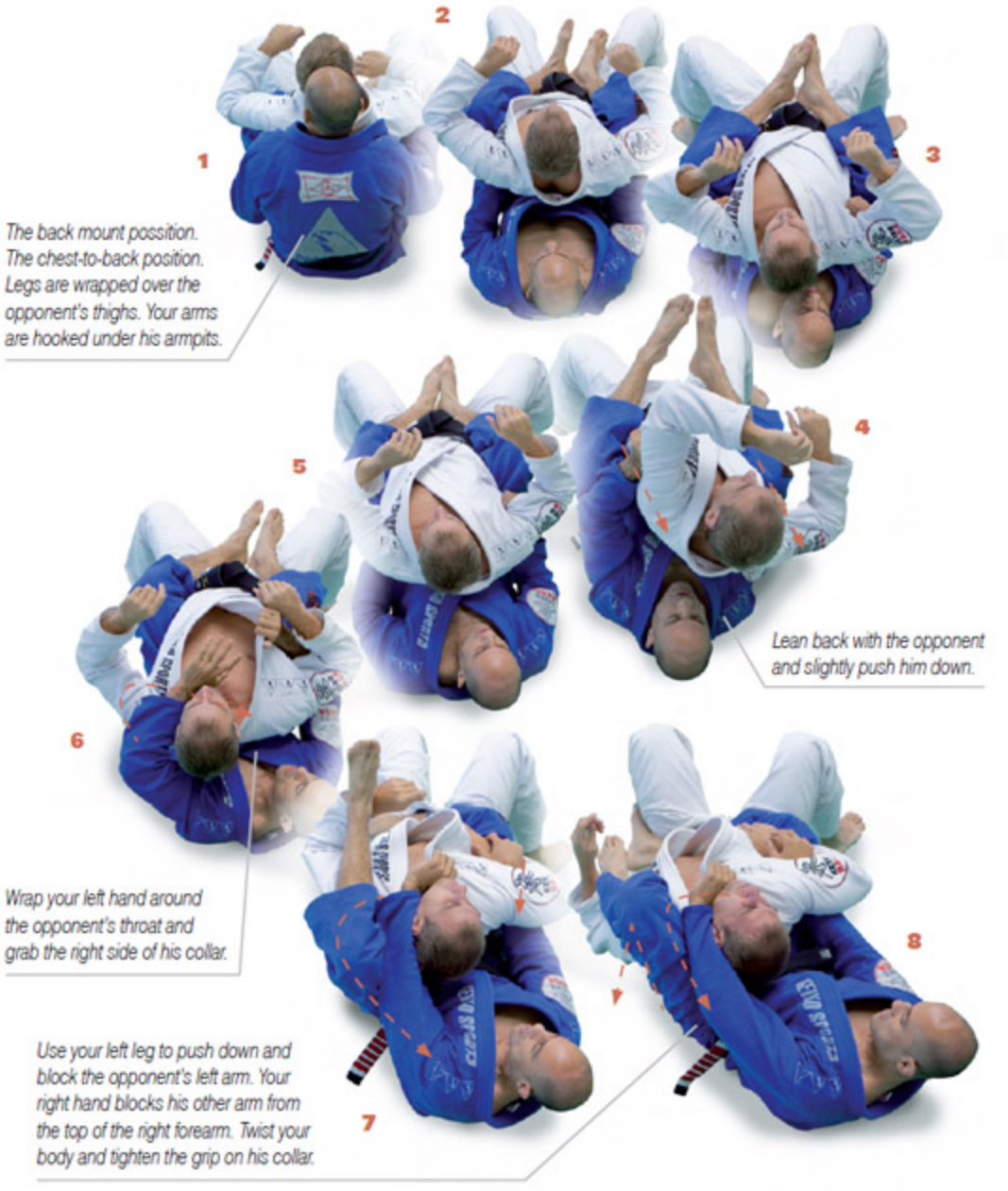
Choke from the top on all fours



Attack from back mount using both collars and your shoulder on the back of your opponent's head



Back attack with one hand on the collar and one leg over the shoulder



(Different angle)




ALLIAN
JIU-JITS
HOTBLOOD

CHAPTER 9

Takedowns without Gi

Koshiki Taoshi – Ouchi Gari 94

Oushi Gari – Kibisu Gaeshi 95

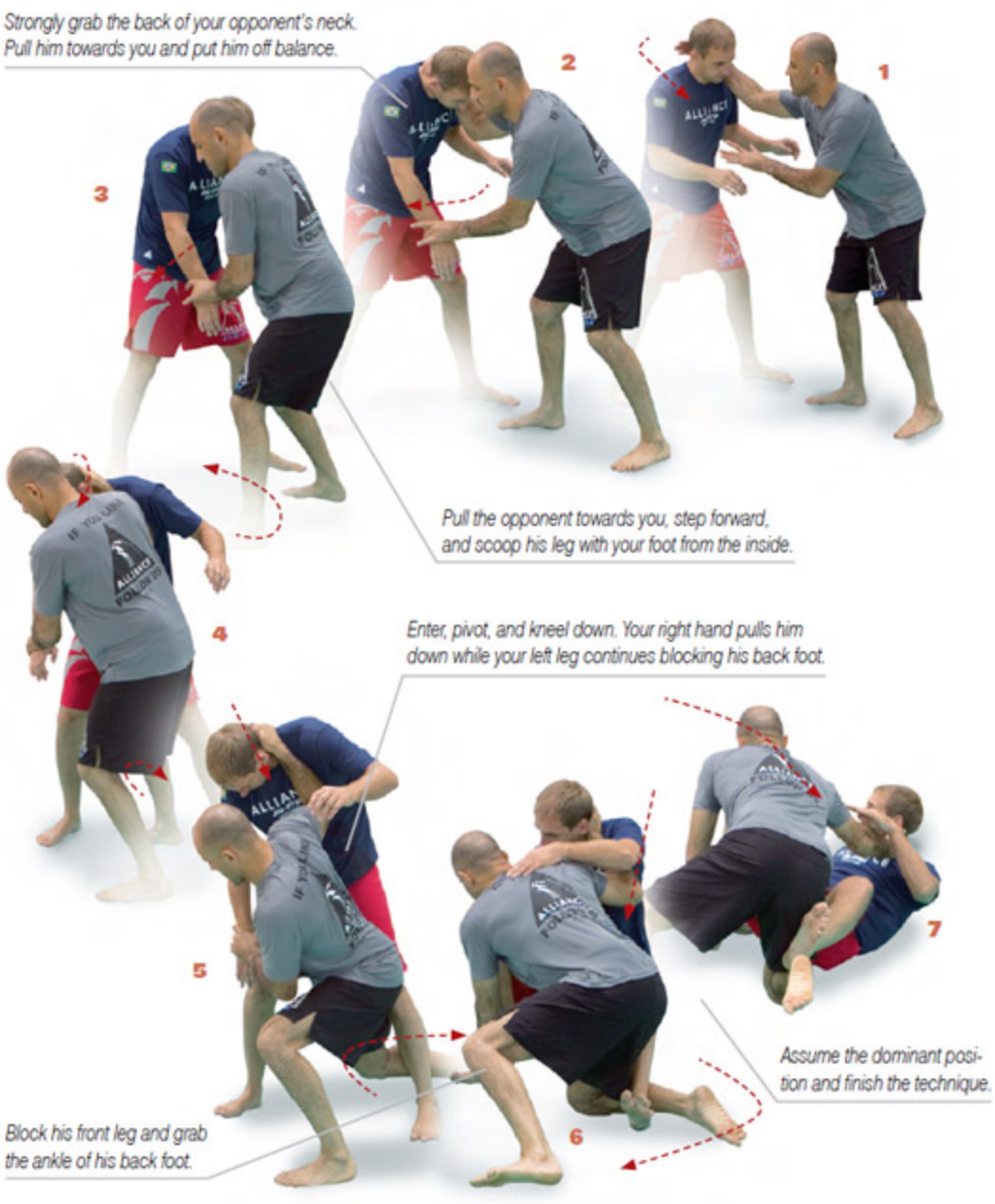
Kibisu Gaeshi 96

Sukui Nage 97

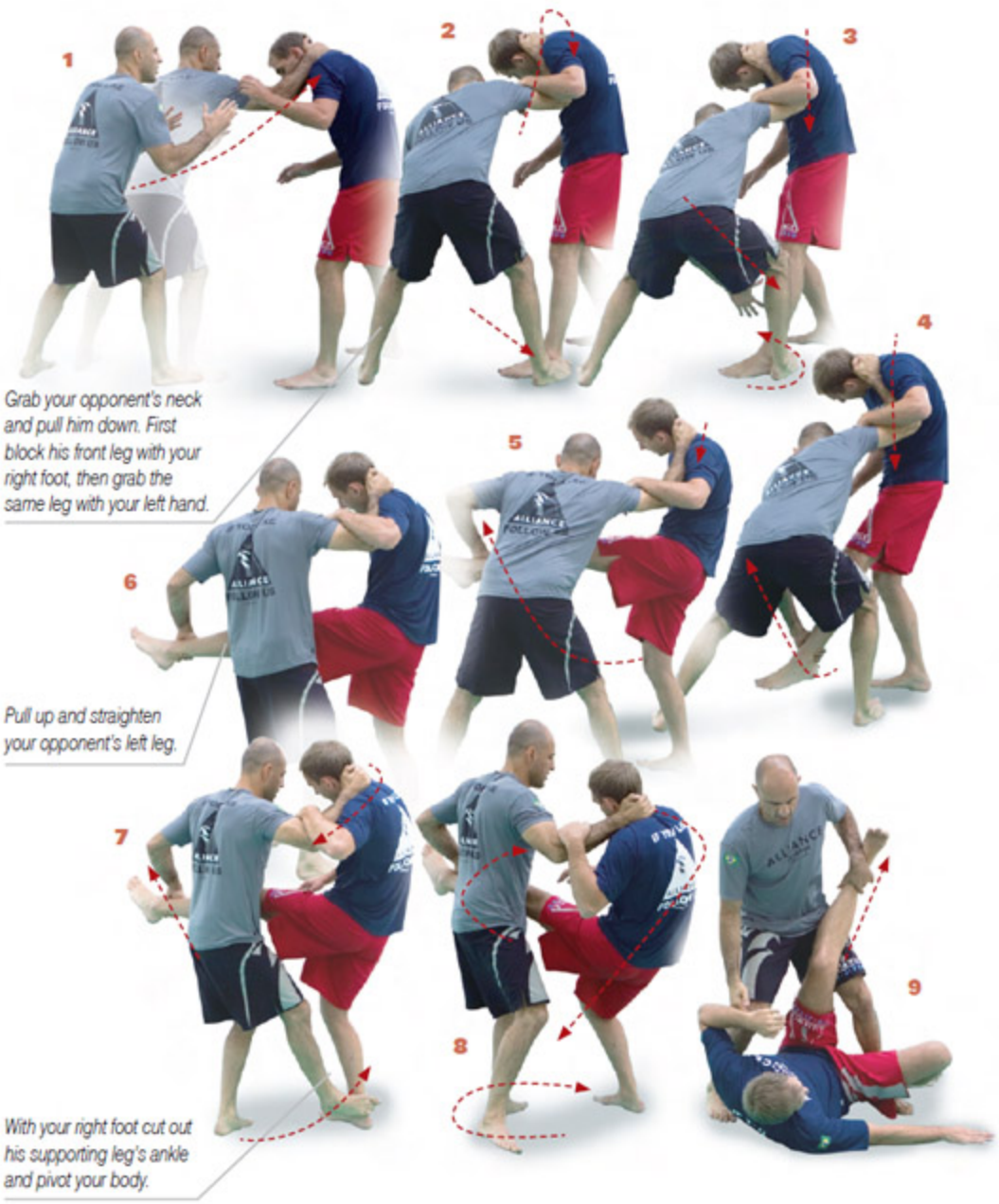
Koshiki Taoshi - Ouchi Gari



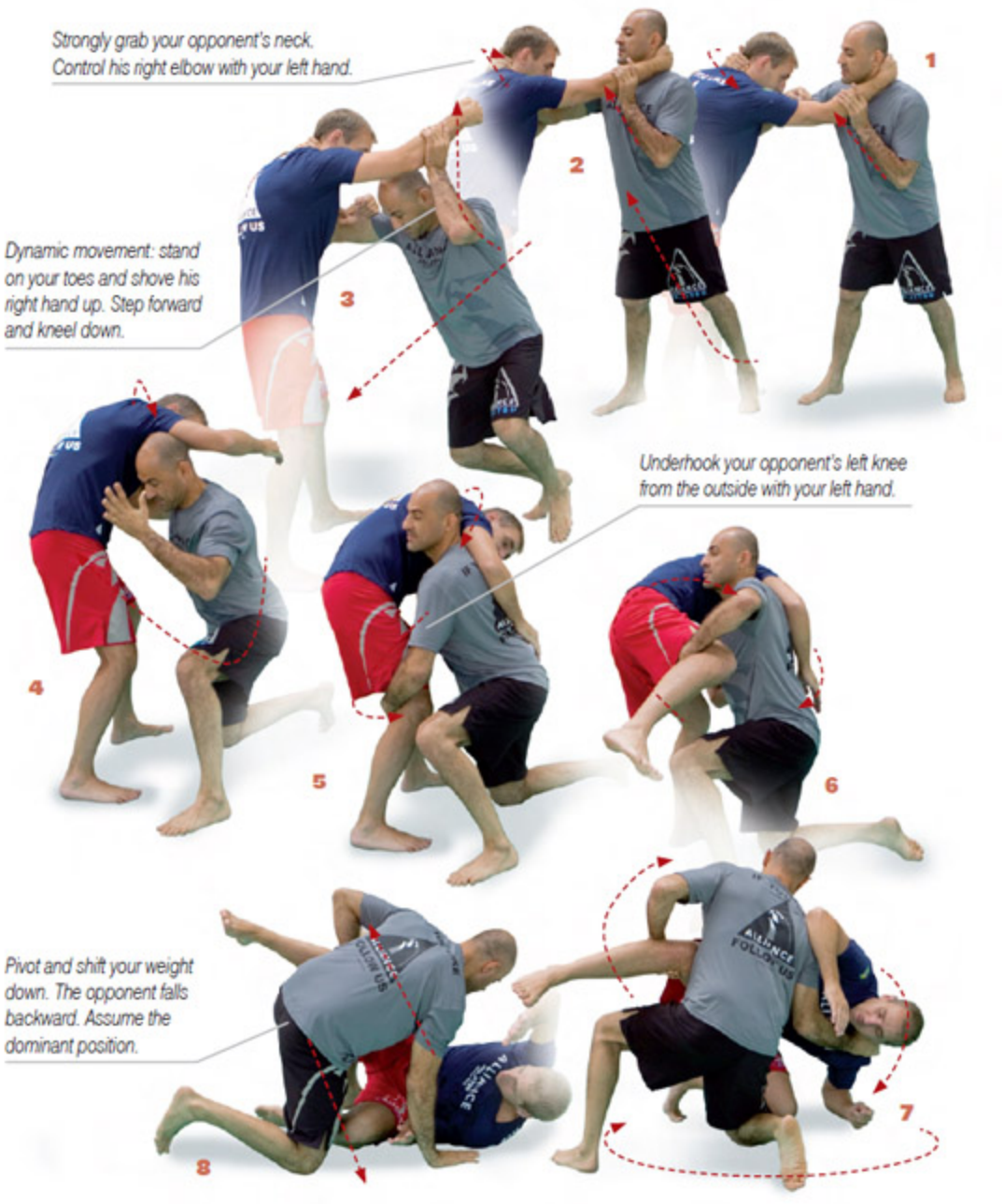
Oushi Gari - Kibisu Gaeshi



Kibisu Gaeshi



Sukui Nage


Strongly grab your opponent's neck.
Control his right elbow with your left hand.
Dynamic movement: stand on your toes and shove his right hand up. Step forward and kneel down.
Underhook your opponent's left knee from the outside with your left hand.
Pivot and shift your weight down. The opponent falls backward. Assume the dominant position.
1
2
3
4
5
6
7
8


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CHAPTER 10

The Closed Guard without Gi

Arm bar from the closed guard 100

Double arm bar from the closed guard 101

Closed guard sweep to the mount 102

Arm bar from the closed guard – 2 103

Wrist lock from the closed guard 104

Kimura from the closed guard 105

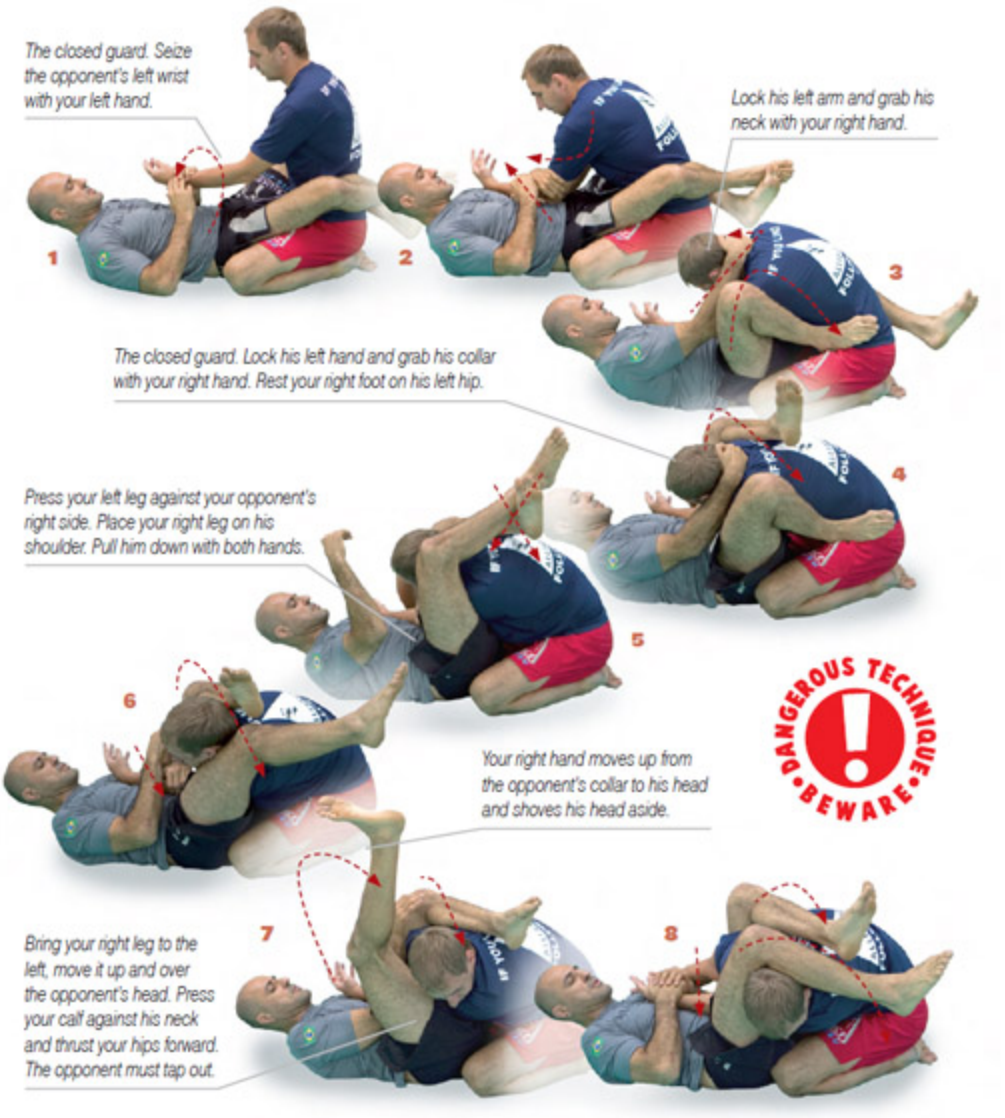
Guillotine from the closed guard 106

“Hip bump” – Closed guard sweep to mount 108

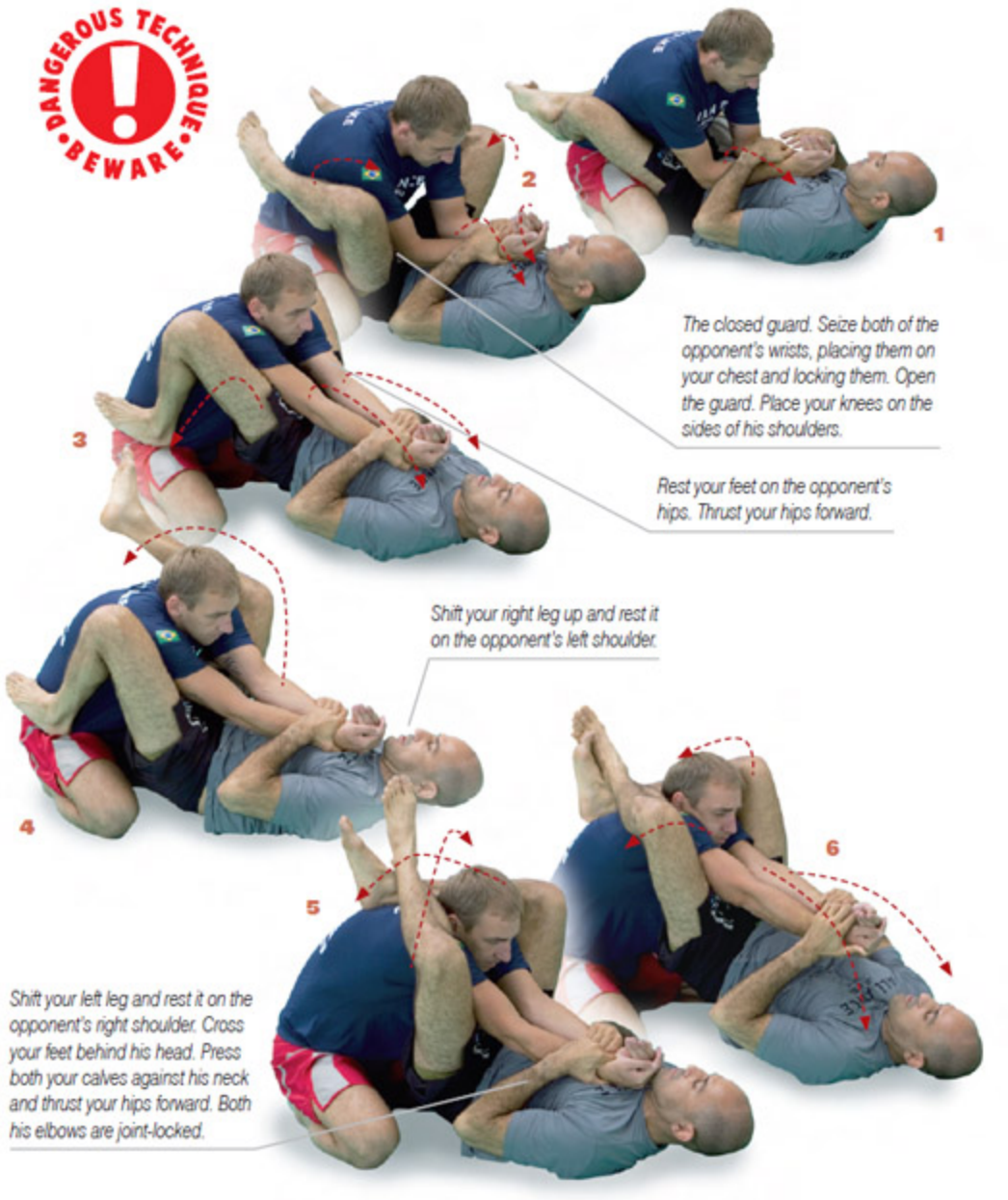
Arm bar from the closed guard – 3 109

Arm bar from the closed guard when your opponent stands 110

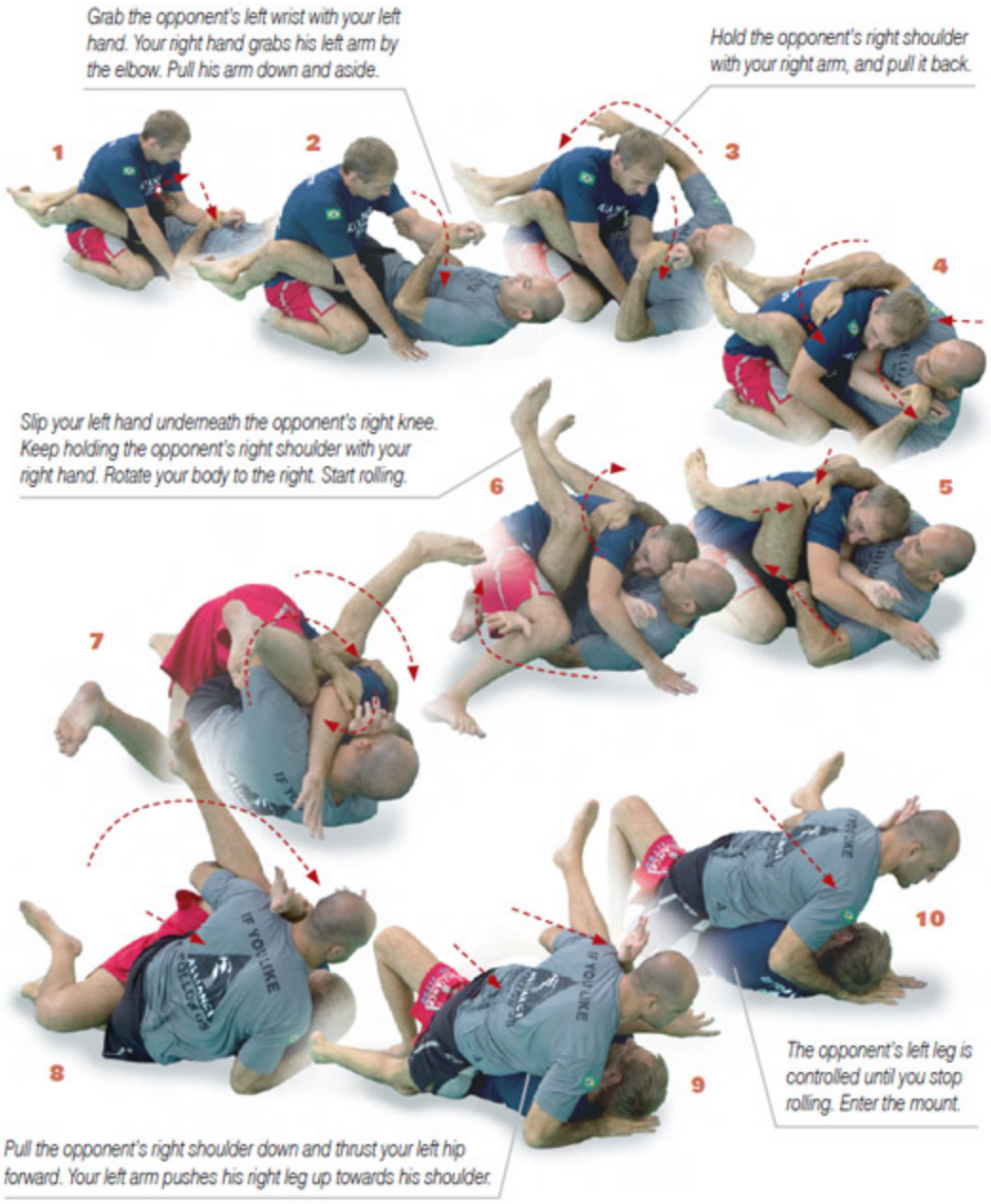
Arm bar from the closed guard



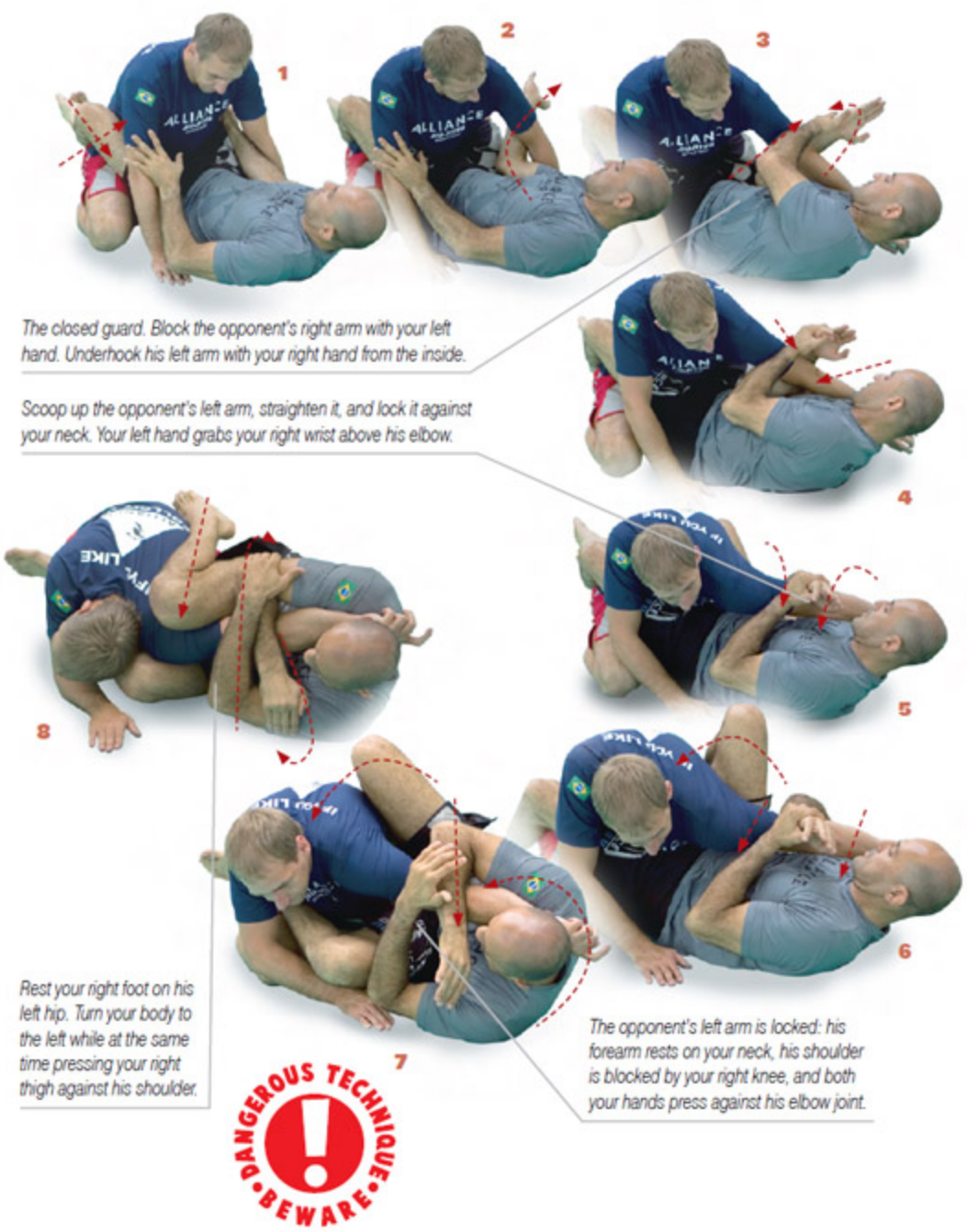
Double arm bar from the closed guard



Closed guard sweep to the mount



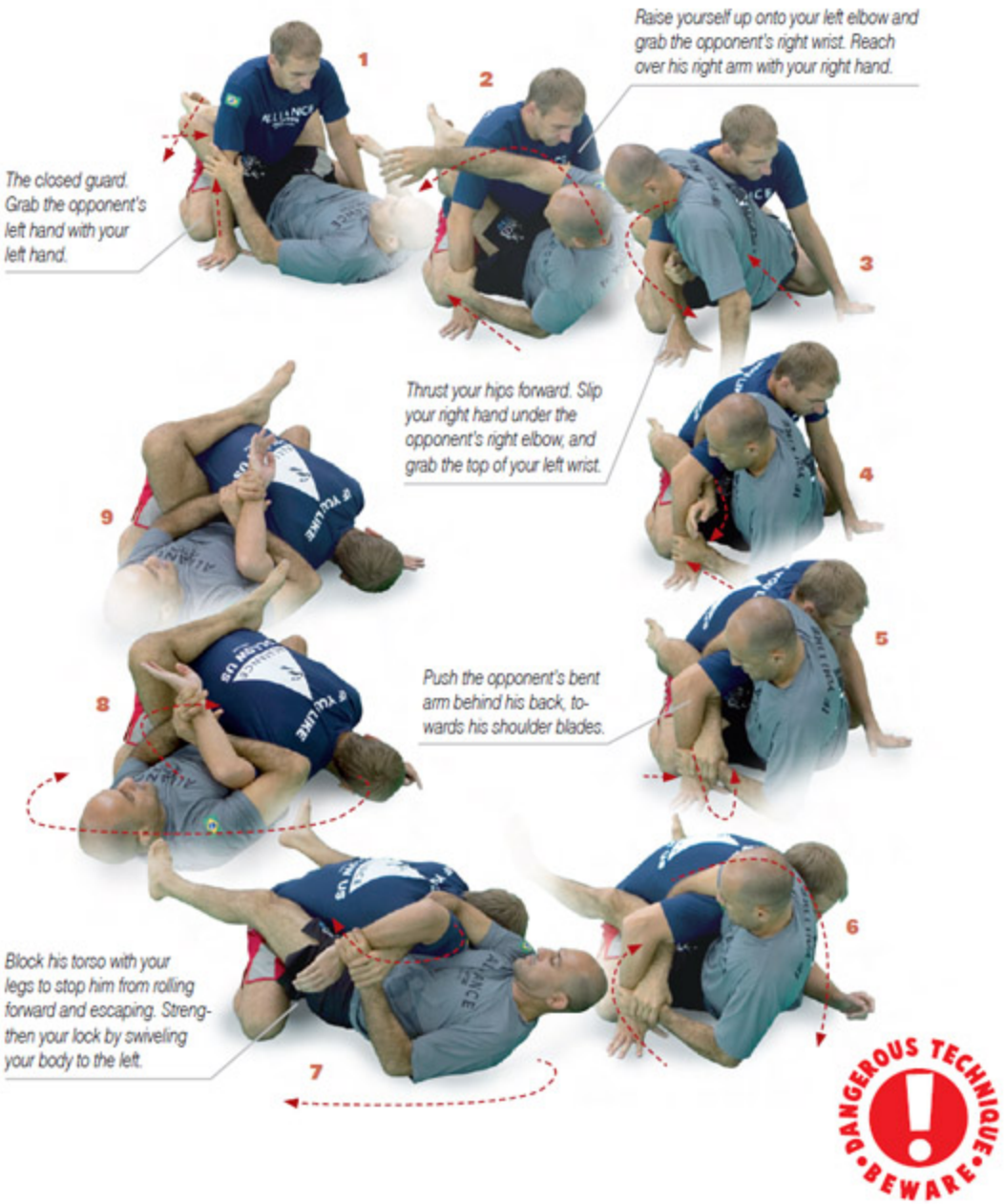
Arm bar from the closed guard 2nd version



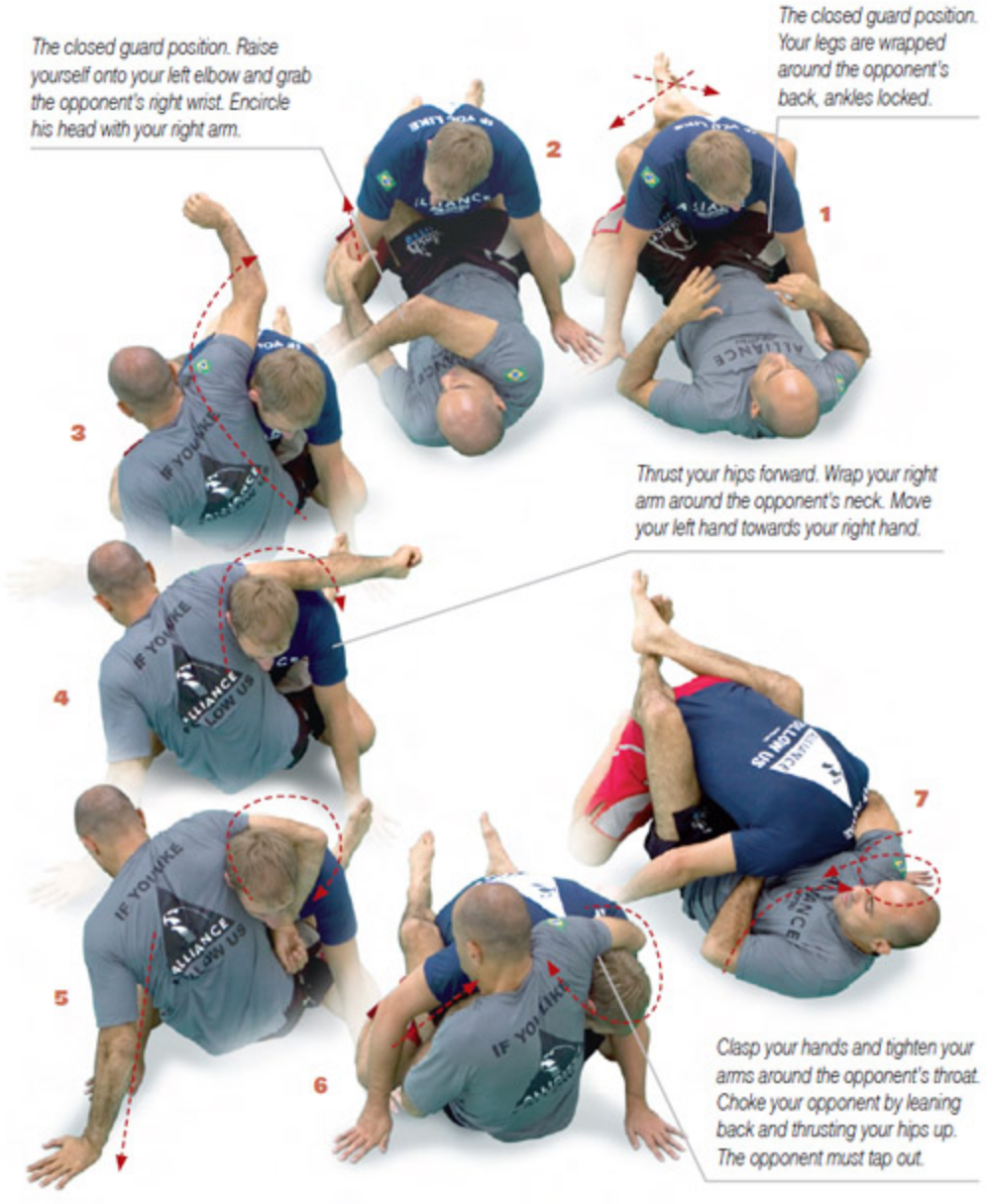
Wrist lock from the closed guard



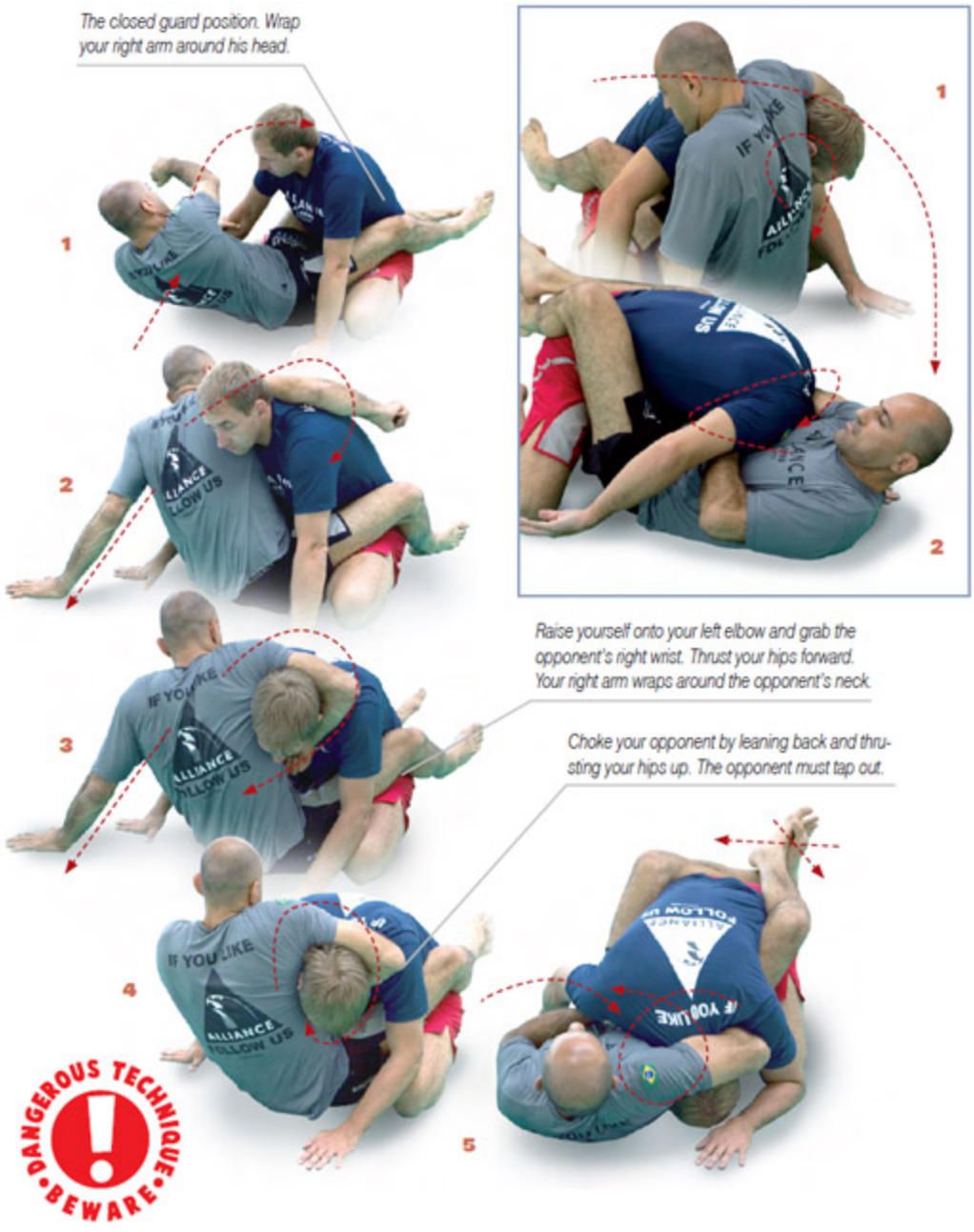
Kimura from the closed guard



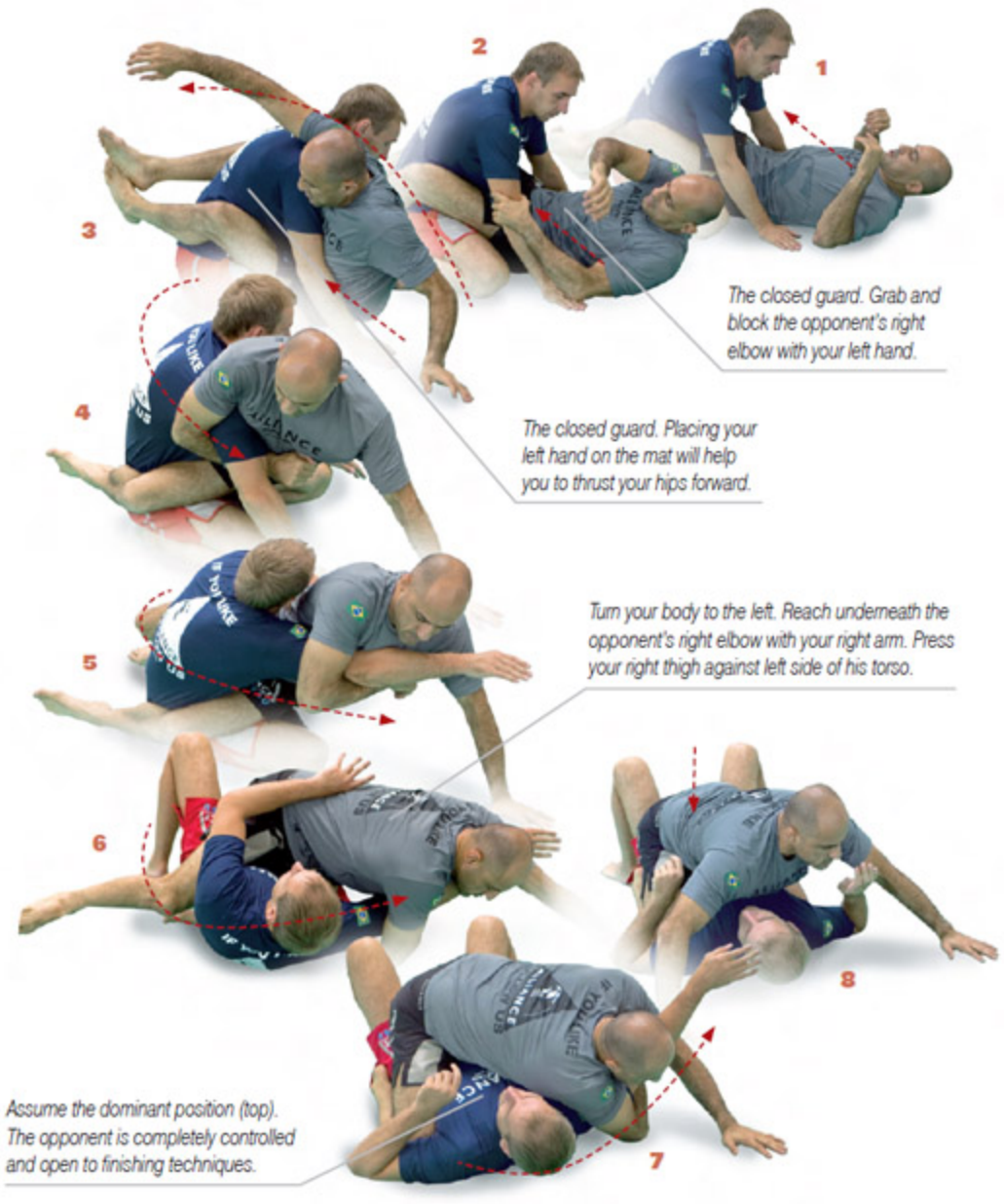
Guillotine from the closed guard



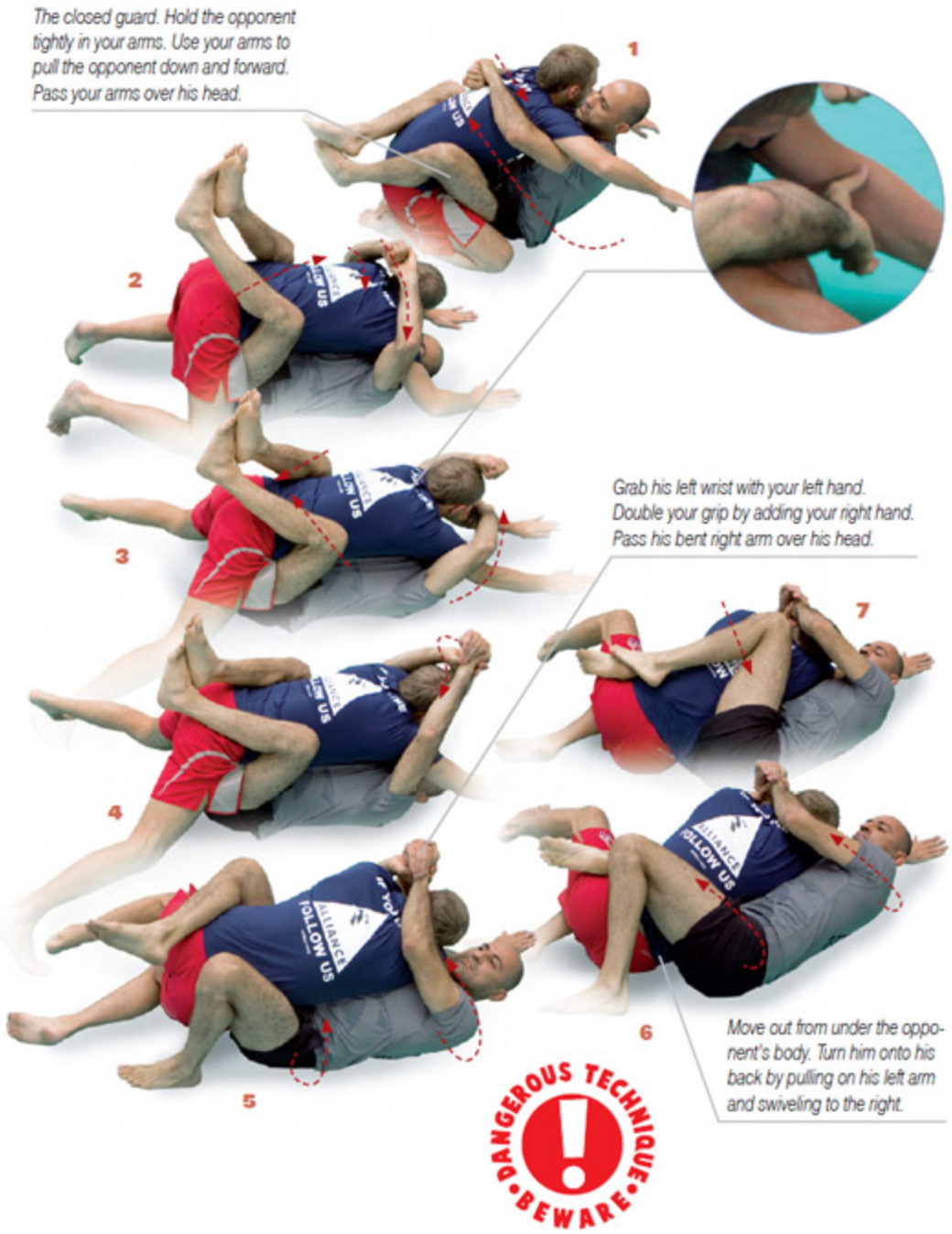
(Different angle)



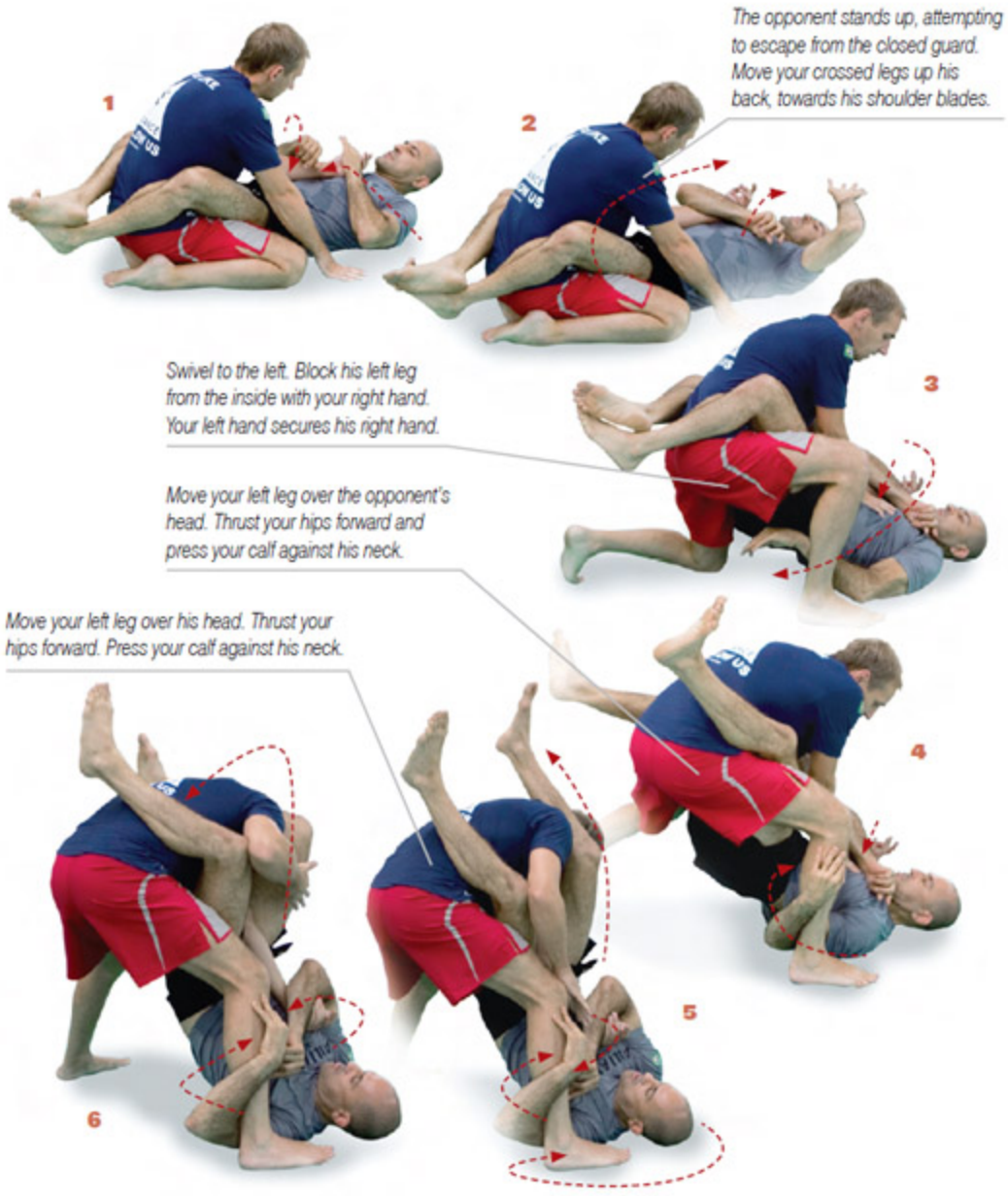
“Hip bump” - Closed guard sweep to mount



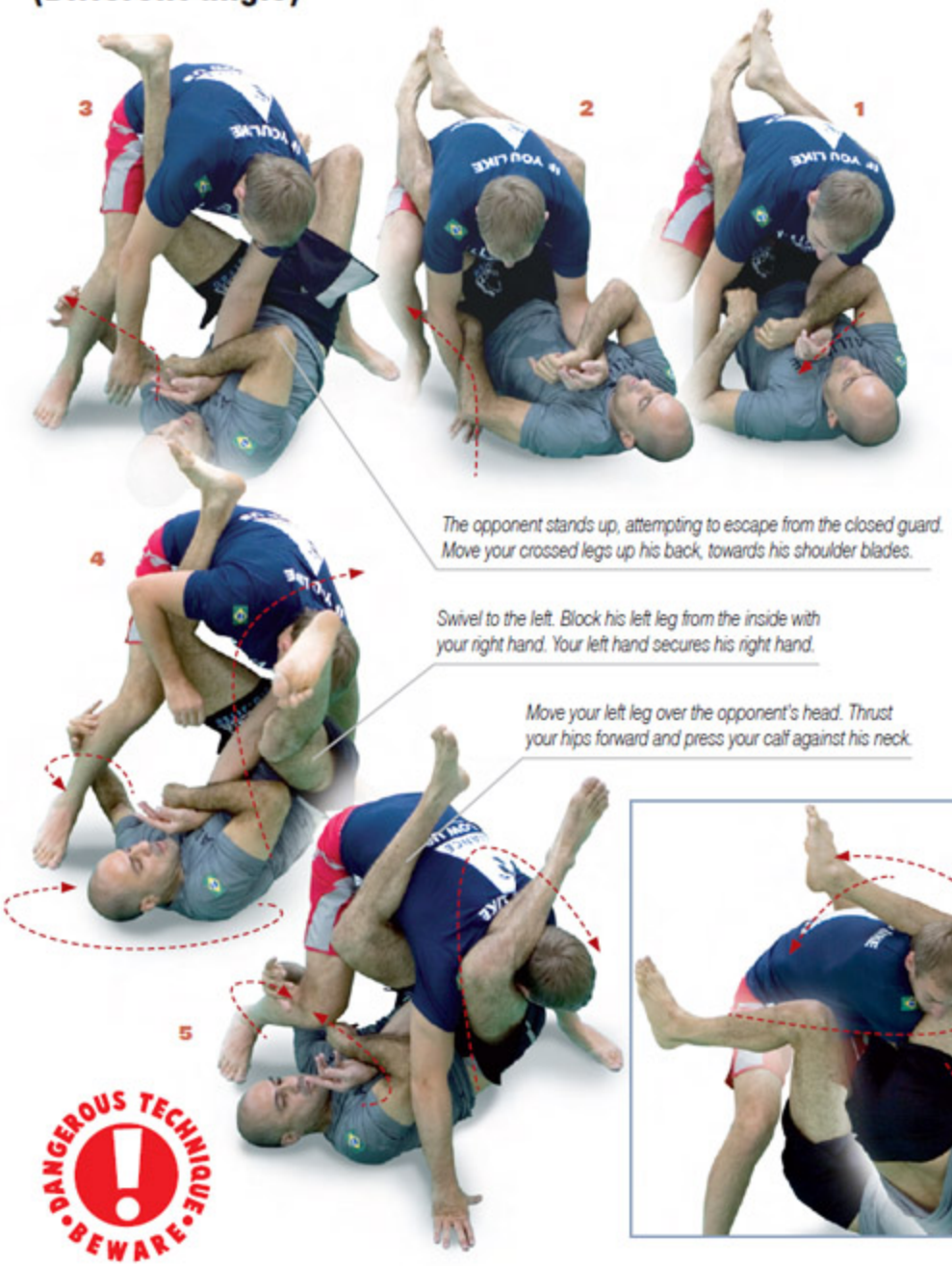
Arm bar from the closed guard 3rd version



Arm bar from the closed guard when your opponents stands



(Different angle)




NOTBLOOD

CHAPTER 11

Passing the Closed Guard without Gi

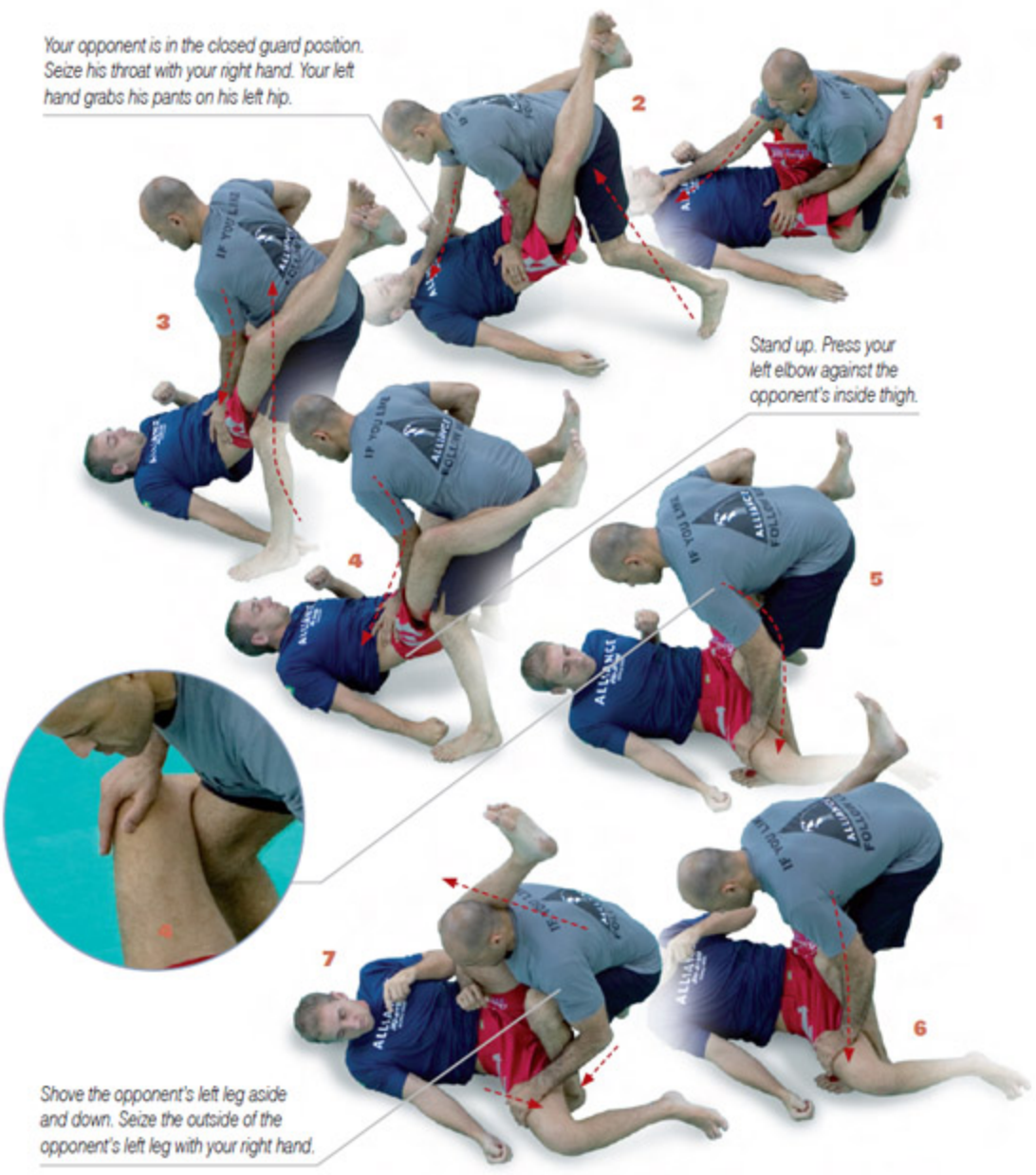
Standing closed guard pass 114

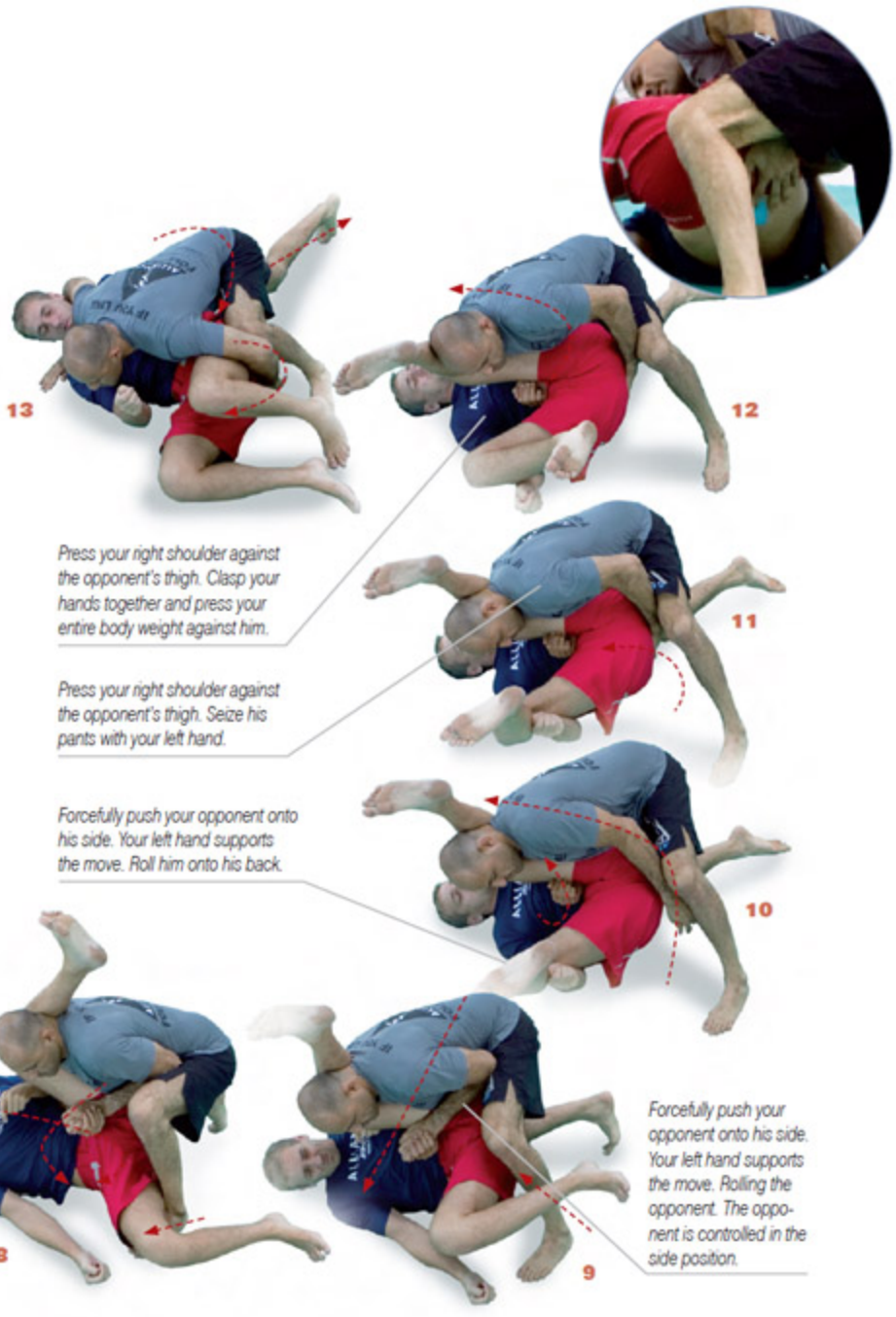
Closed guard pass while holding your opponent's wrist 116

Closed guard pass while holding your opponent's wrist 118

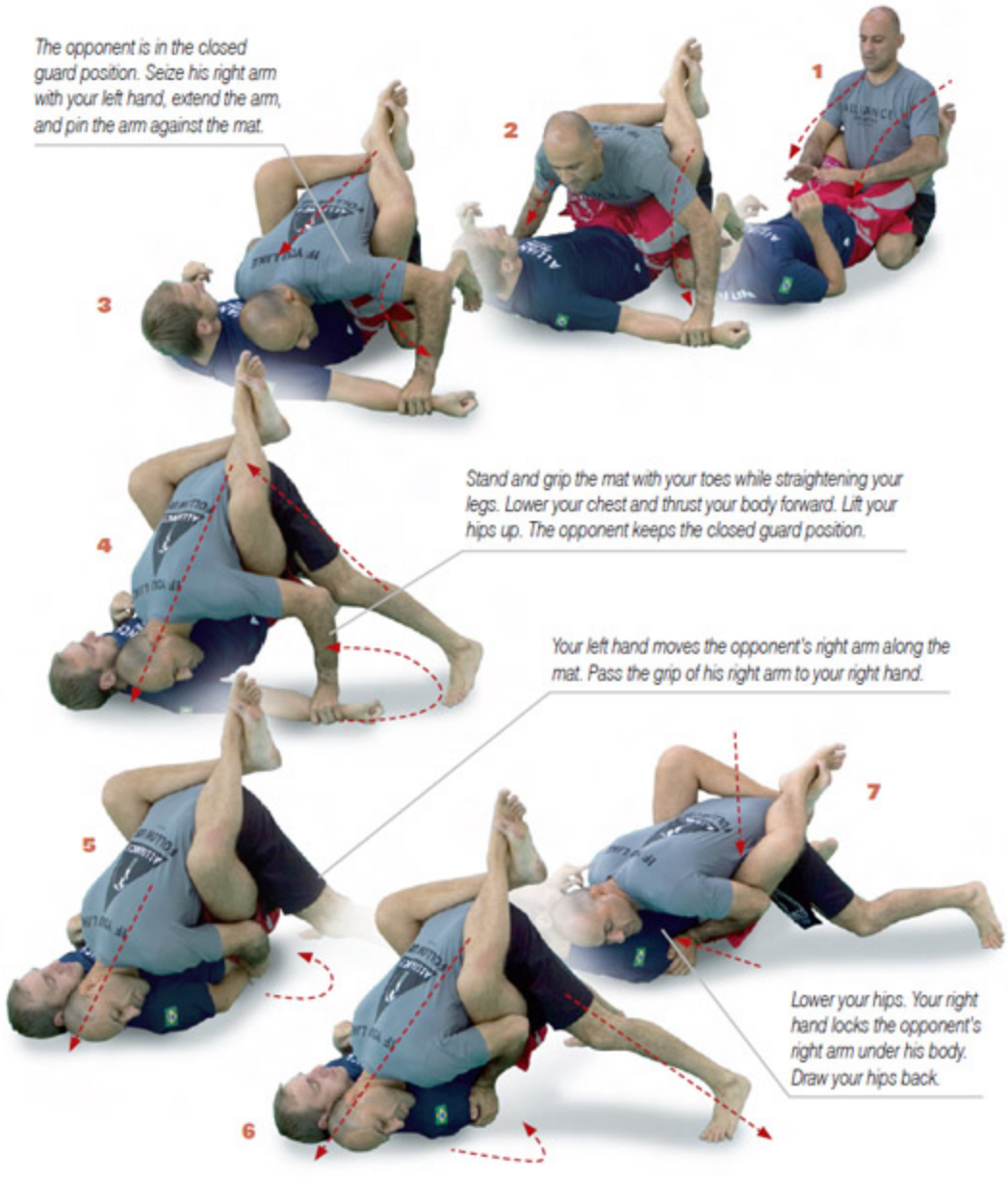
Standing closed guard pass controlling your opponent's arm 120

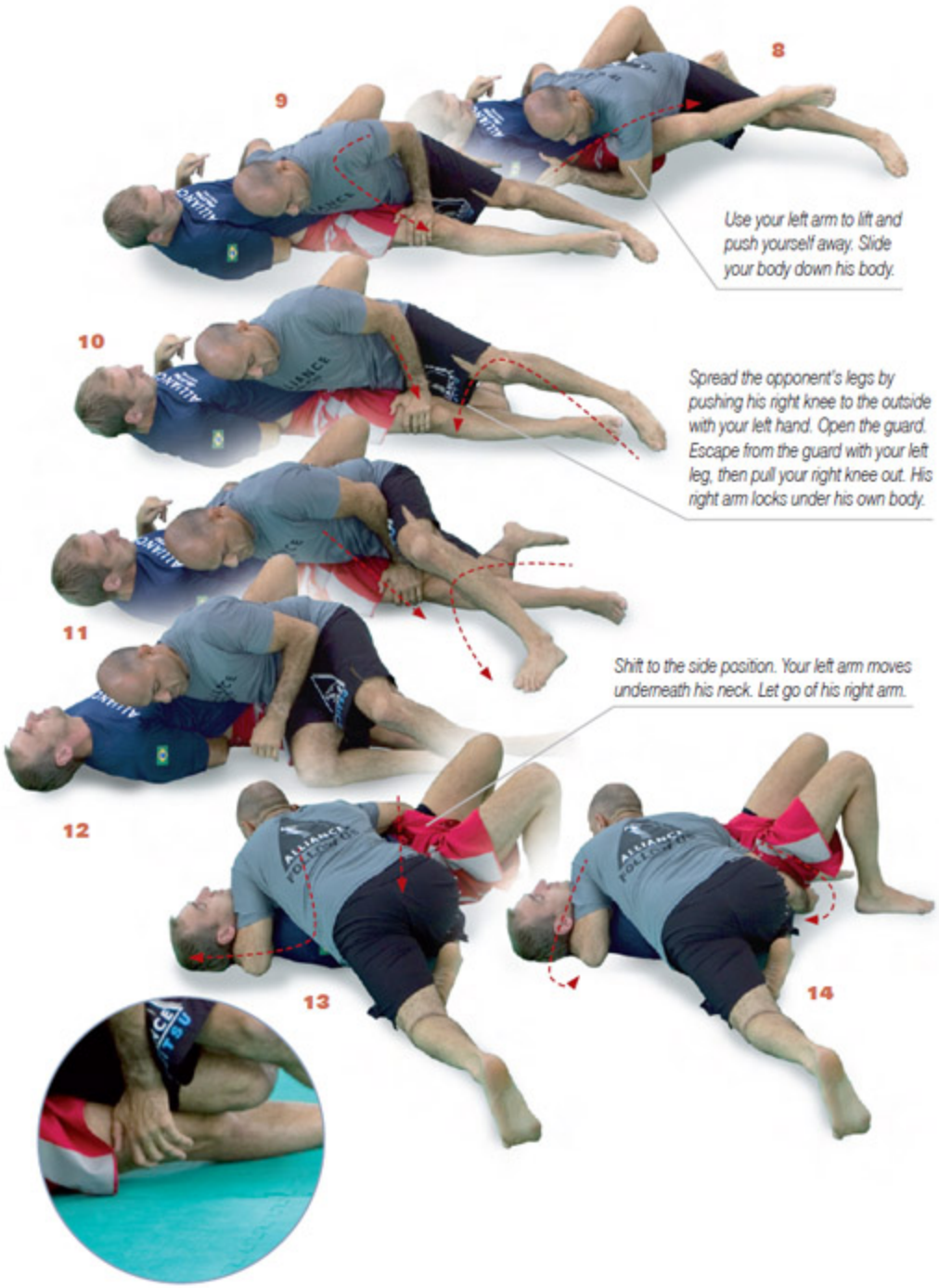
Standing closed guard pass



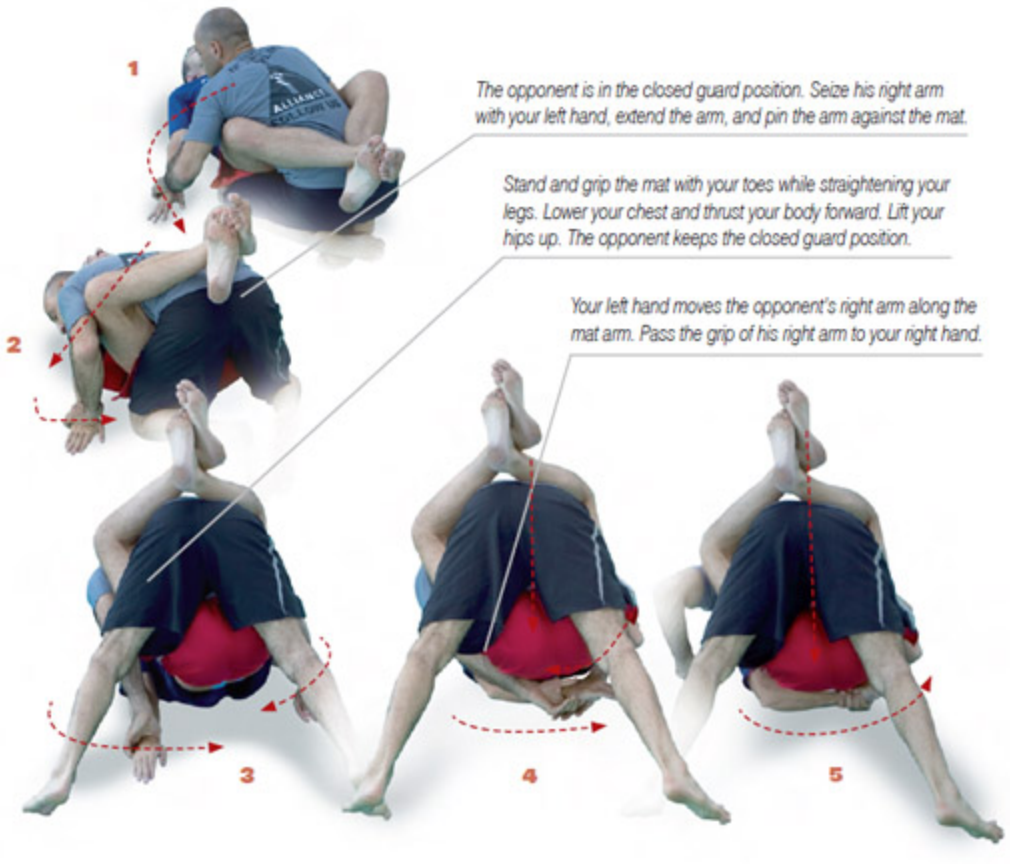

13
12
11
10
8
9
Press your right shoulder against the opponent's thigh. Clasp your hands together and press your entire body weight against him.
Press your right shoulder against the opponent's thigh. Seize his pants with your left hand.
Forcefully push your opponent onto his side. Your left hand supports the move. Roll him onto his back.
Forcefully push your opponent onto his side. Your left hand supports the move. Rolling the opponent. The opponent is controlled in the side position.

Closed guard pass while holding your opponent's wrist

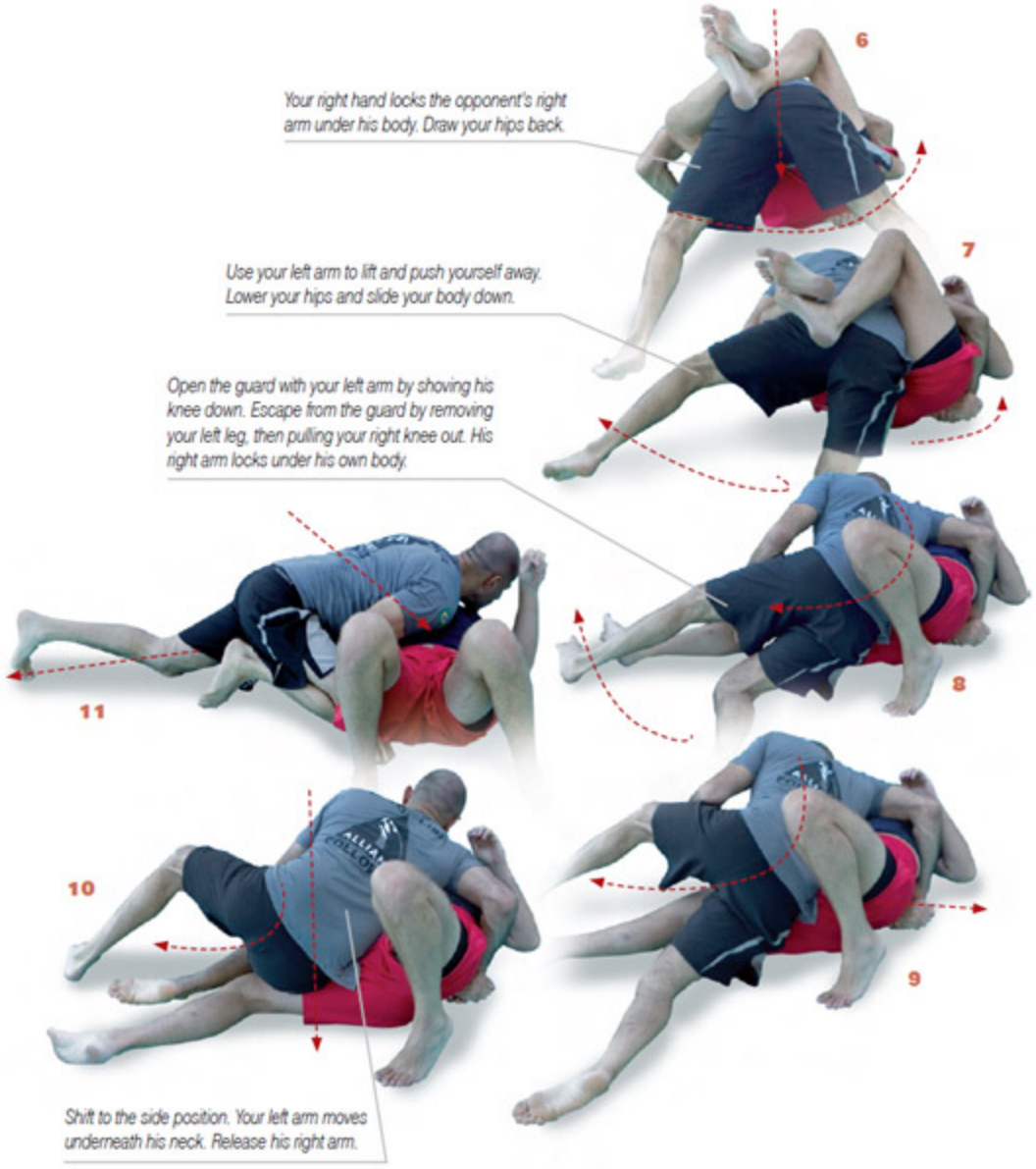



8
9
Use your left arm to lift and push yourself away. Slide your body down his body.
10
Spread the opponent's legs by pushing his right knee to the outside with your left hand. Open the guard. Escape from the guard with your left leg, then pull your right knee out. His right arm locks under his own body.
11
Shift to the side position. Your left arm moves underneath his neck. Let go of his right arm.
12
13
14

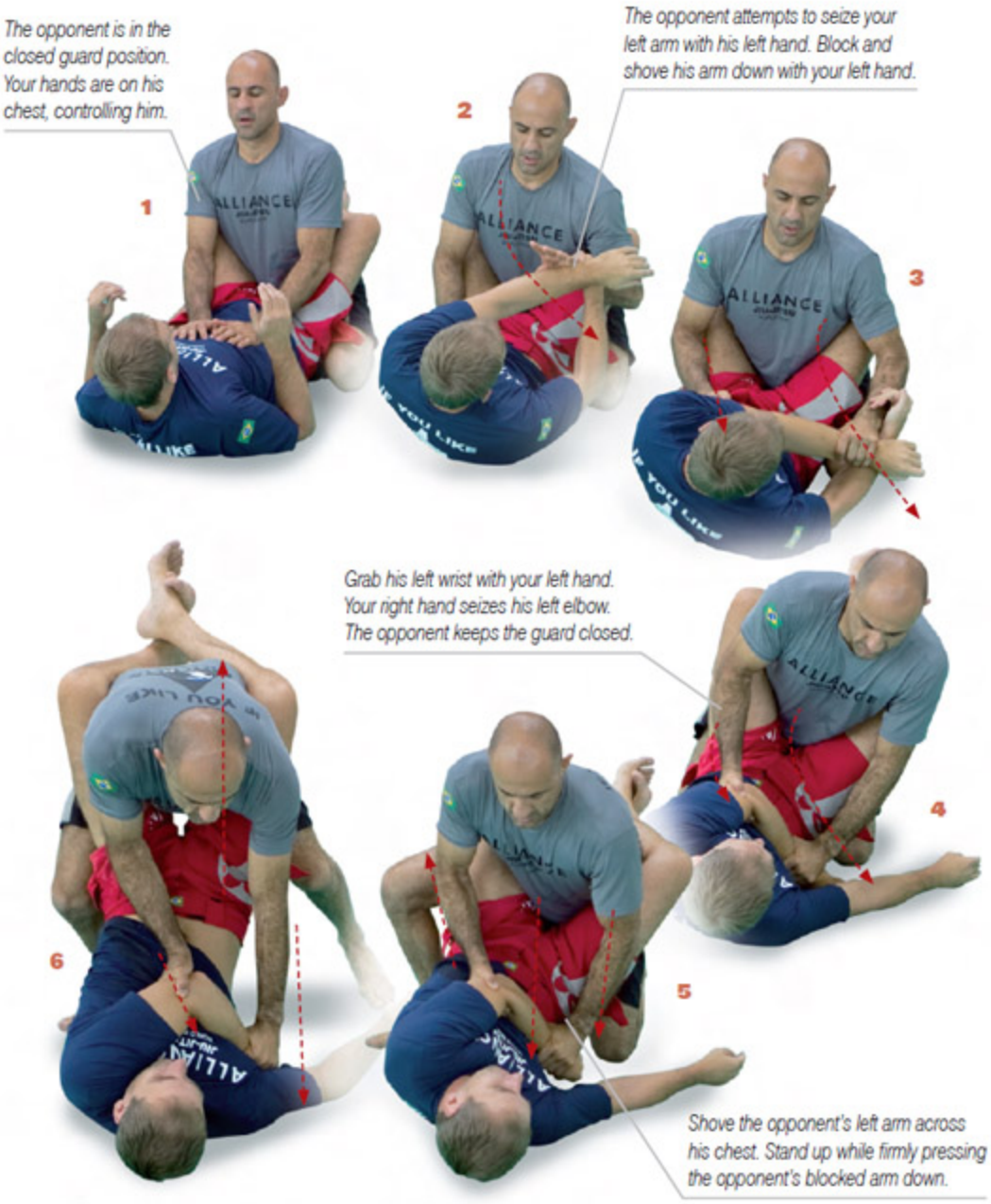
Closed guard pass while holding your opponent's wrist

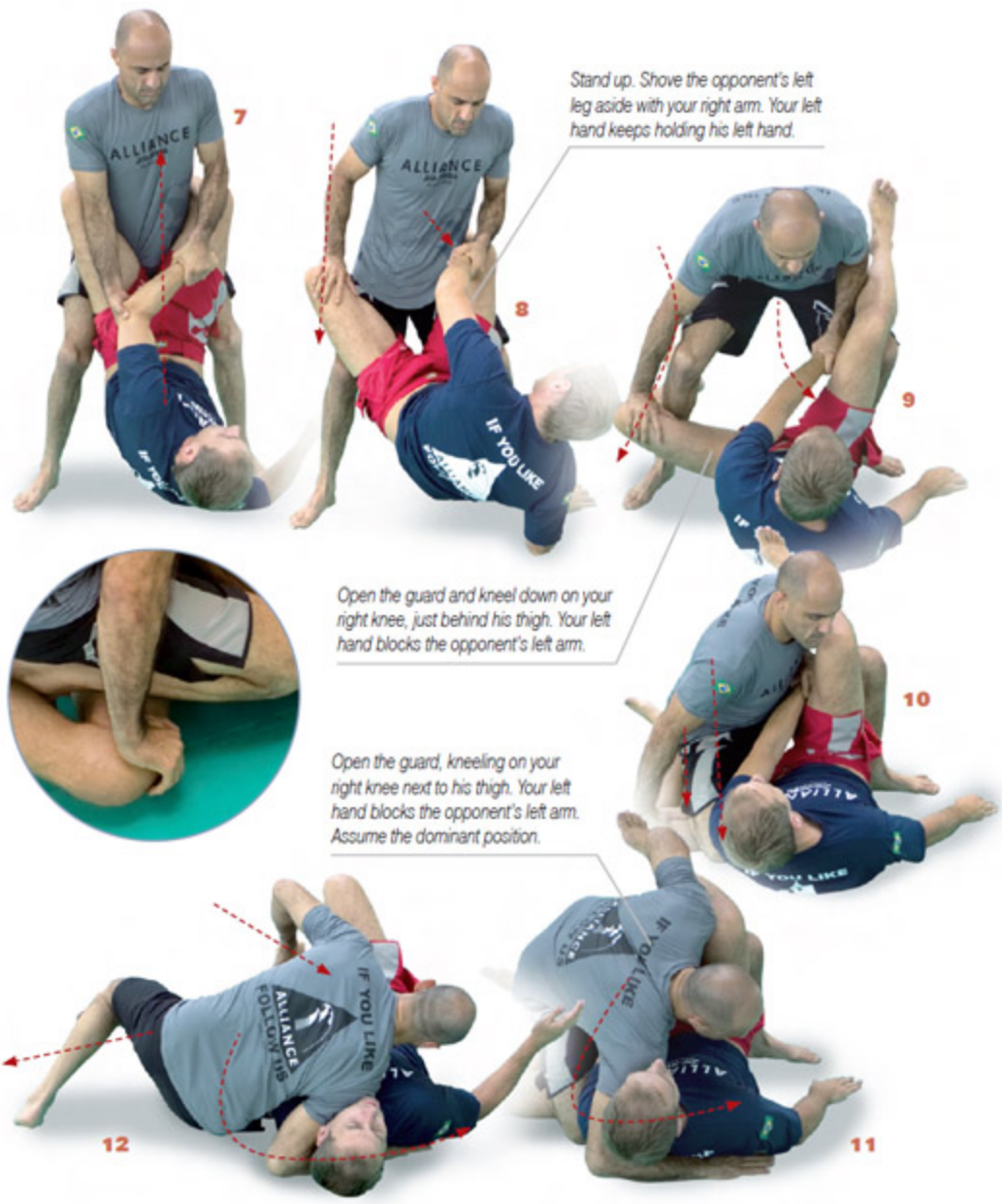


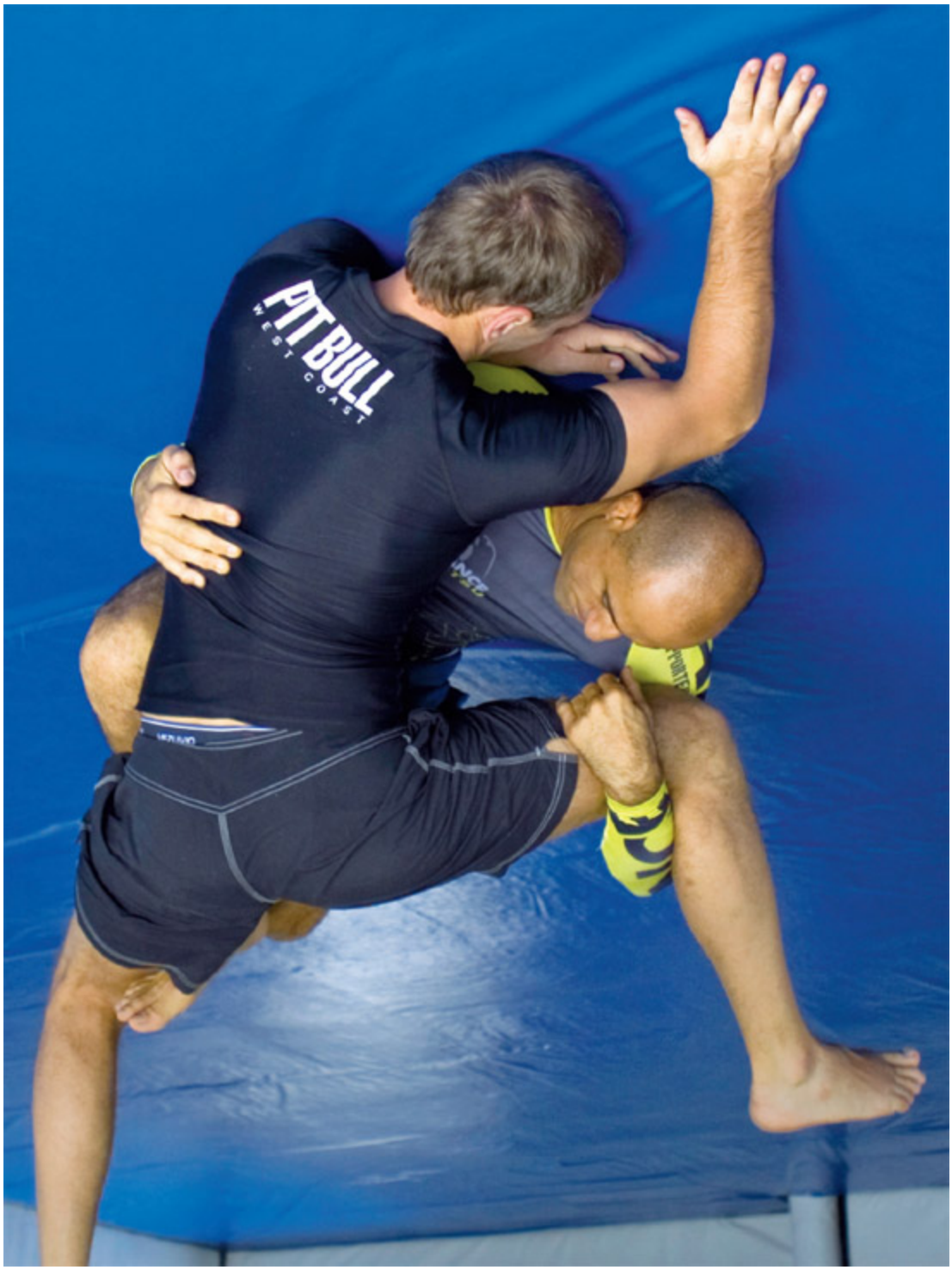



6
Your right hand locks the opponent's right arm under his body. Draw your hips back.
7
Use your left arm to lift and push yourself away. Lower your hips and slide your body down.
Open the guard with your left arm by shoving his knee down. Escape from the guard by removing your left leg, then pulling your right knee out. His right arm locks under his own body.
8
11
10
9
Shift to the side position. Your left arm moves underneath his neck. Release his right arm.

Standing closed guard pass controlling your opponent's arm


The opponent is in the closed guard position. Your hands are on his chest, controlling him.
1
2
The opponent attempts to seize your left arm with his left hand. Block and shove his arm down with your left hand.
3
Grab his left wrist with your left hand. Your right hand seizes his left elbow. The opponent keeps the guard closed.
4
5
6
Shove the opponent's left arm across his chest. Stand up while firmly pressing the opponent's blocked arm down.


7
8
9
10
11
12
Stand up. Shove the opponent's left leg aside with your right arm. Your left hand keeps holding his left hand.
Open the guard and kneel down on your right knee, just behind his thigh. Your left hand blocks the opponent's left arm.
Open the guard, kneeling on your right knee next to his thigh. Your left hand blocks the opponent's left arm. Assume the dominant position.


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CHAPTER 12

Butterfly Guard without Gi

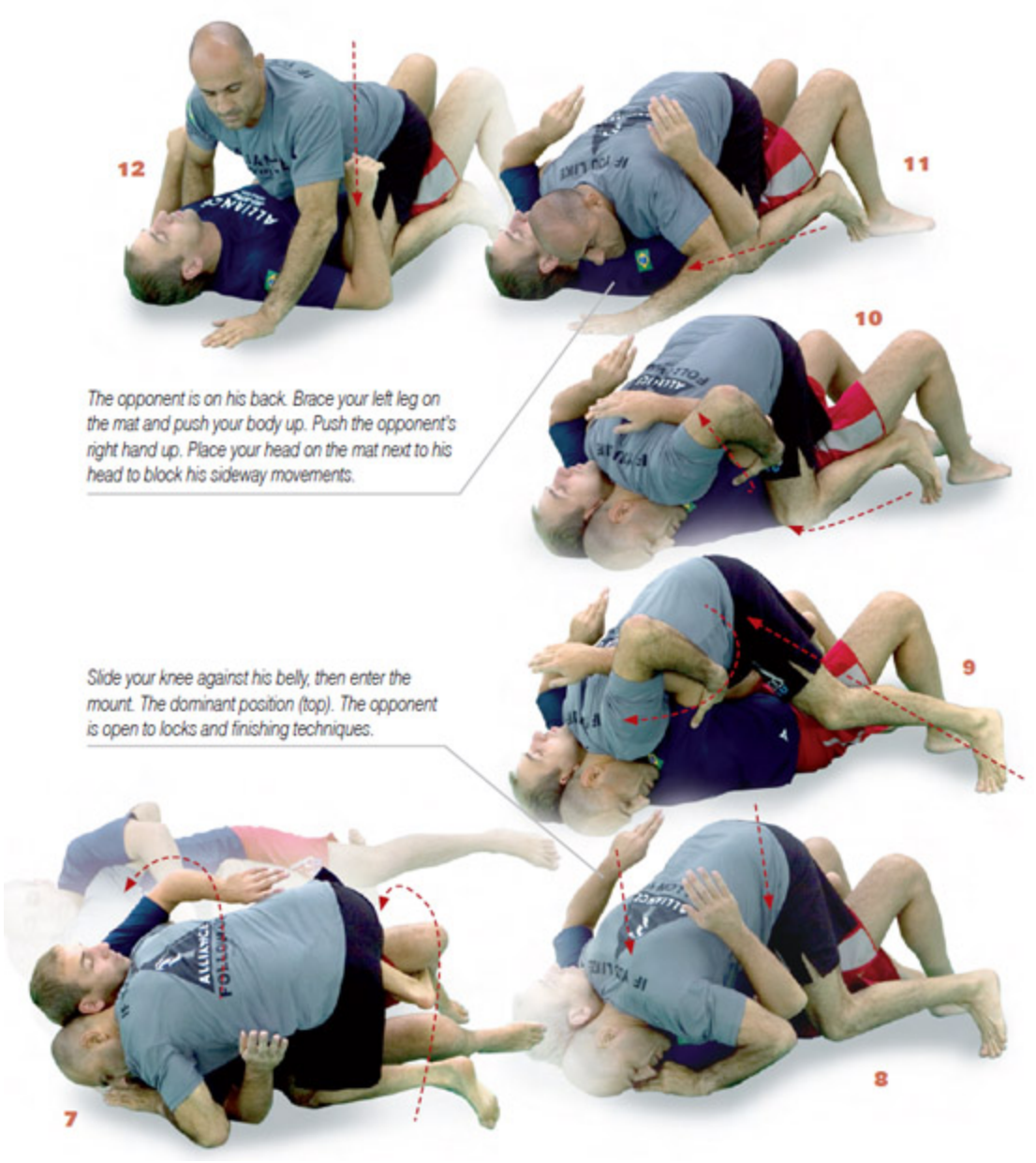
"Over-under" Butterfly guard sweep 124

Butterfly guard sweep from back attack 126

Butterfly guard sweep to knee cut across 128

“Over-under” Butterfly guard sweep

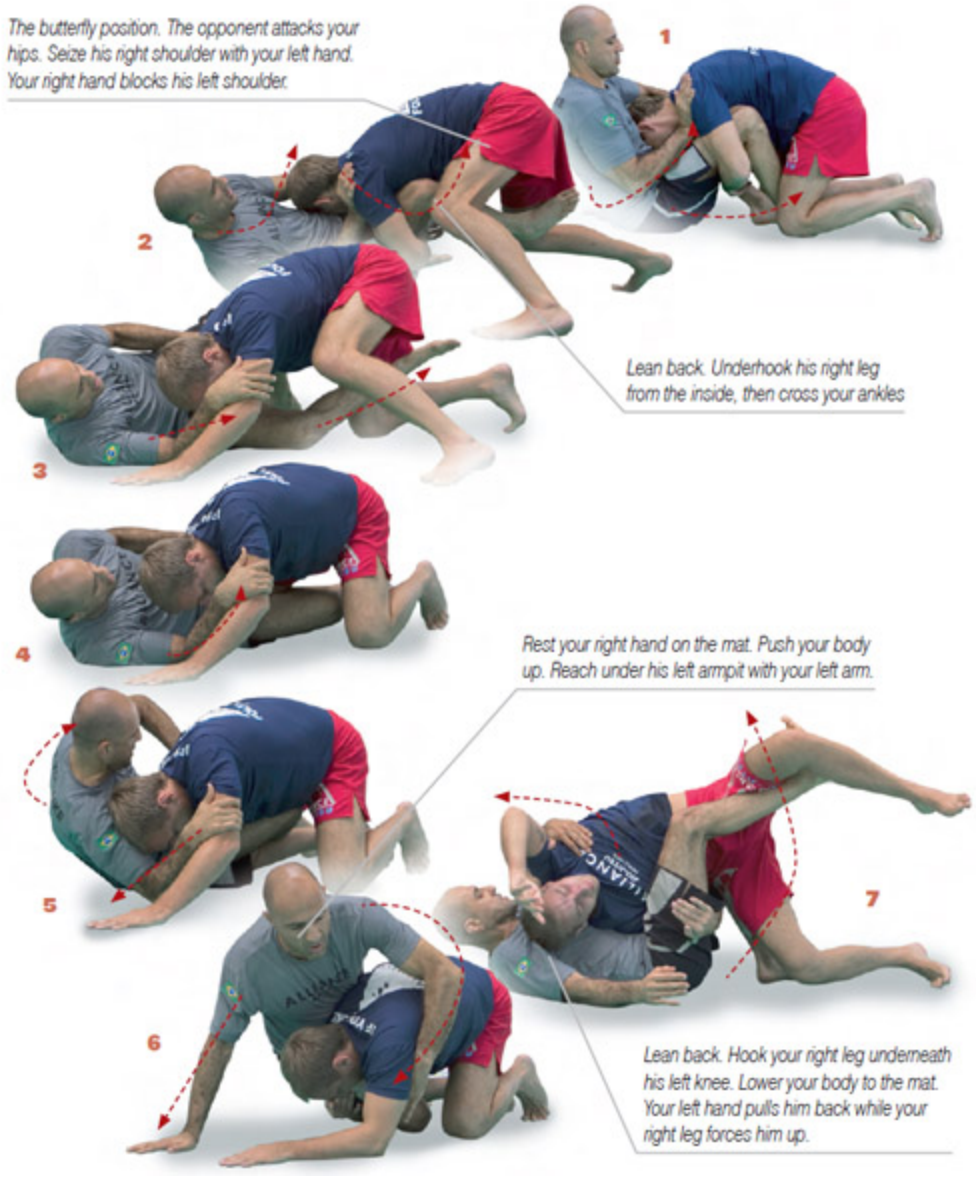


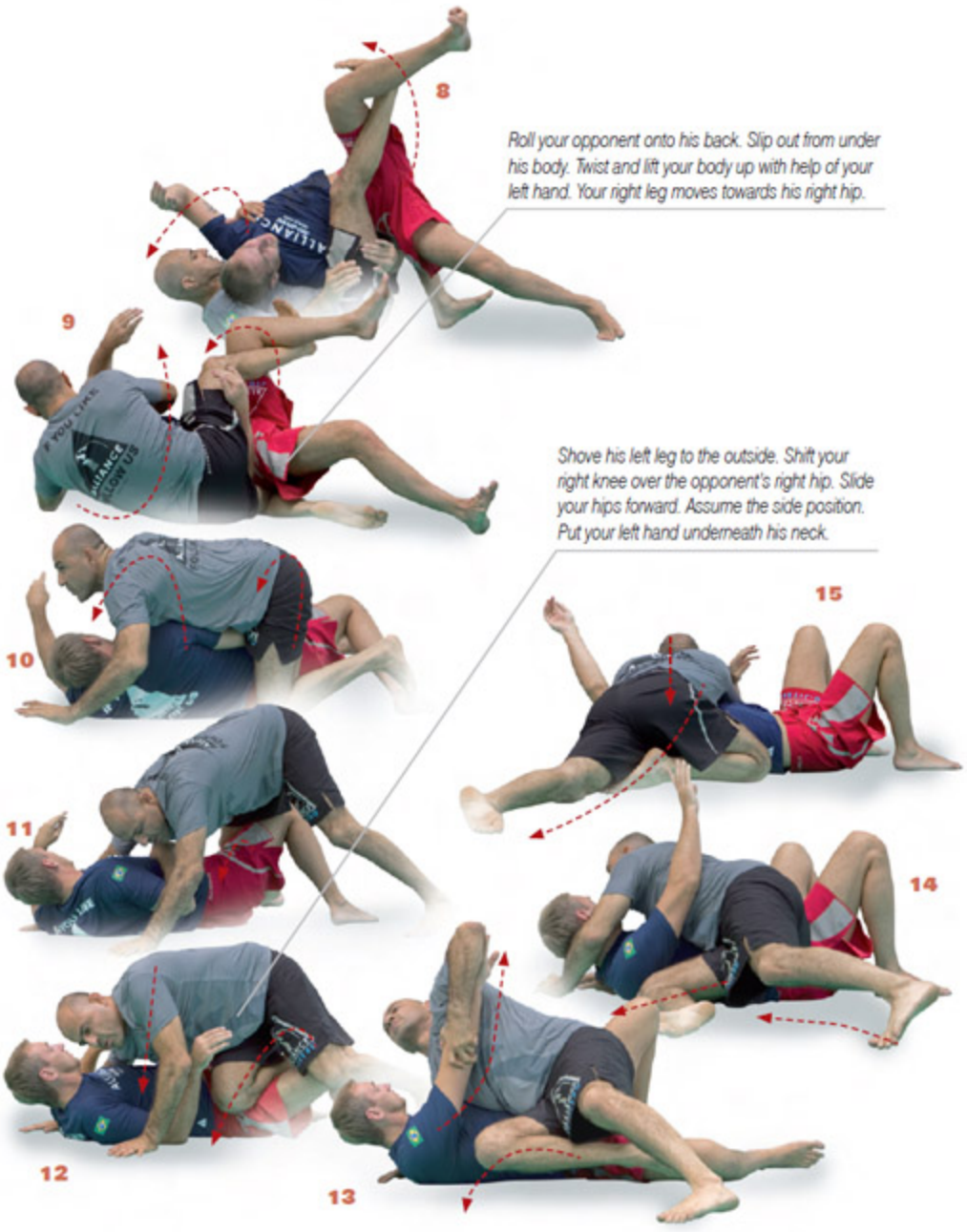


The opponent is on his back. Brace your left leg on the mat and push your body up. Push the opponent's right hand up. Place your head on the mat next to his head to block his sideway movements.

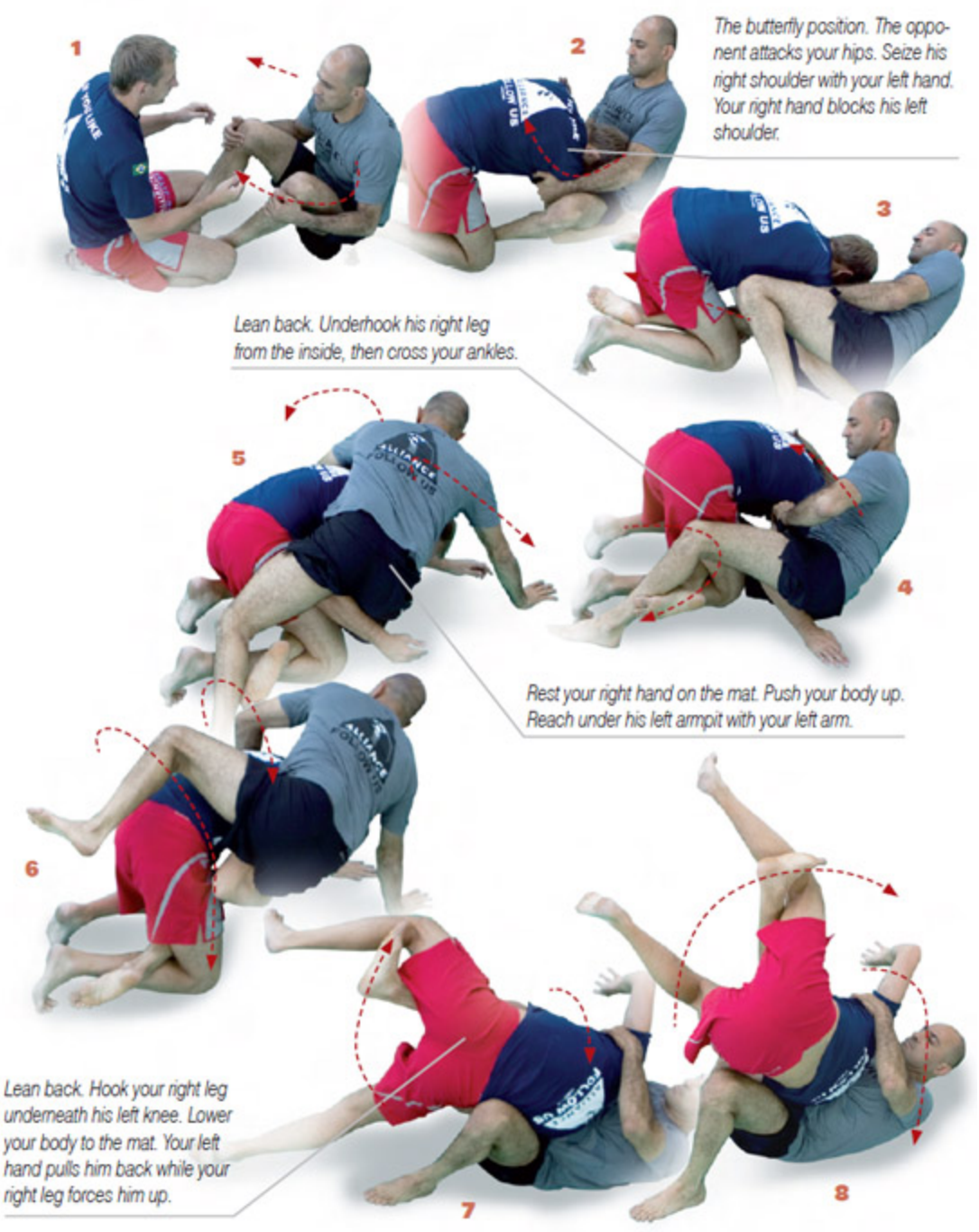
Slide your knee against his belly, then enter the mount. The dominant position (top). The opponent is open to locks and finishing techniques.

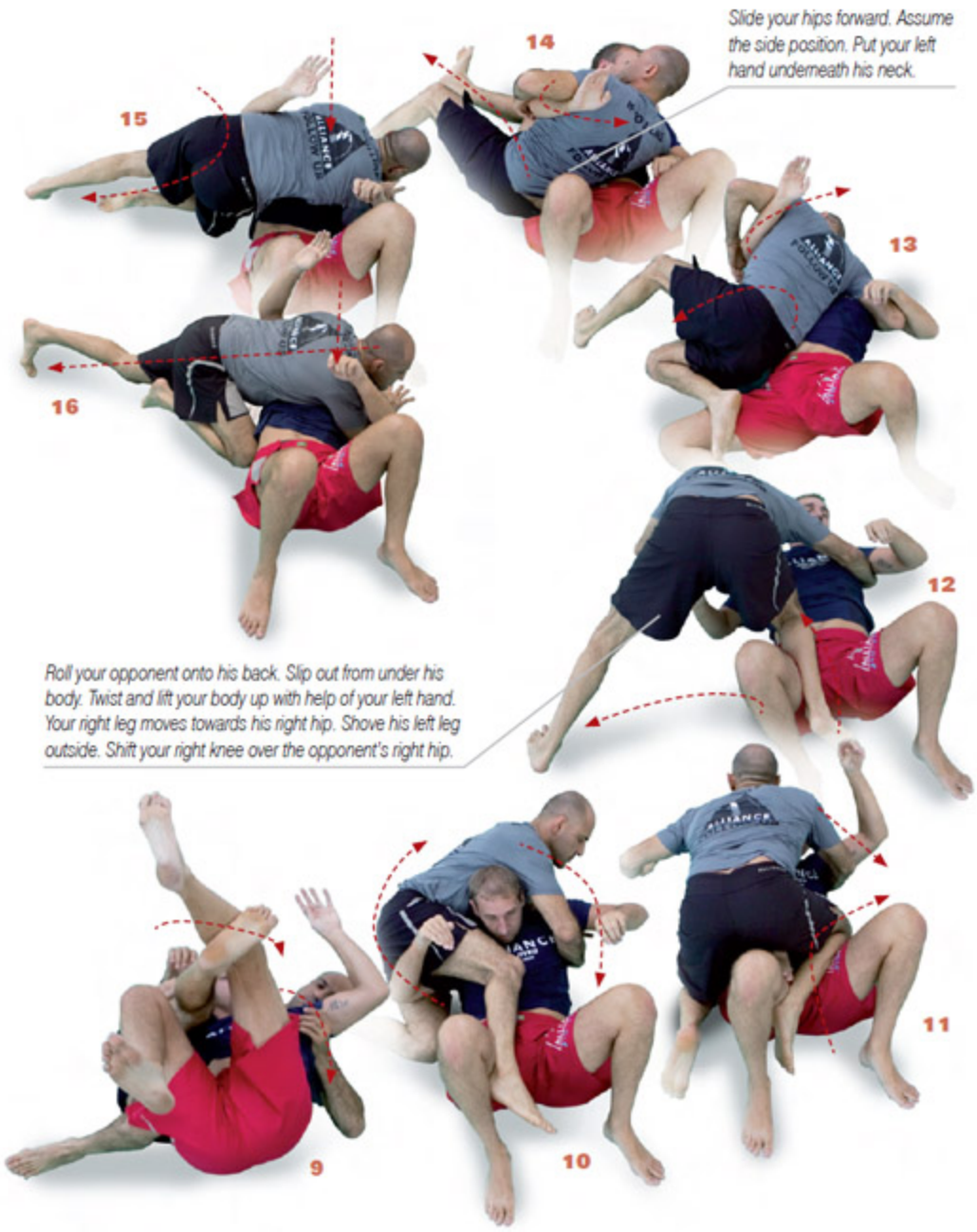
Butterfly guard sweep from back attack

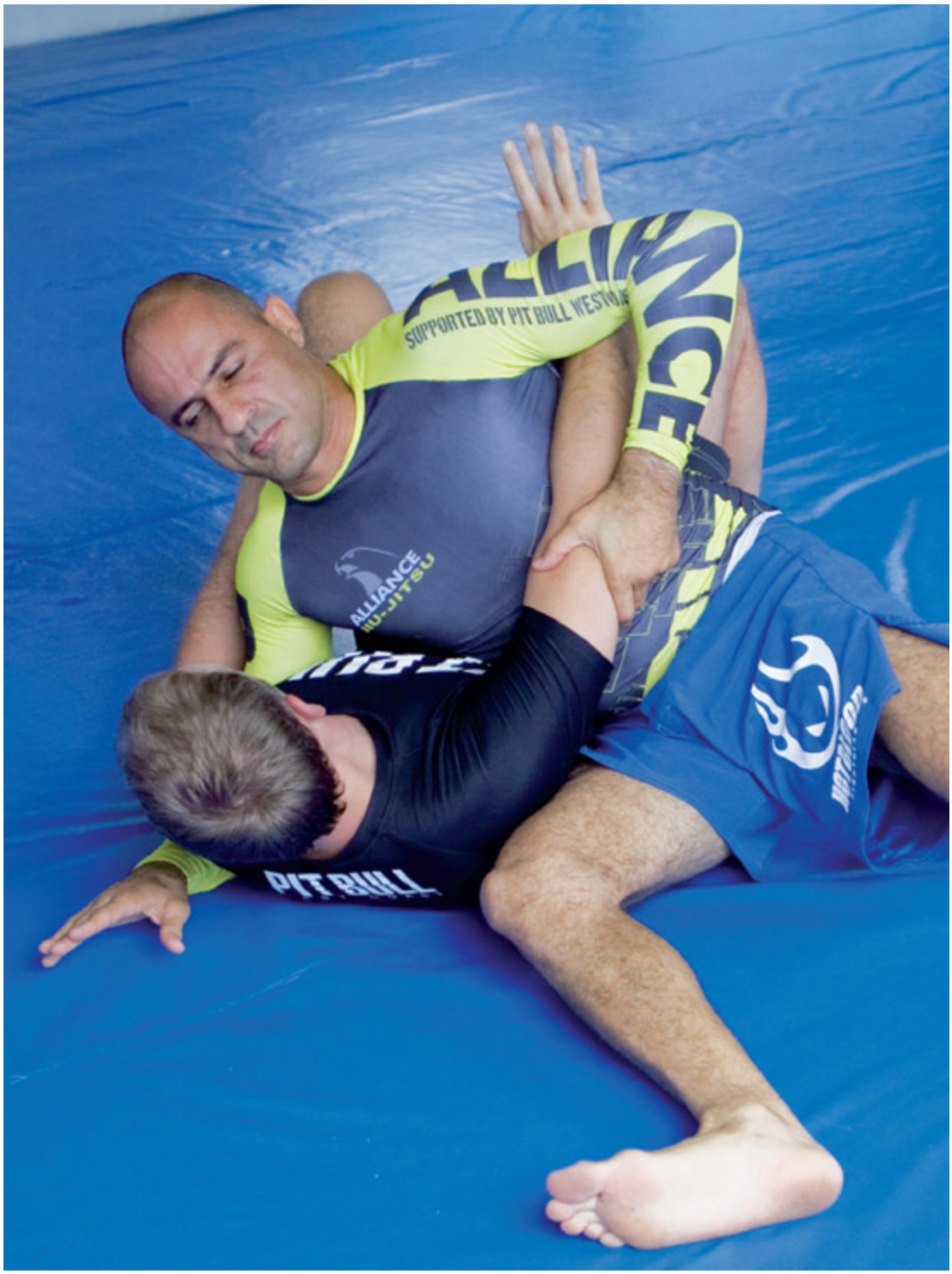



8
Roll your opponent onto his back. Slip out from under his body. Twist and lift your body up with help of your left hand. Your right leg moves towards his right hip.
9
Shove his left leg to the outside. Shift your right knee over the opponent's right hip. Slide your hips forward. Assume the side position. Put your left hand underneath his neck.
10
15
11
14
12
13

Butterfly guard sweep to knee cut across




Slide your hips forward. Assume the side position. Put your left hand underneath his neck.
14
15
13
16
12
Roll your opponent onto his back. Slip out from under his body. Twist and lift your body up with help of your left hand. Your right leg moves towards his right hip. Shove his left leg outside. Shift your right knee over the opponent's right hip.
11
9
10


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PIT BULL

CHAPTER 13

Passing the Open guard without Gi

Knee cut across open guard pass 132

Knee cut across open guard pass when the opponent blocks with his leg 134

Knee cut across open guard pass when the opponent blocks with his leg 136

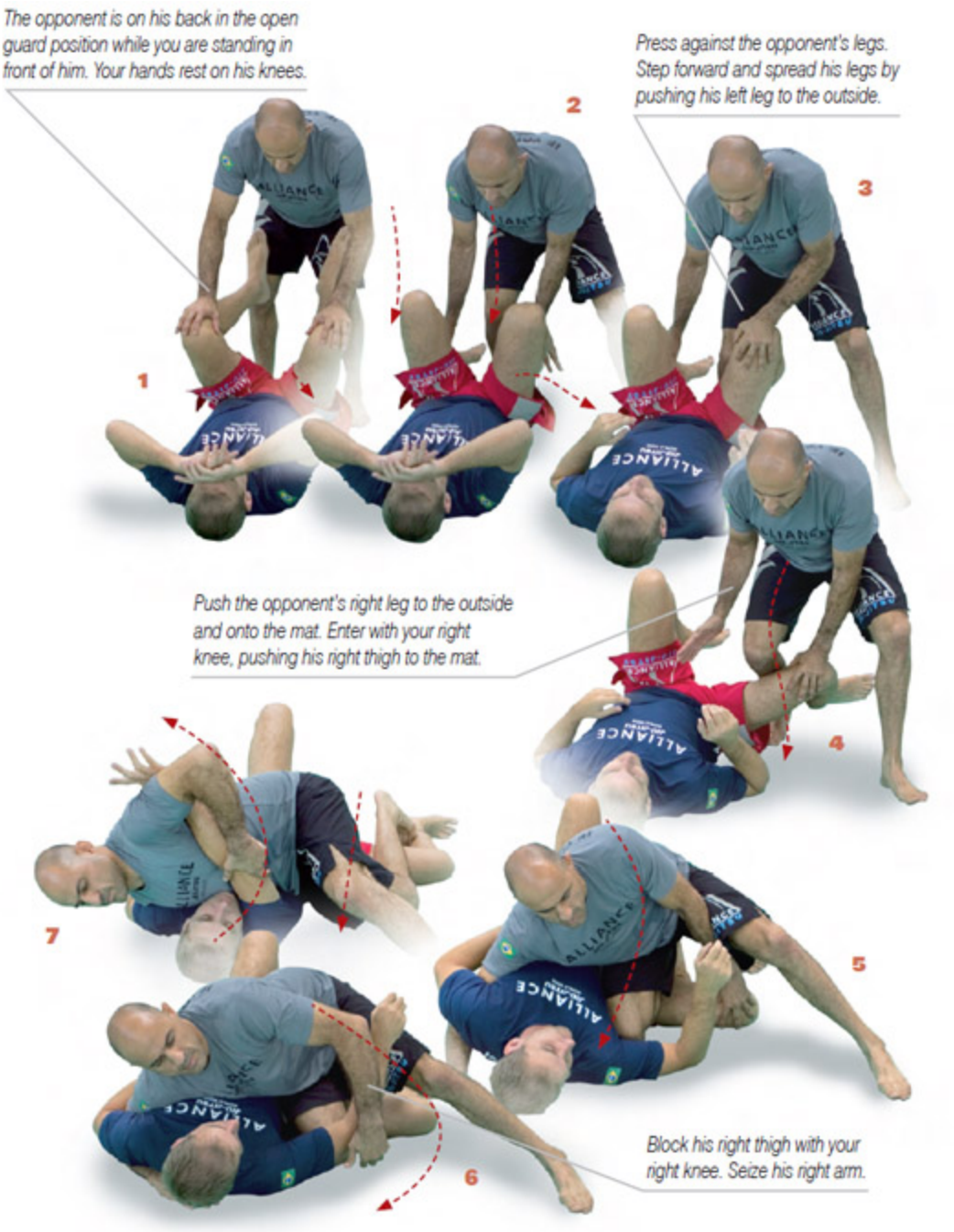
Knee cut across to high leg back 138

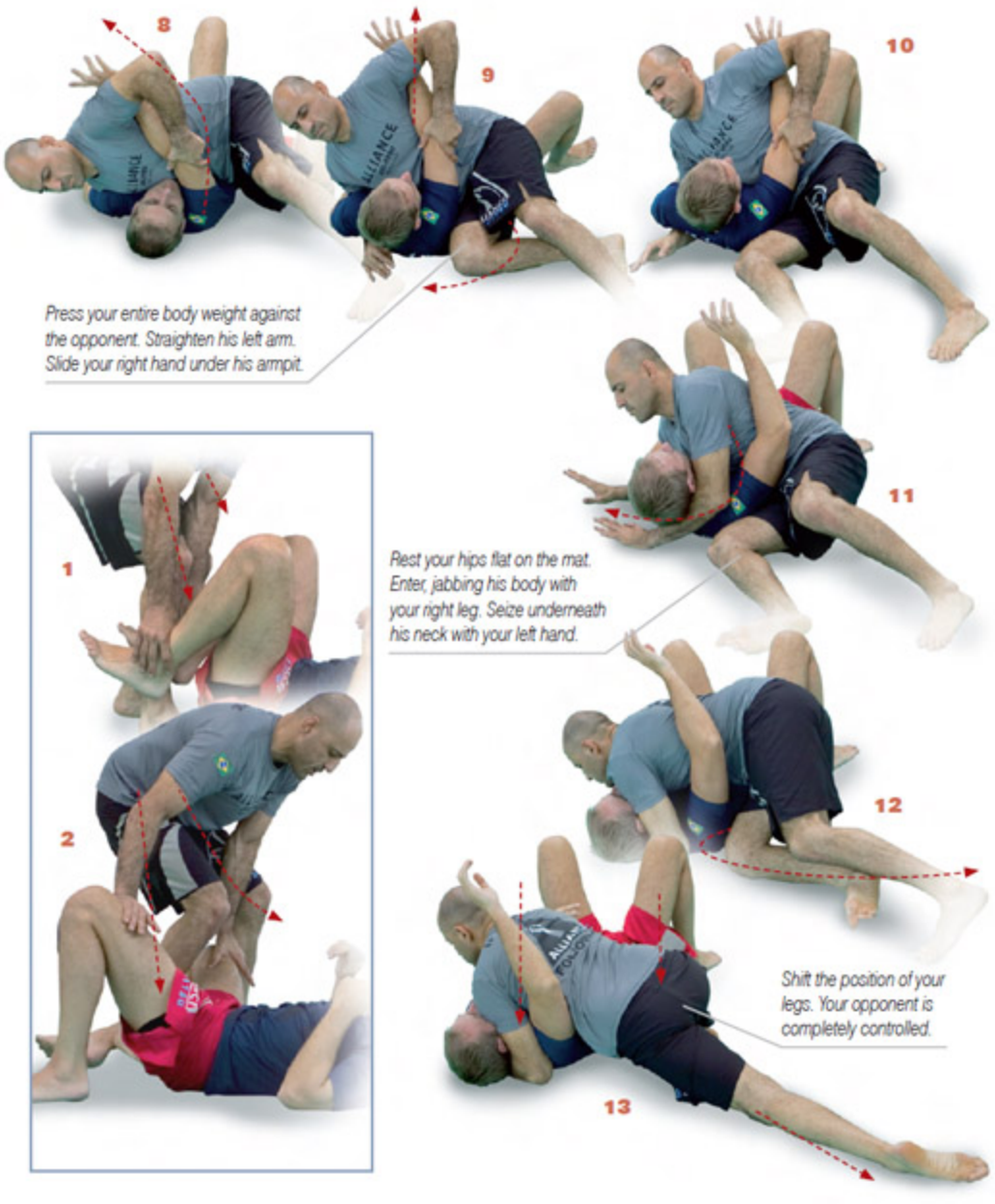
Knee cut across to high leg back 140

Knee cut across to side control 142

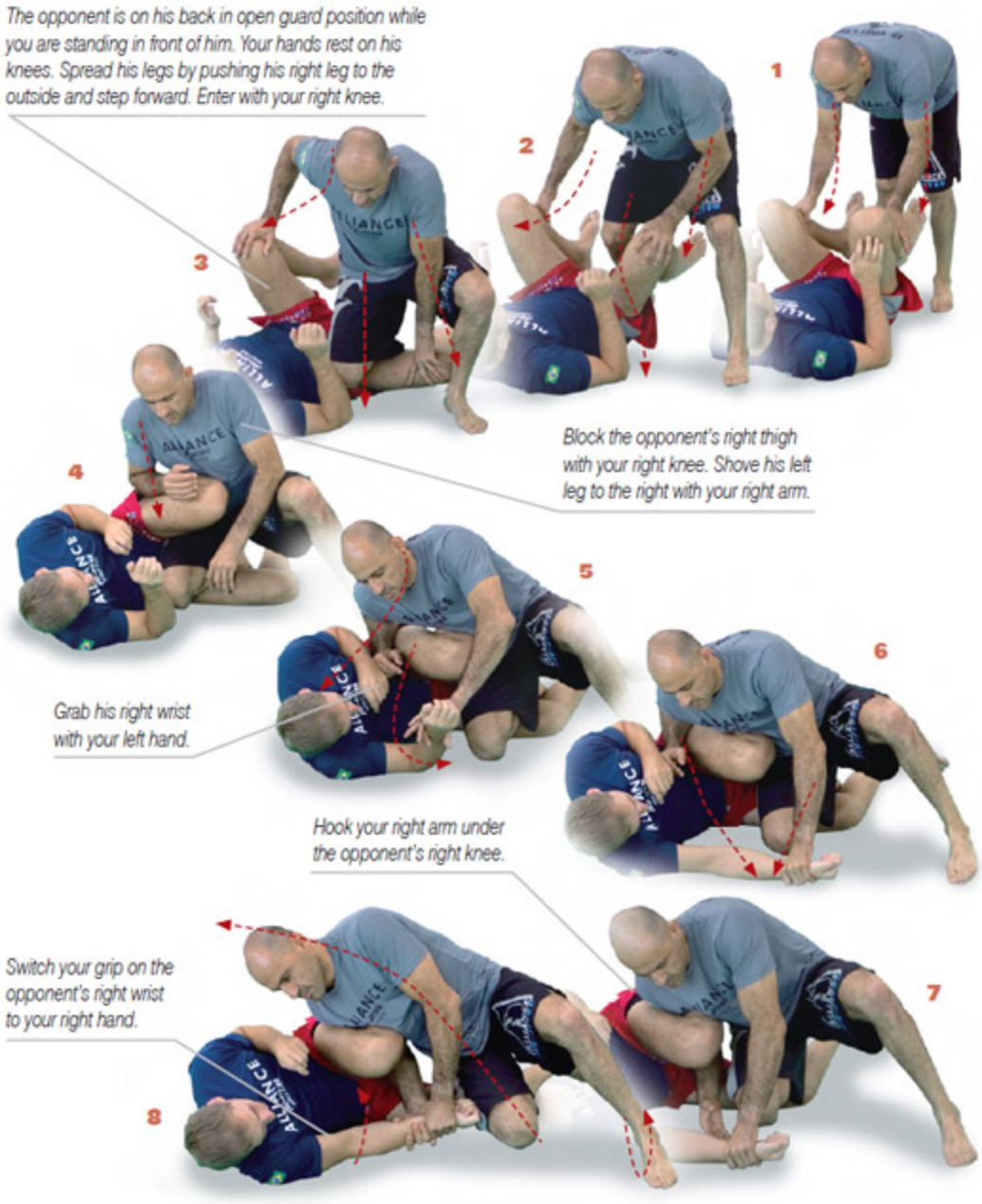
Knee cut across to the mount 144

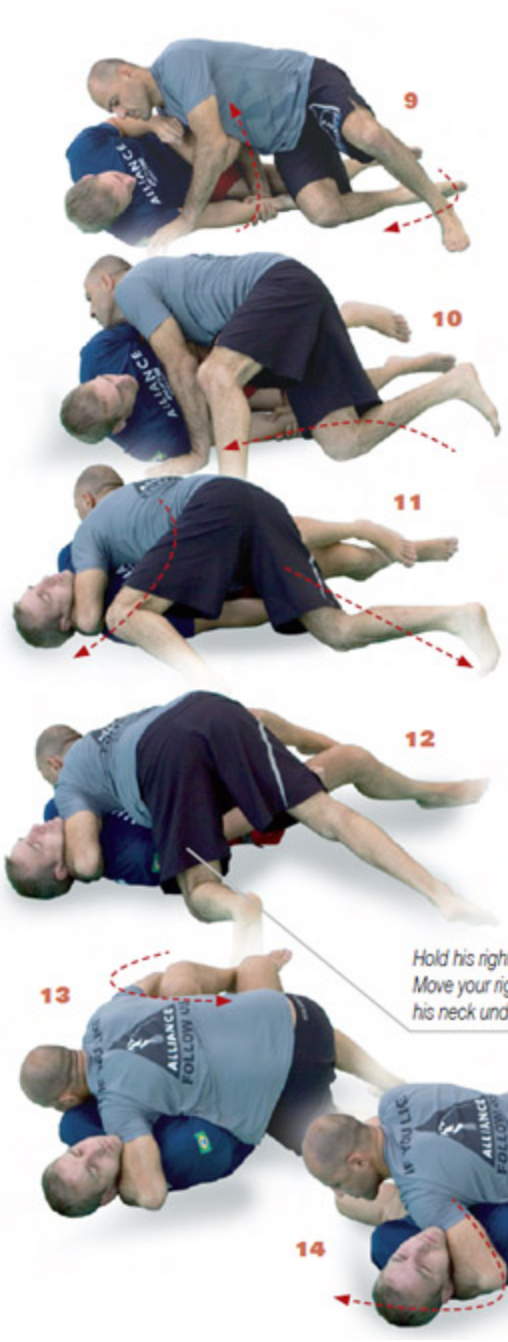
Knee cut across open guard pass




8
9
10
Press your entire body weight against the opponent. Straighten his left arm. Slide your right hand under his armpit.
11
Rest your hips flat on the mat. Enter, jabbing his body with your right leg. Seize underneath his neck with your left hand.
1
2
12
Shift the position of your legs. Your opponent is completely controlled.
13

Knee cut across open guard pass when the opponent blocks with his leg





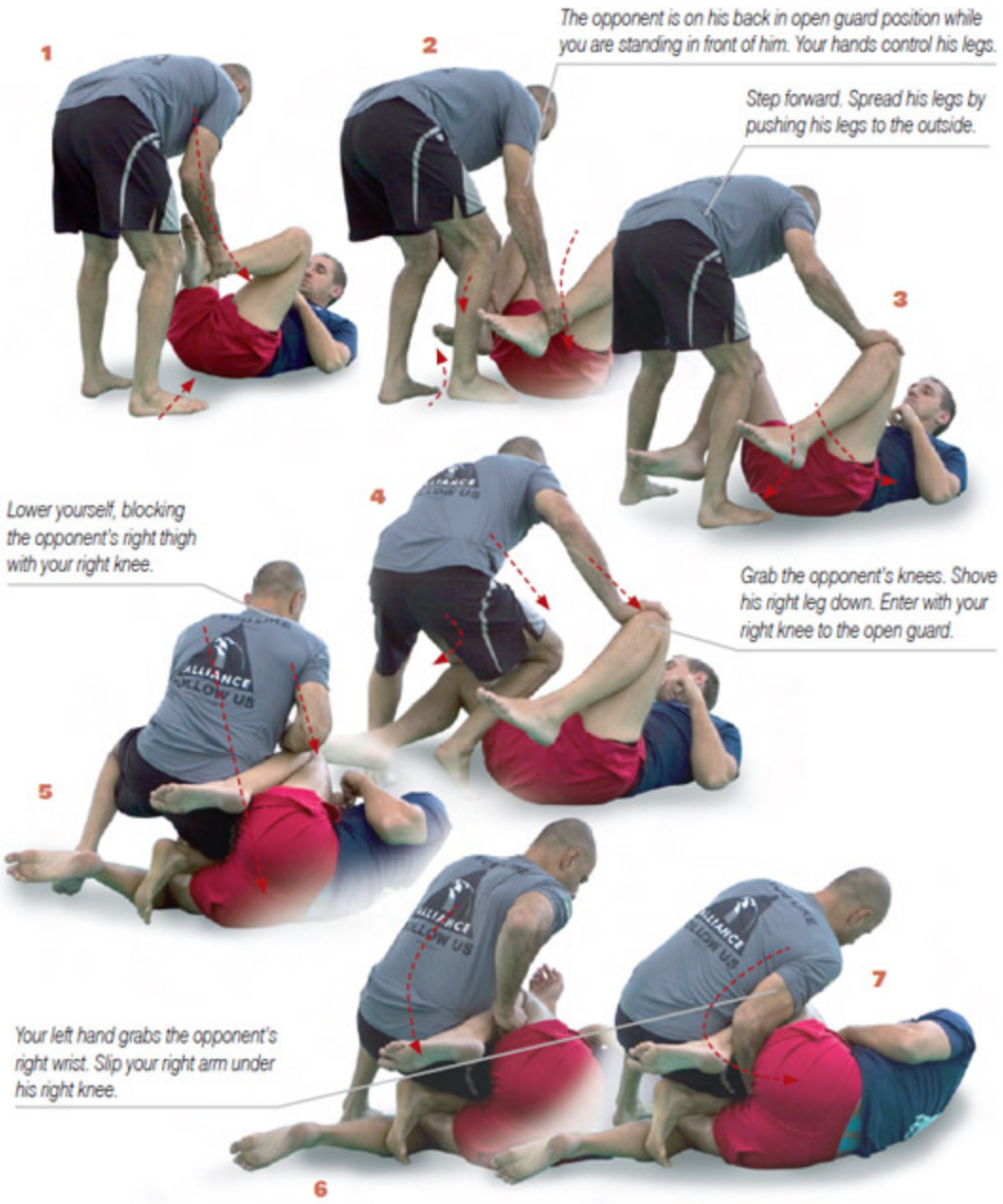


Hook your right arm under the opponent's right knee. Press your entire body weight against him.

Hold his right arm with your right hand. Move your right knee forward and seize his neck underneath with your left hand.

Switch the position of your legs. Assume the side position. Your opponent is fully controlled.

Knee cut across open guard pass when the opponent blocks with his leg



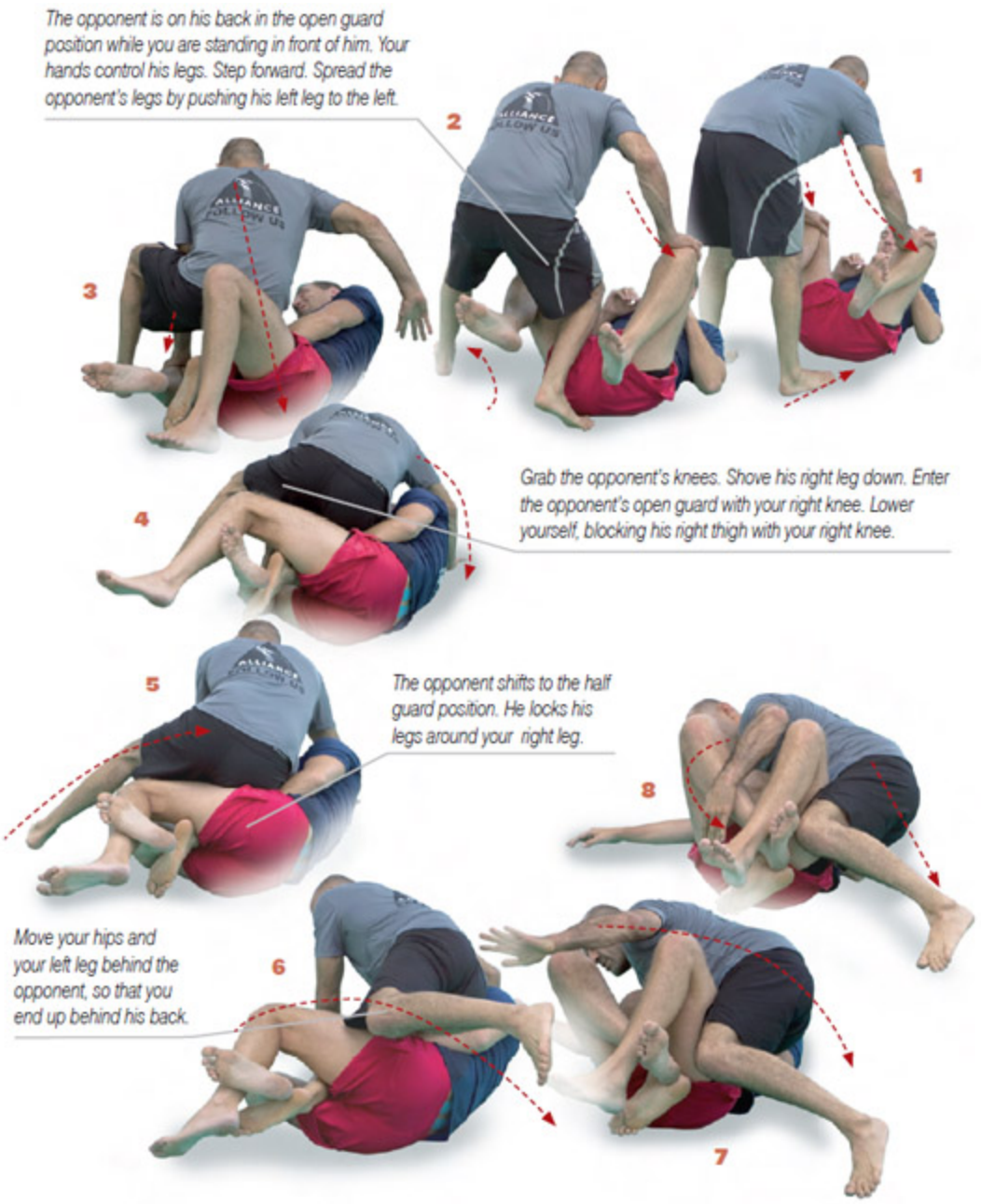


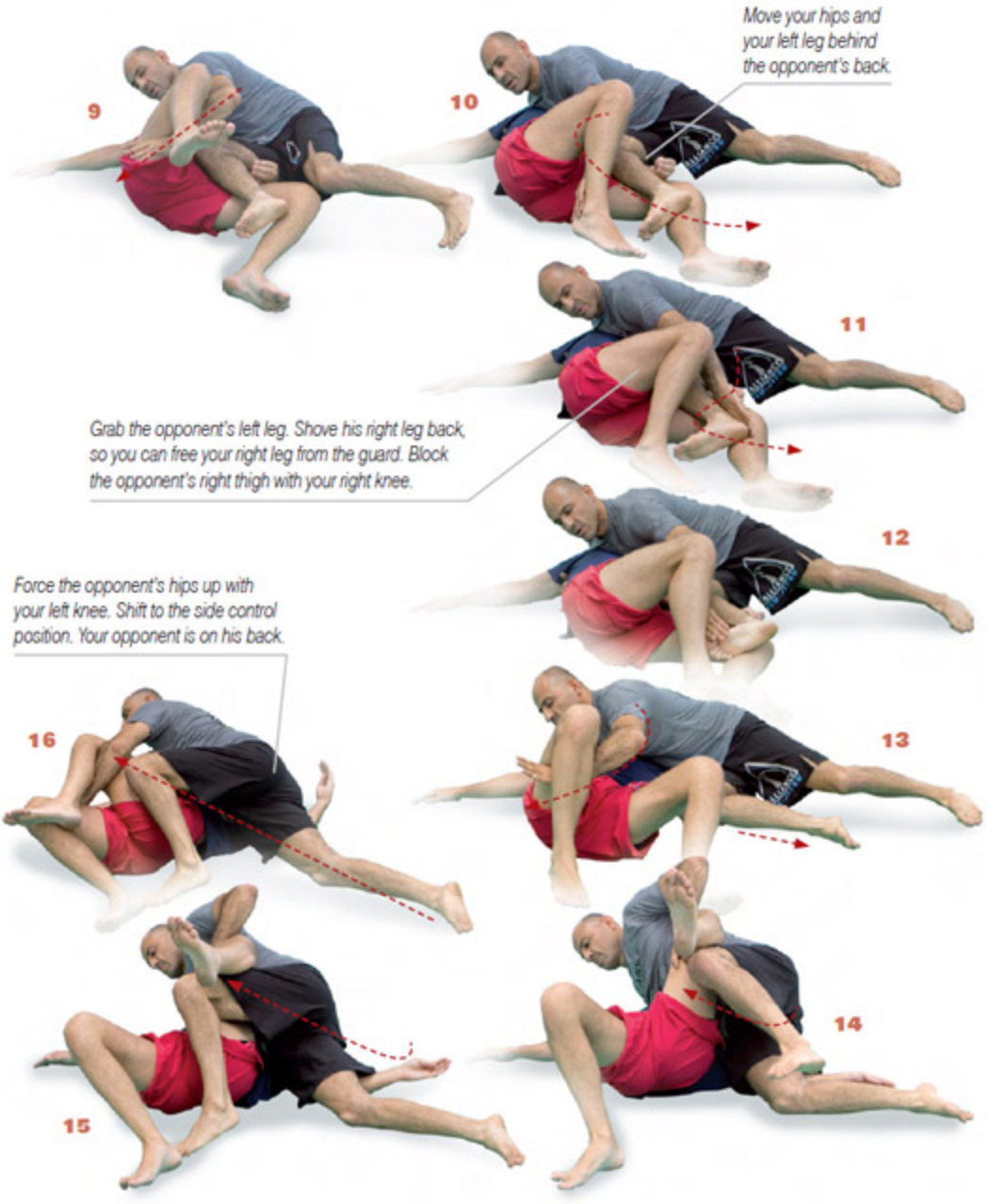
Move your right arm under the opponent's right knee. Switch your grip on his right arm to your right hand.



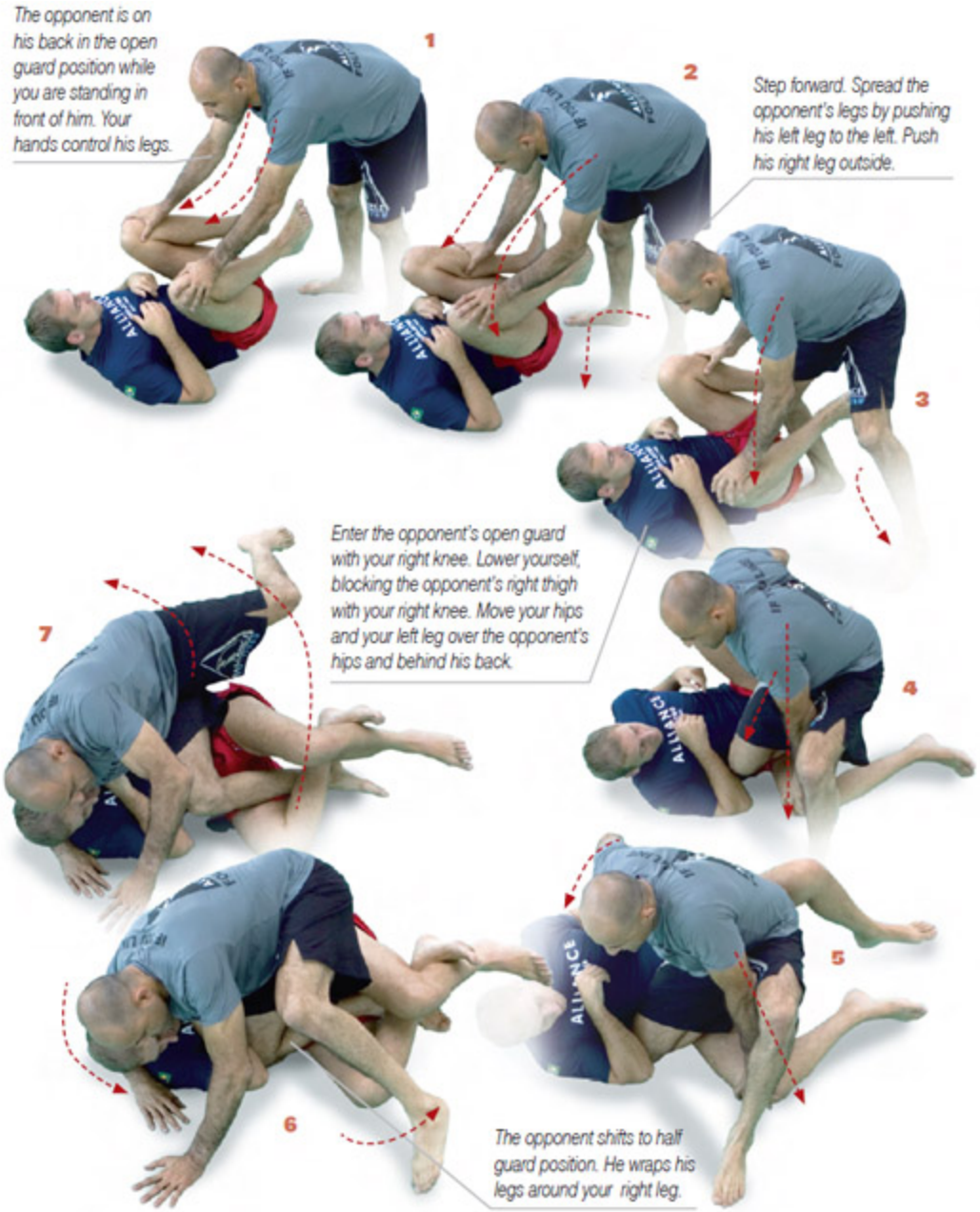
Hold the opponent's right arm with your right hand. Move your right knee forward and grab his neck from underneath with your left hand. Shift the position of your legs. Assume the side control position. Your opponent is completely controlled.

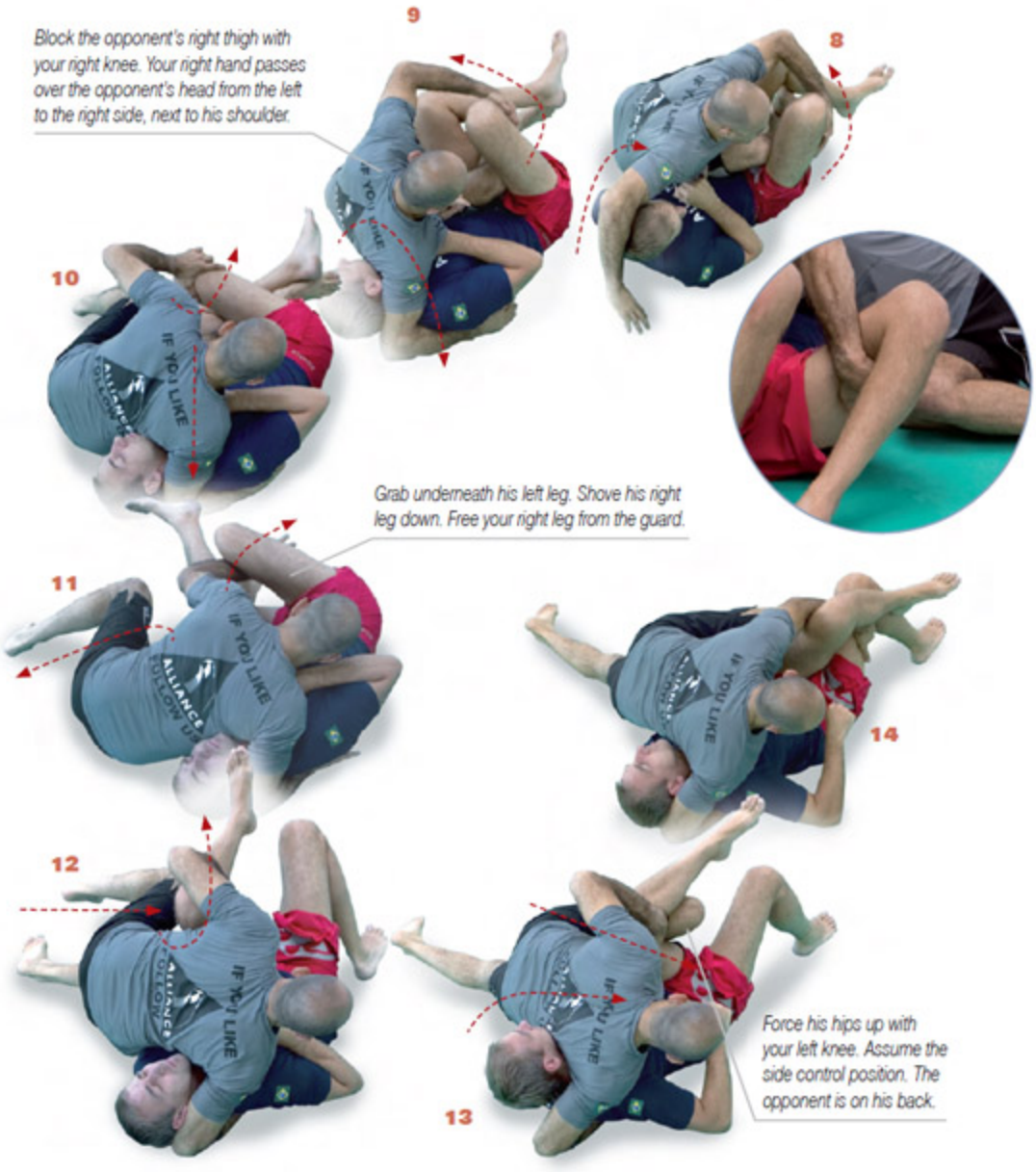
Knee cut across to high leg back



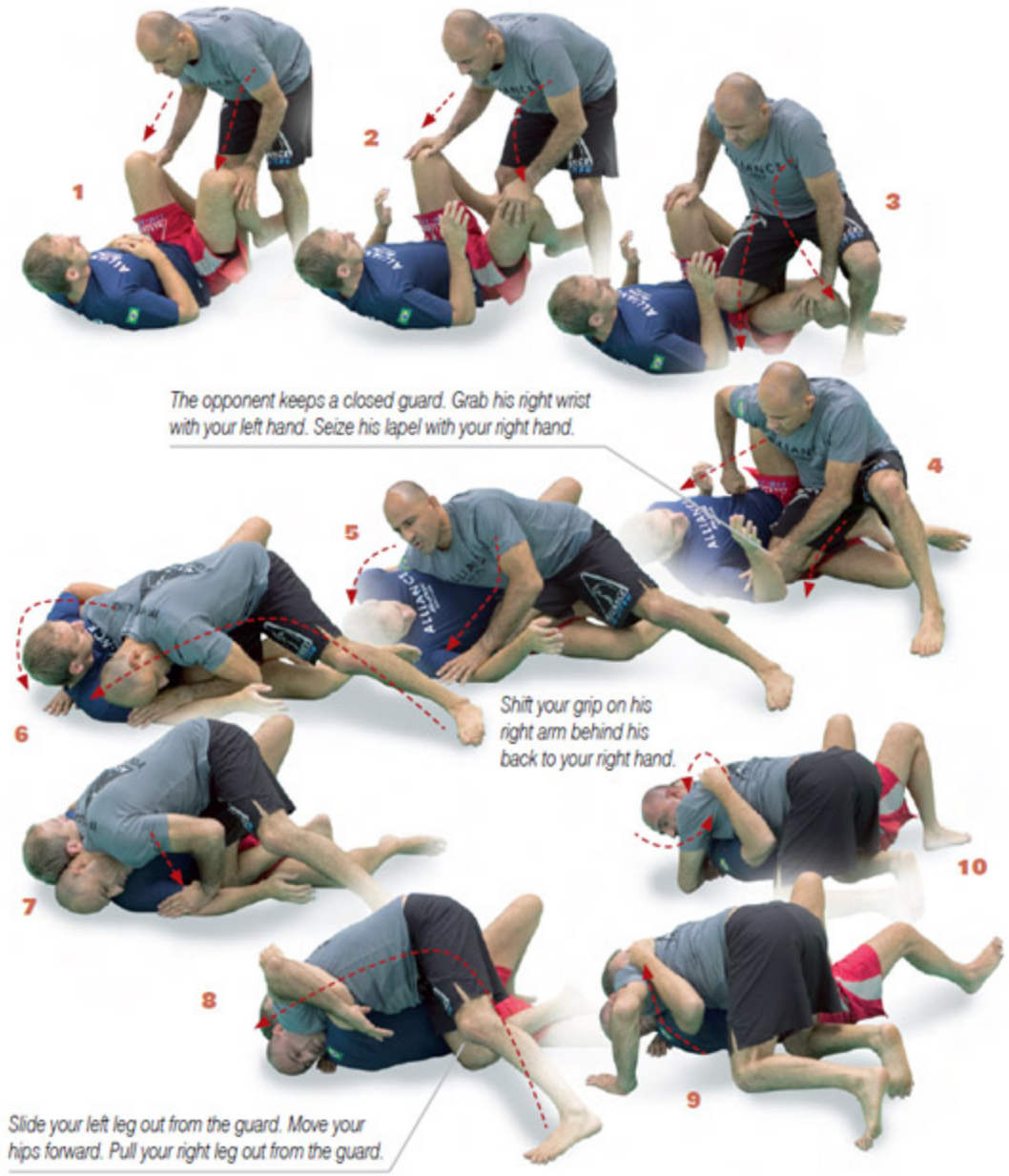

9
10
Move your hips and your left leg behind the opponent's back.
11
Grab the opponent's left leg. Shove his right leg back, so you can free your right leg from the guard. Block the opponent's right thigh with your right knee.
12
Force the opponent's hips up with your left knee. Shift to the side control position. Your opponent is on his back.
16
13
15
14

Knee cut across to high leg back




9
Block the opponent's right thigh with your right knee. Your right hand passes over the opponent's head from the left to the right side, next to his shoulder.
8
10
Grab underneath his left leg. Shove his right leg down. Free your right leg from the guard.
11
14
12
13
Force his hips up with your left knee. Assume the side control position. The opponent is on his back.

Knee cut across to side control

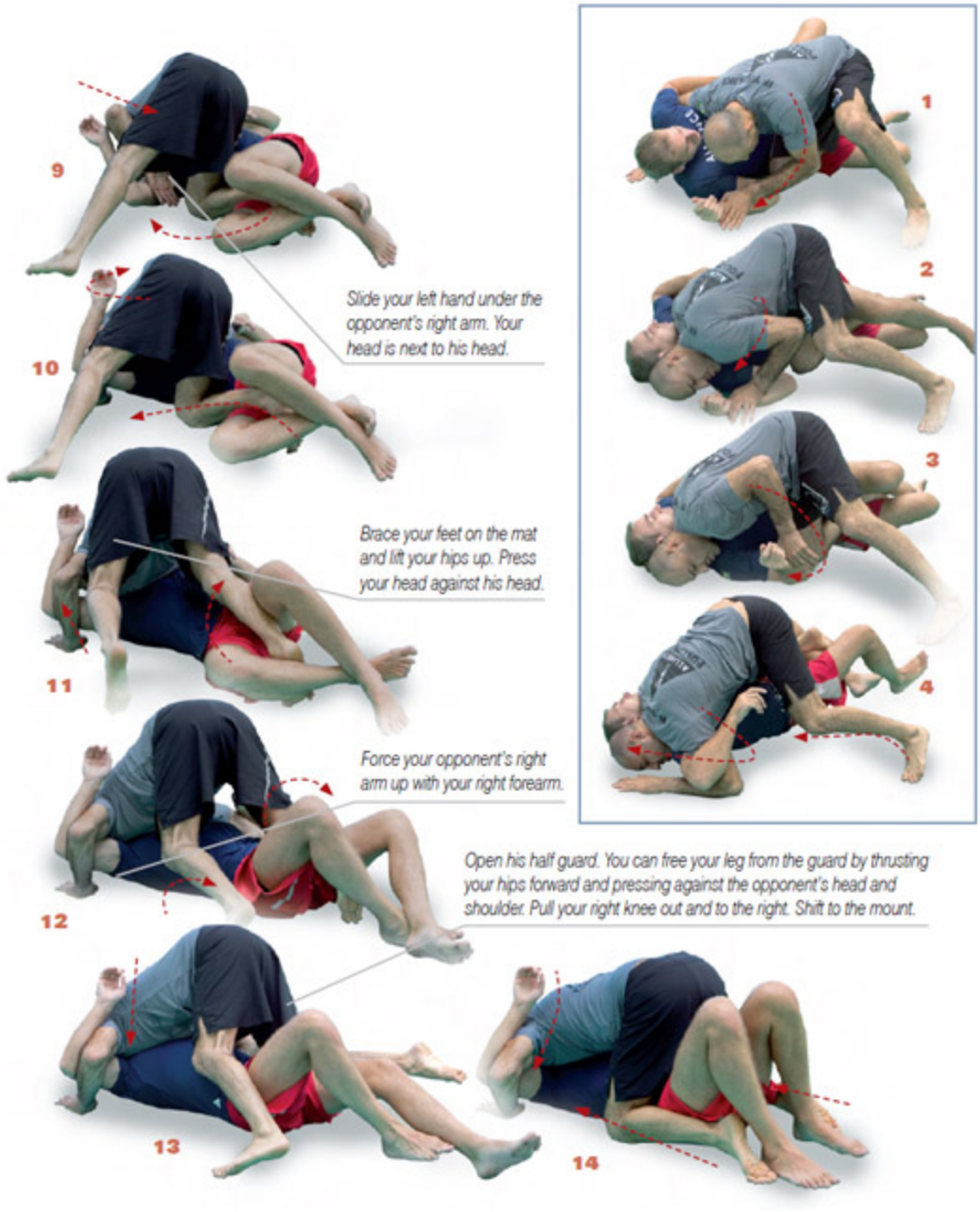


(Different angle)



Knee cut across to the mount




9
10
Slide your left hand under the opponent's right arm. Your head is next to his head.
11
Brace your feet on the mat and lift your hips up. Press your head against his head.
12
Force your opponent's right arm up with your right forearm.
13
Open his half guard. You can free your leg from the guard by thrusting your hips forward and pressing against the opponent's head and shoulder. Pull your right knee out and to the right. Shift to the mount.
14
1
2
3
4

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CHAPTER 14

Side Control without Gi

Same side arm bar from side control 148

Same side arm bar from side control off triangle attack 150

Same side arm bar from side control off triangle attack 152

Mount sliding knee to belly 153

Mount sliding knee to belly 154

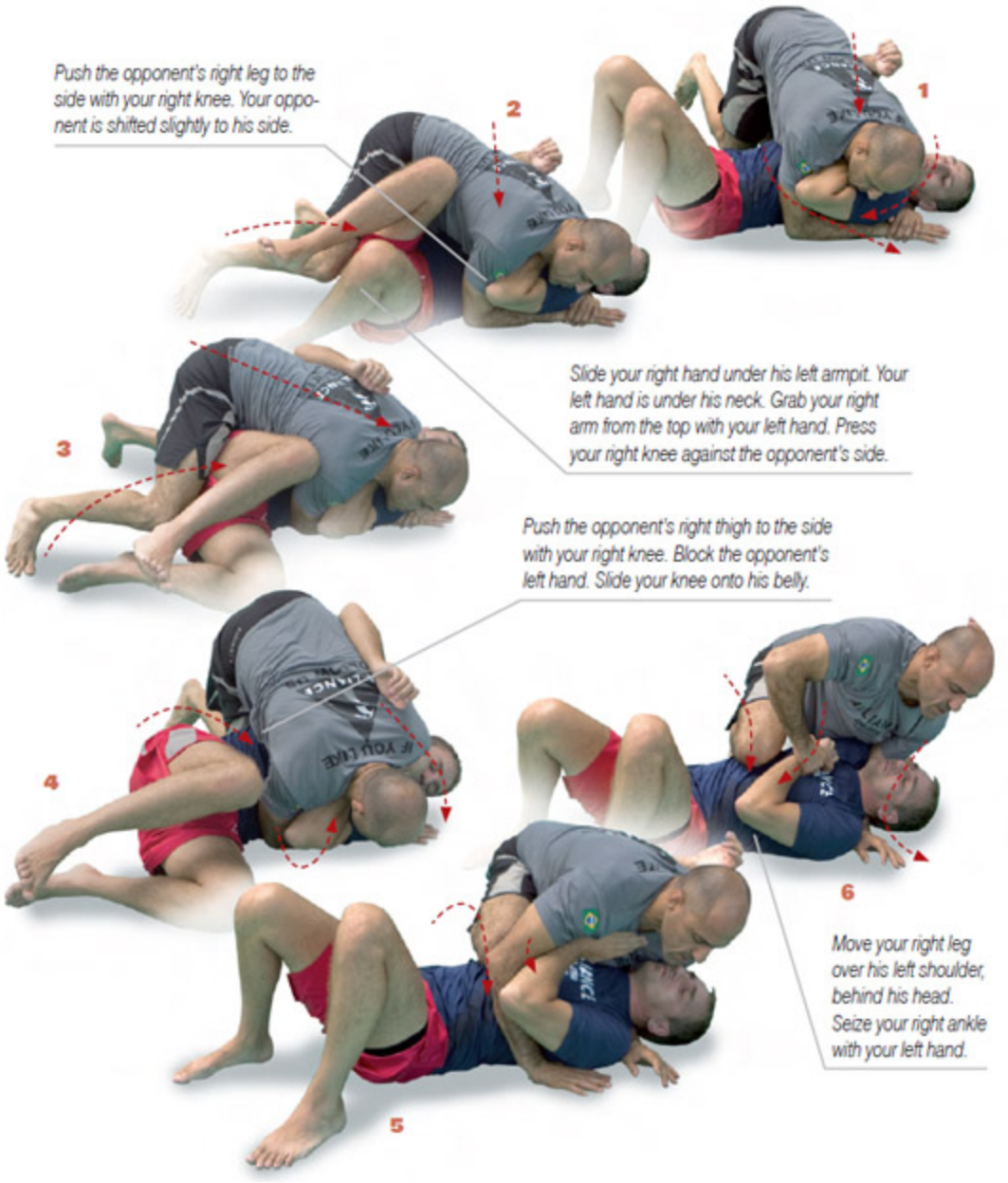
Mount to arm triangle 155

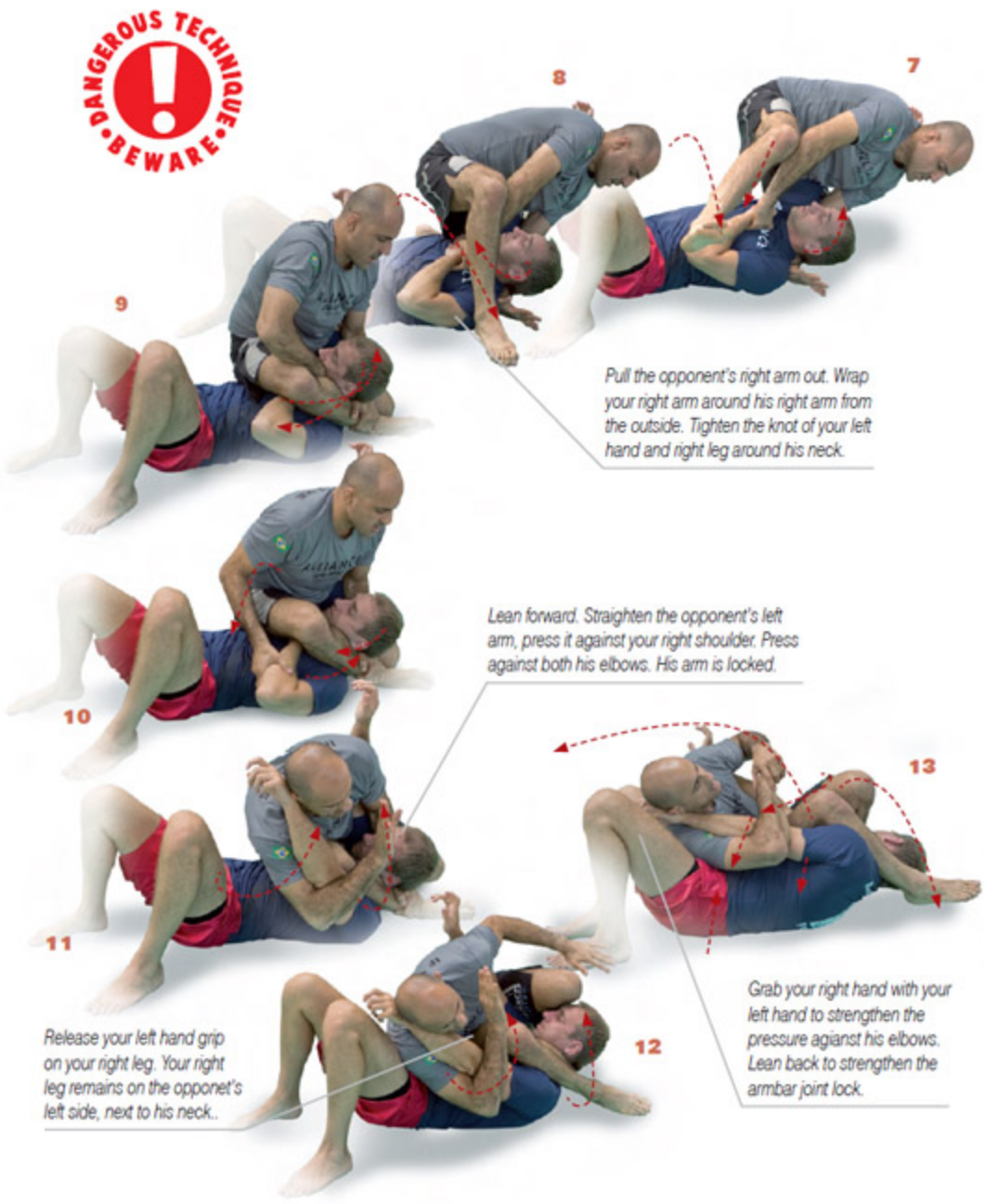
Kimura from the north-south position 156

Opposite side arm bar from side control 158

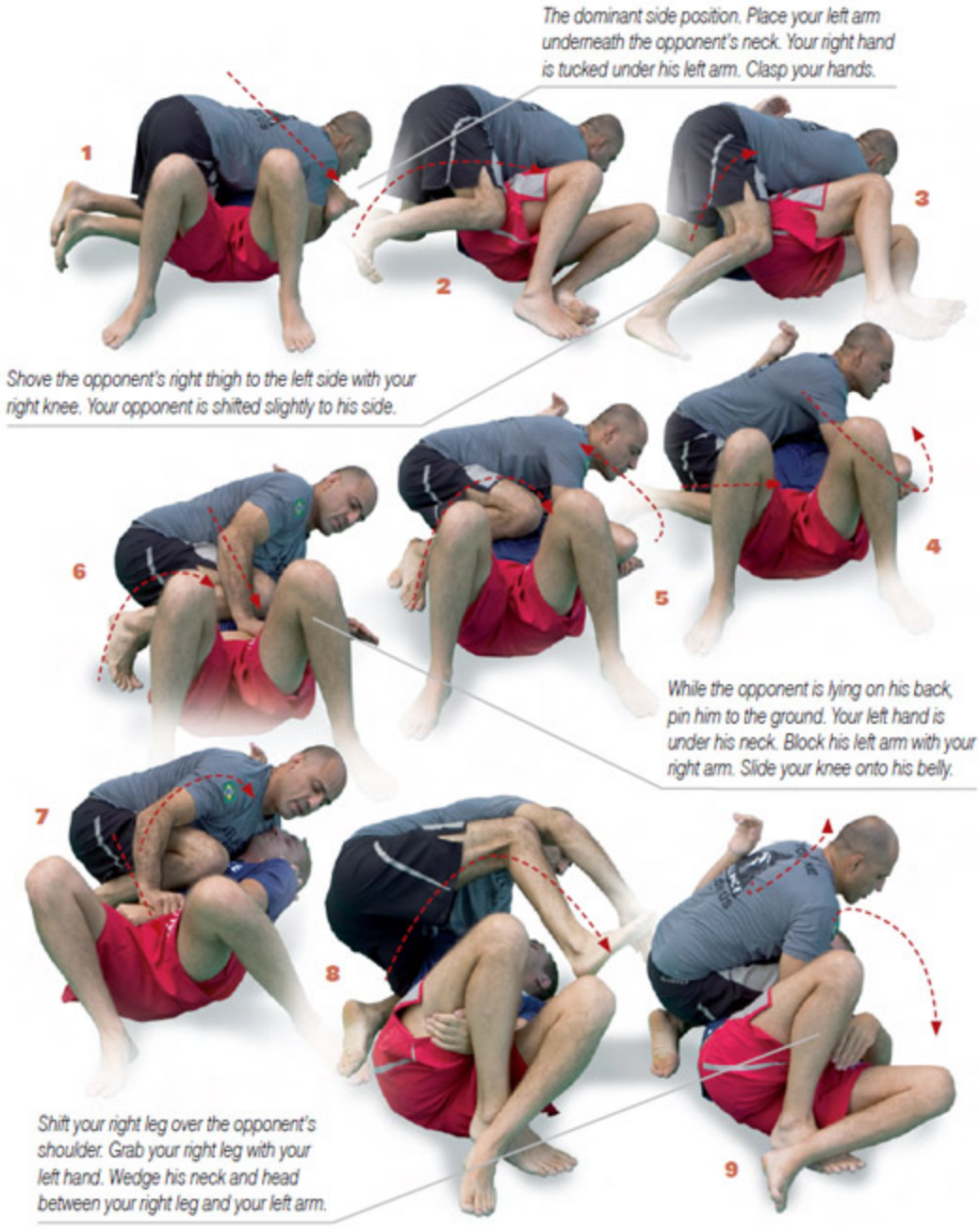
Arm bar from north-south Kimura 160

Same side arm bar from side control



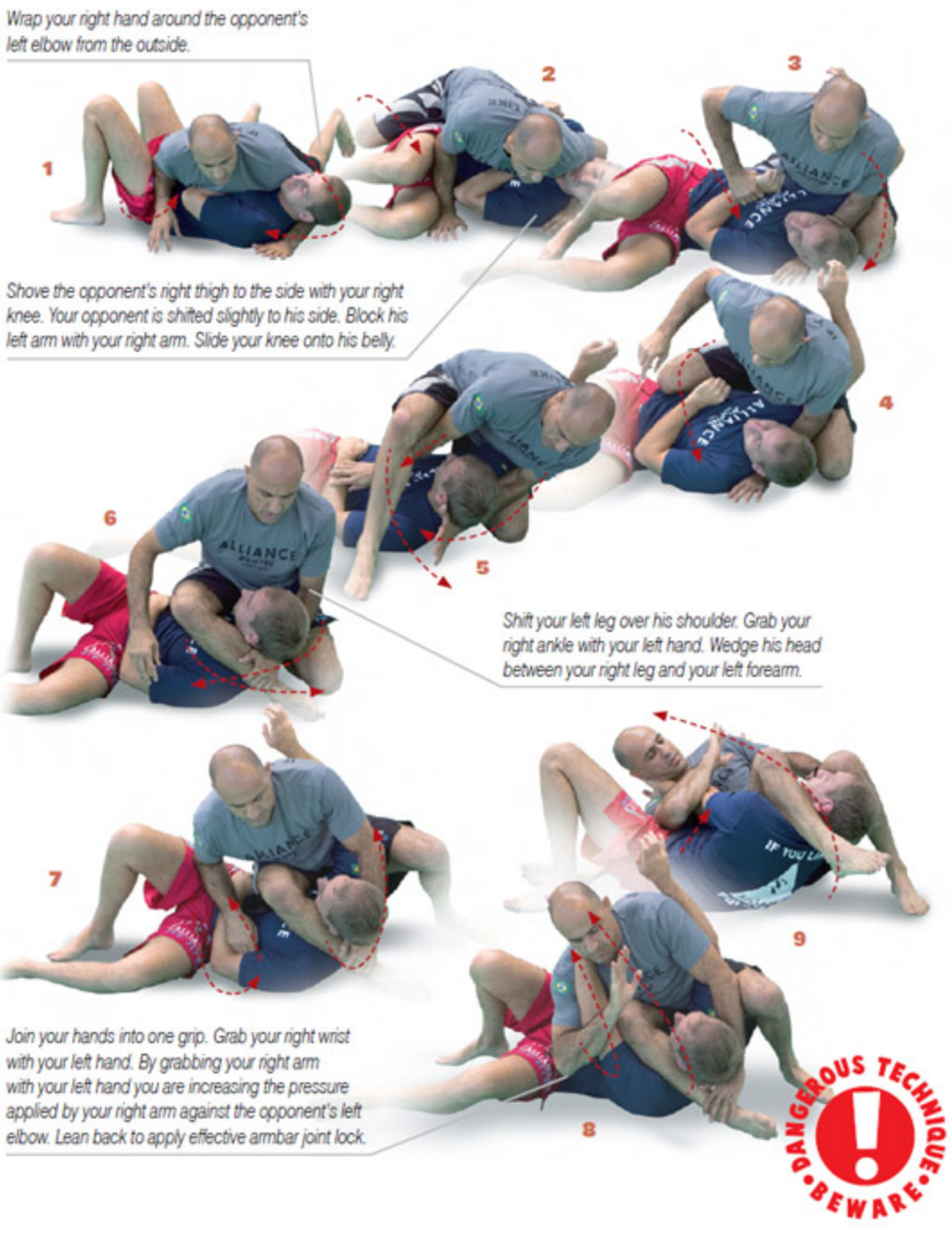

DANGEROUS TECHNIQUE
BEWARE
7
8
9
10
11
12
13
Pull the opponent's right arm out. Wrap your right arm around his right arm from the outside. Tighten the knot of your left hand and right leg around his neck.
Lean forward. Straighten the opponent's left arm, press it against your right shoulder. Press against both his elbows. His arm is locked.
Release your left hand grip on your right leg. Your right leg remains on the opponet's left side, next to his neck..
Grab your right hand with your left hand to strengthen the pressure agianst his elbows. Lean back to strengthen the armbar joint lock.

Same side arm bar from side control off triangle attack

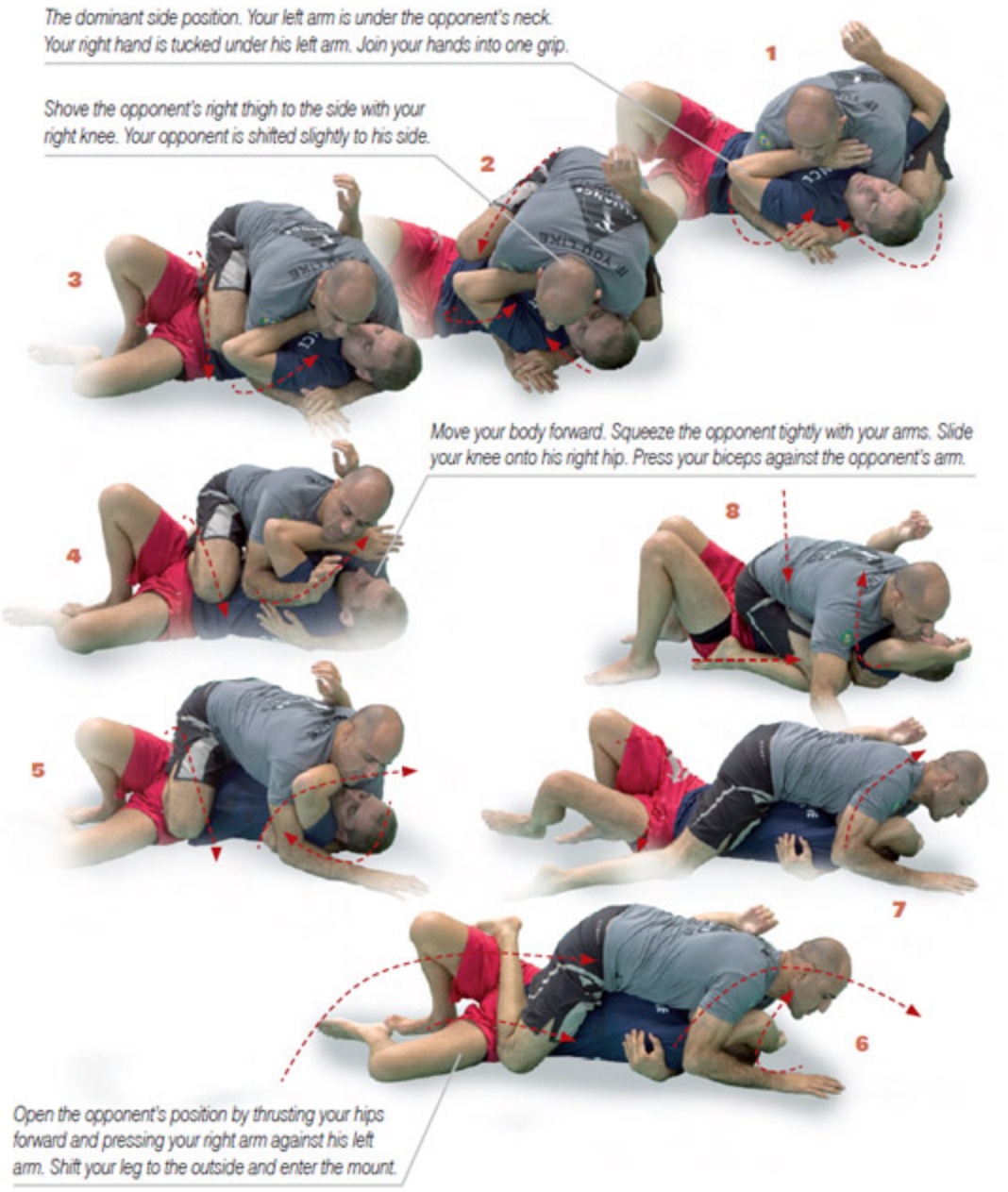

The dominant side position. Place your left arm underneath the opponent's neck. Your right hand is tucked under his left arm. Clasp your hands.
1
2
3
Shove the opponent's right thigh to the left side with your right knee. Your opponent is shifted slightly to his side.
4
5
6
While the opponent is lying on his back, pin him to the ground. Your left hand is under his neck. Block his left arm with your right arm. Slide your knee onto his belly.
7
8
9
Shift your right leg over the opponent's shoulder. Grab your right leg with your left hand. Wedge his neck and head between your right leg and your left arm.


Wrap your right arm around his left elbow.
10
11
12
13
14
2
1
DANGEROUS TECHNIQUE
BEWARE
Join your hands into one grip. By grabbing your right wrist with your left hand, you are increasing the pressure applied by your right arm against the opponent's left elbow. Lean back to apply effective armbar joint lock.

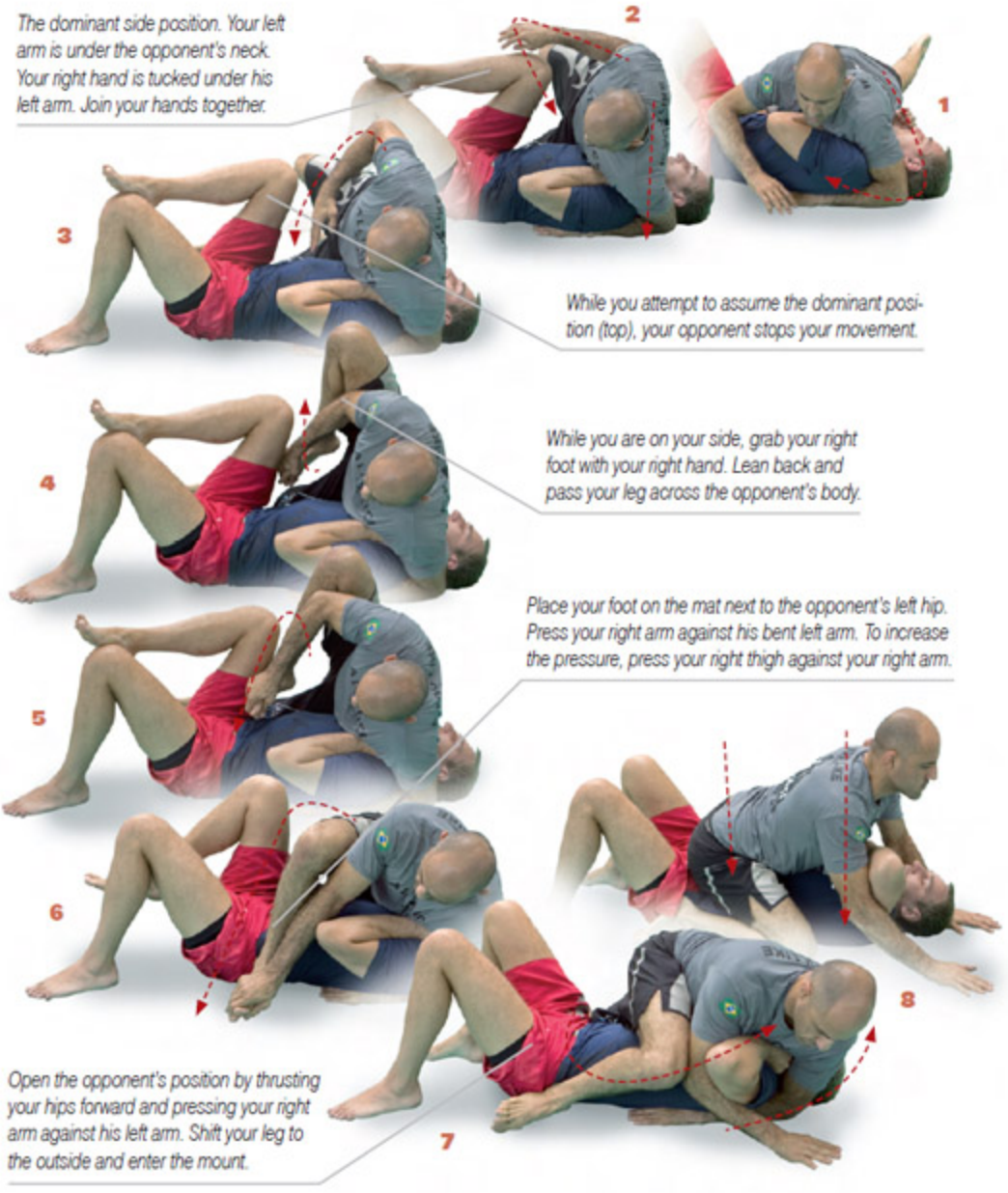
Same side arm bar from side control off triangle attack


Wrap your right hand around the opponent's left elbow from the outside.
1
2
3
Shove the opponent's right thigh to the side with your right knee. Your opponent is shifted slightly to his side. Block his left arm with your right arm. Slide your knee onto his belly.
4
5
6
Shift your left leg over his shoulder. Grab your right ankle with your left hand. Wedge his head between your right leg and your left forearm.
7
8
9
Join your hands into one grip. Grab your right wrist with your left hand. By grabbing your right arm with your left hand you are increasing the pressure applied by your right arm against the opponent's left elbow. Lean back to apply effective armbar joint lock.
DANGEROUS TECHNIQUE
BEWARE

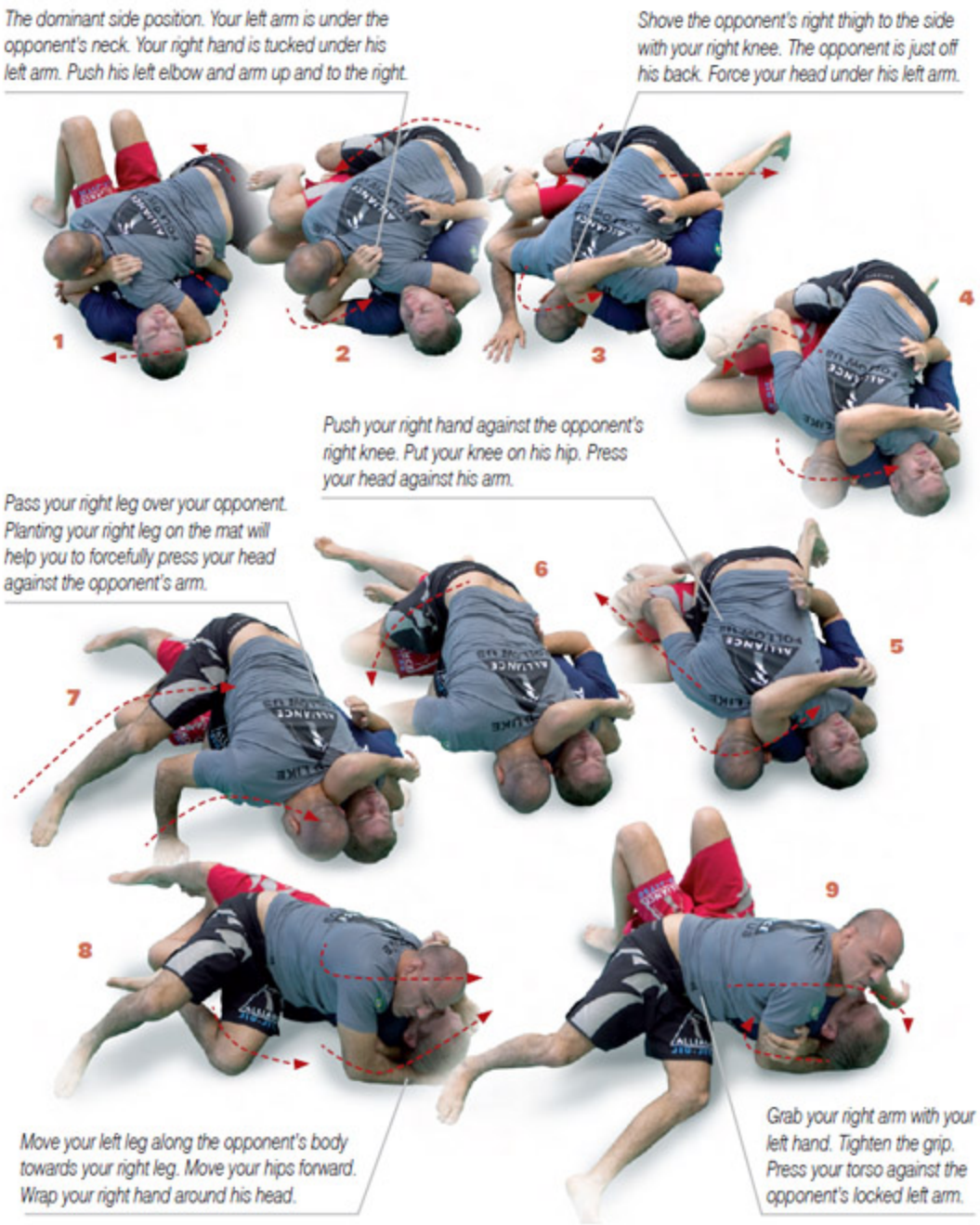
Mount sliding knee to belly



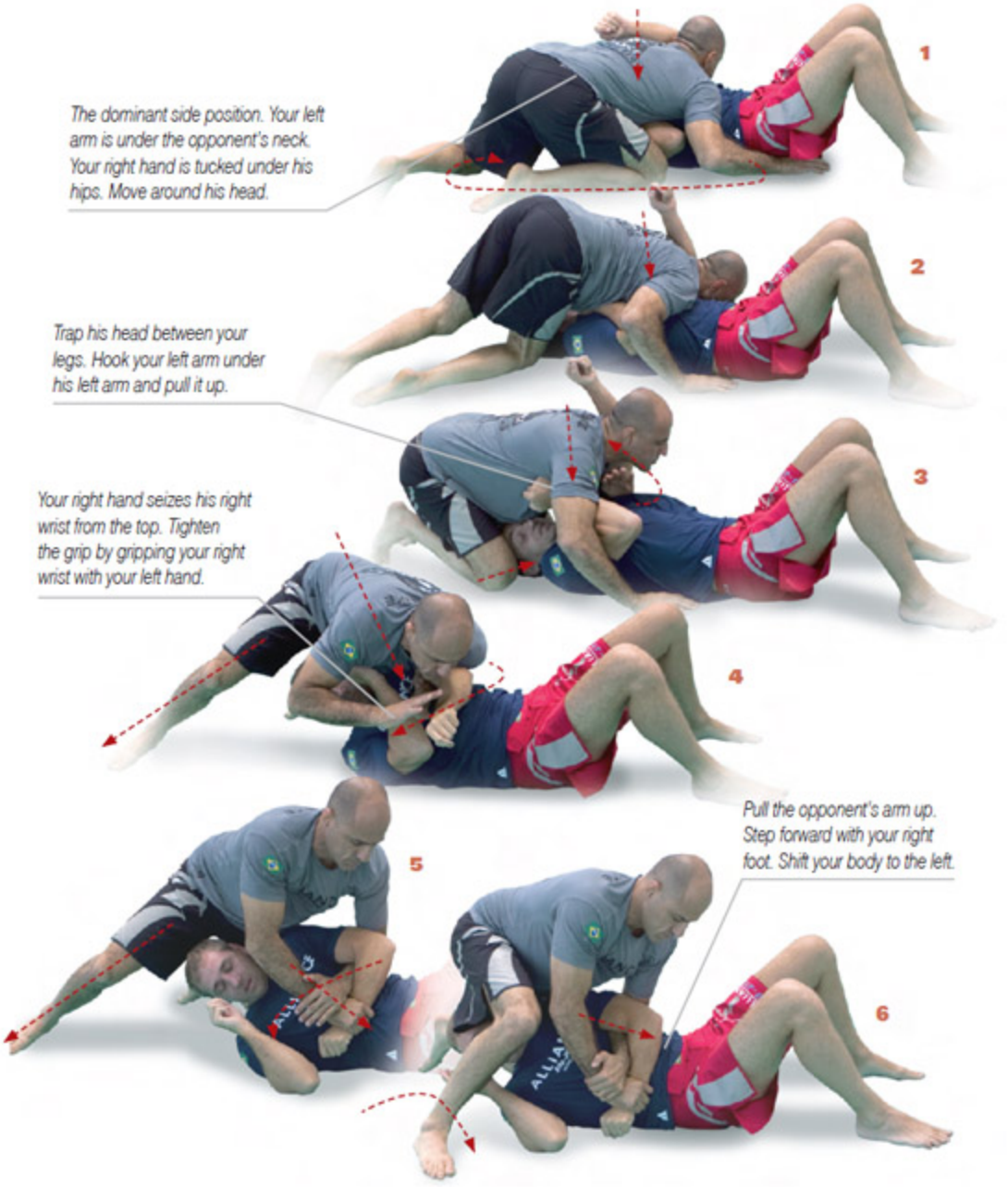
Mount sliding knee to belly



Mount to arm triangle



Kimura from the north-south position





Kneel on your right knee to block the opponent's right arm. Plant your left foot on the mat next to his side.



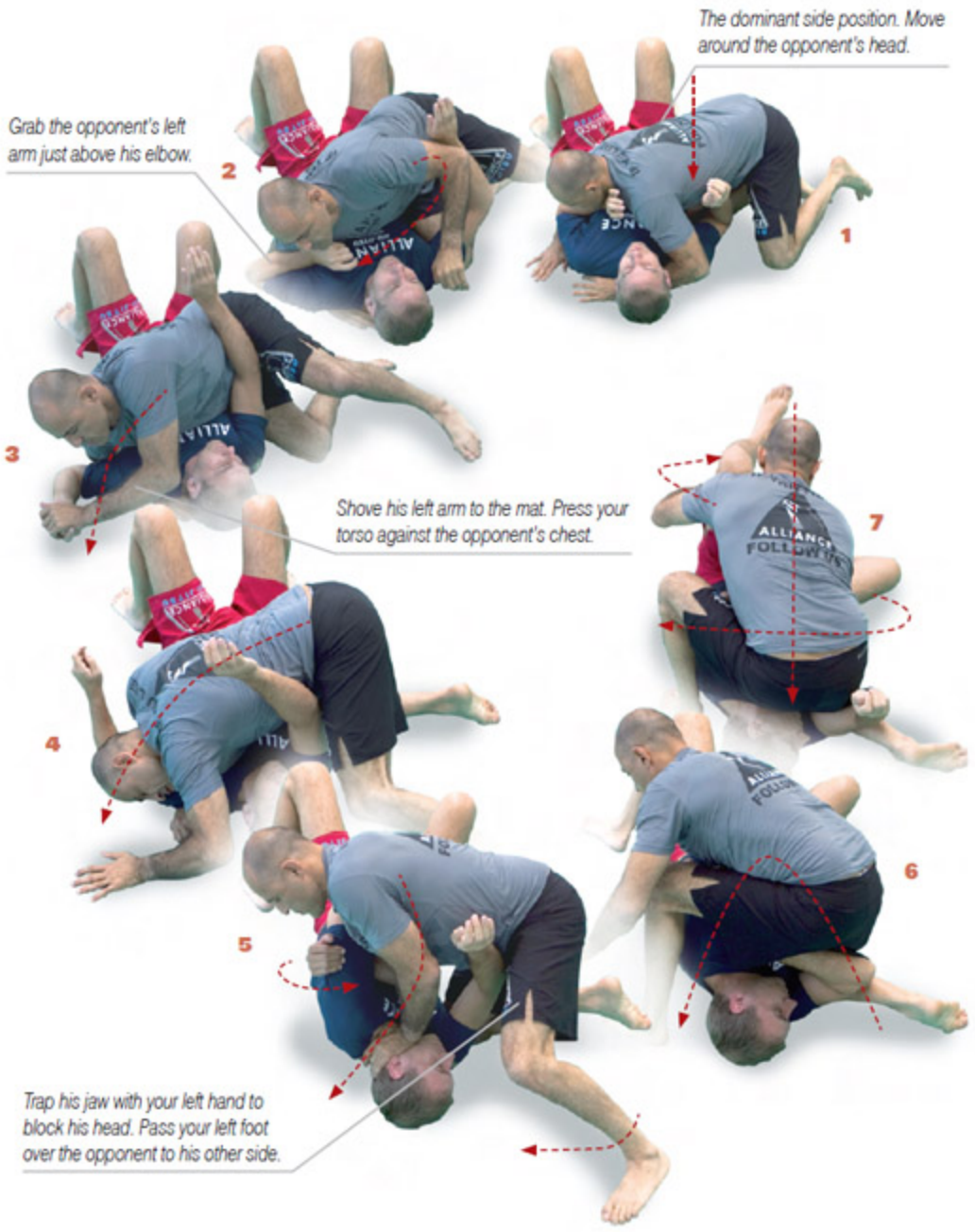
Straighten your body. You have the opponent's left arm controlled — pull it up.



Turn to the left, forcing his left arm behind his back. Tighten the lock by moving his bent arm towards his shoulder blades

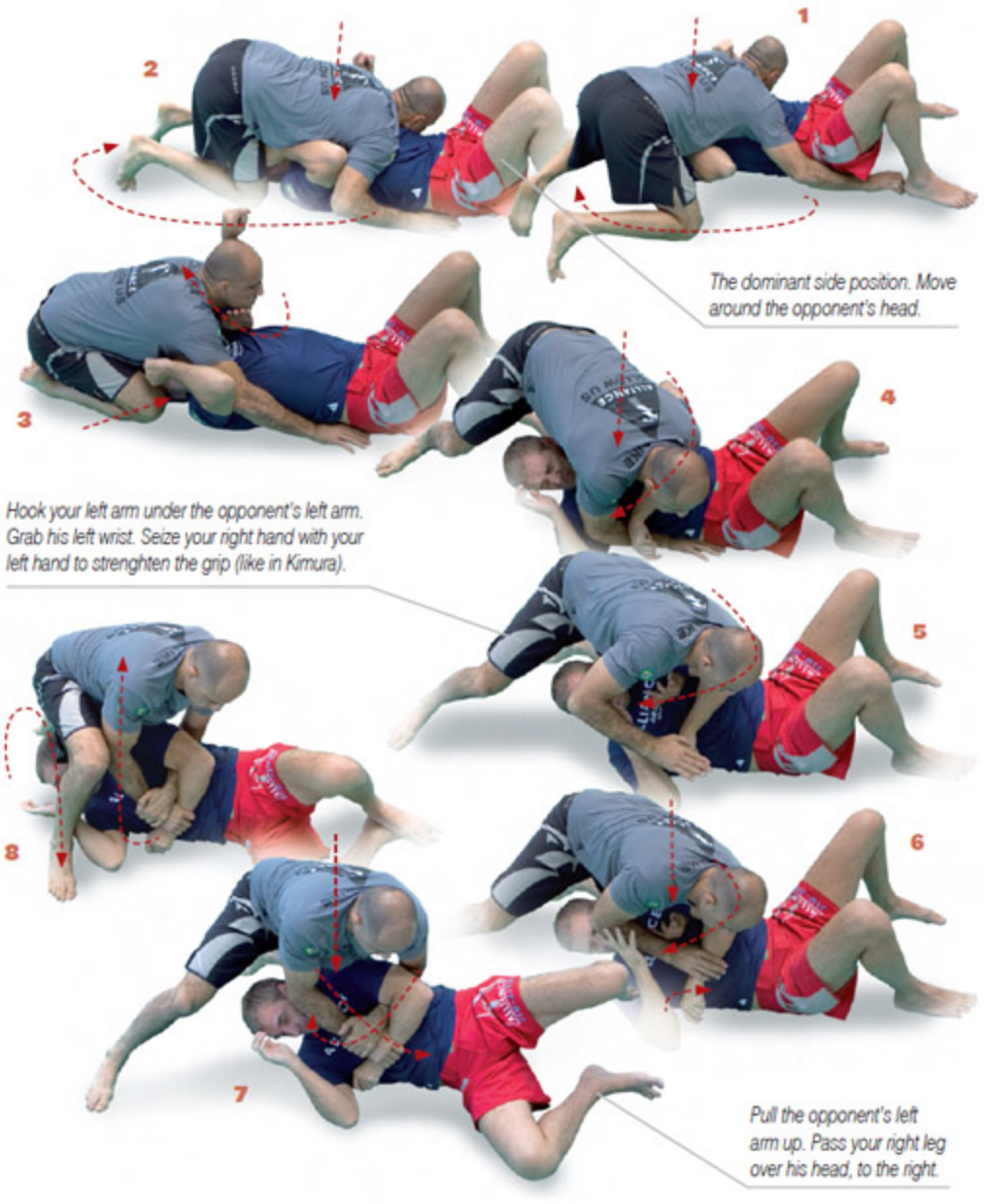


Opposite side arm bar from side control

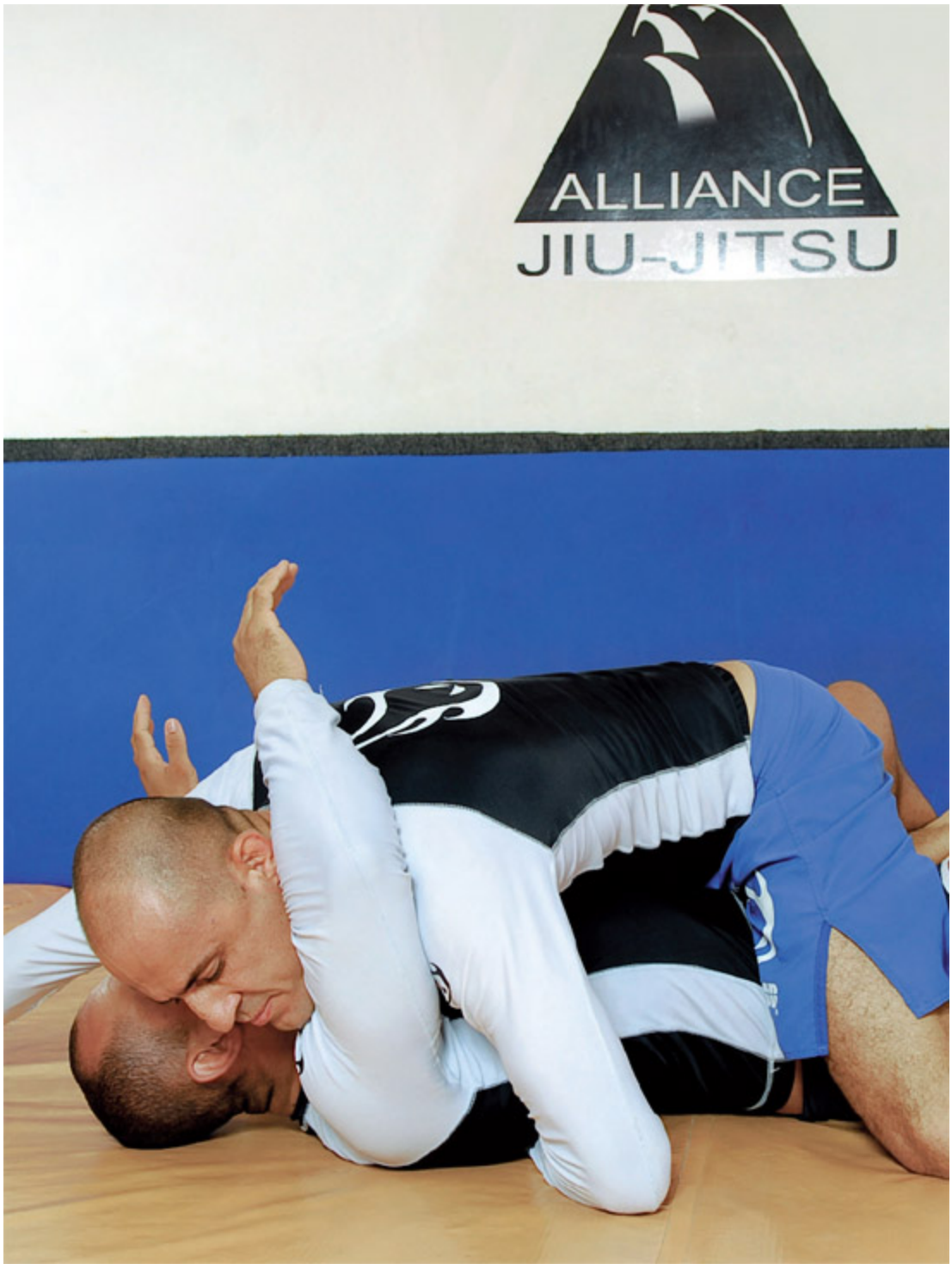



8
9
10
11
12
13
Shift your body position by rotating over the opponent. Hook your left arm underneath the opponent's left leg. Straighten and extend his left arm.
Lower your hips to the mat and lean back. Your opponent is on his back.
Pull the opponent's left leg onto your chest, and grab his left arm with your right hand. His left leg and and left arm are immobilized by your arms and hands. Twist your wrists to apply elbow joint lock.
DANGEROUS TECHNIQUE
BEWARE

Arm bar from north-south Kimura




The opponent's arm is in a keylock. Lower your hips on the mat. Lean back.
10
11
9
12
Lean back. Put your left leg across his chest. Straighten and extend his left arm.
15
15
13
14
Squeeze your knees together. Twist his left arm so that his thumb points up. Extend his arm to apply an elbow joint lock.
DANGEROUS TECHNIQUE
BEWARE


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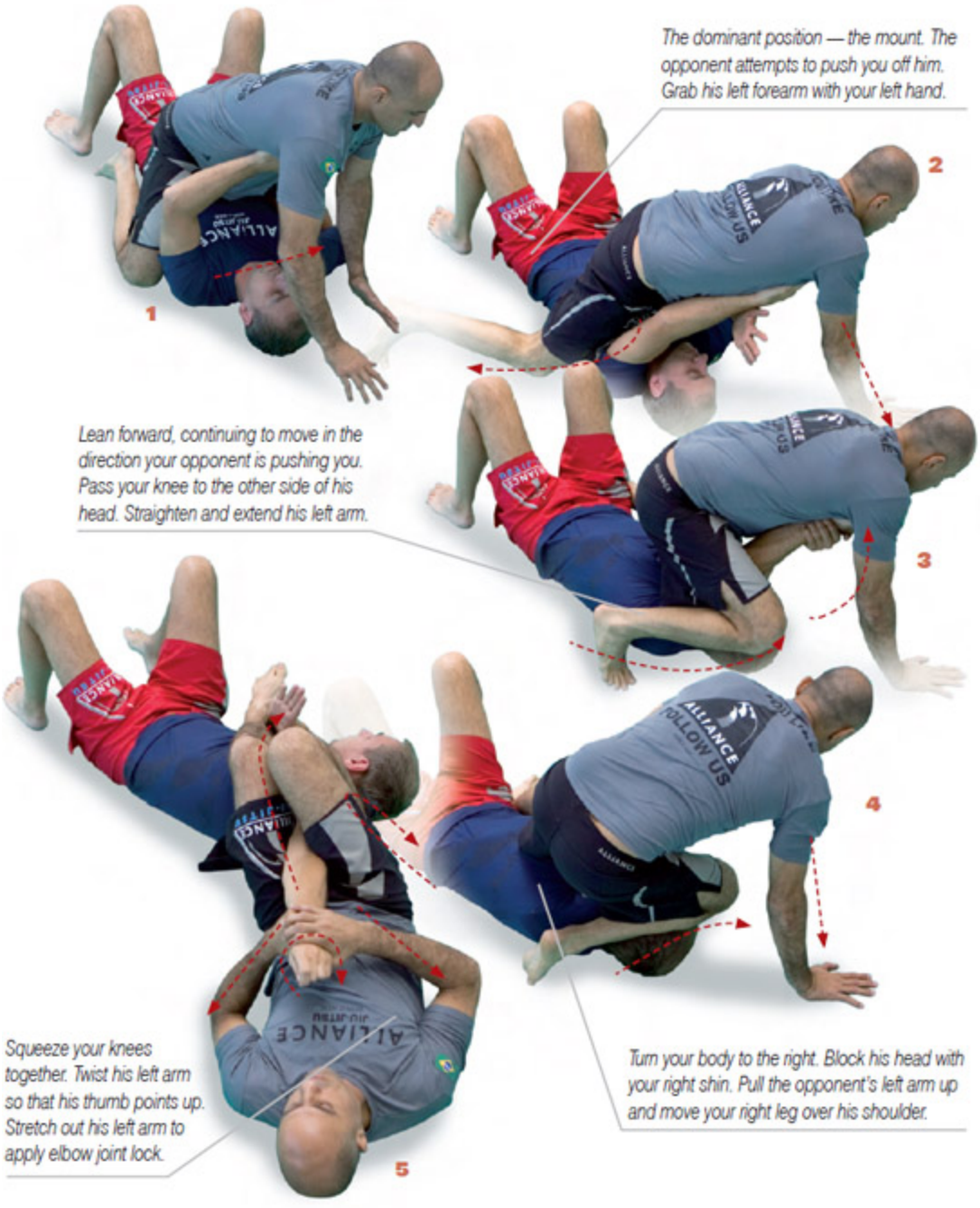
CHAPTER 15

The Mount without Gi

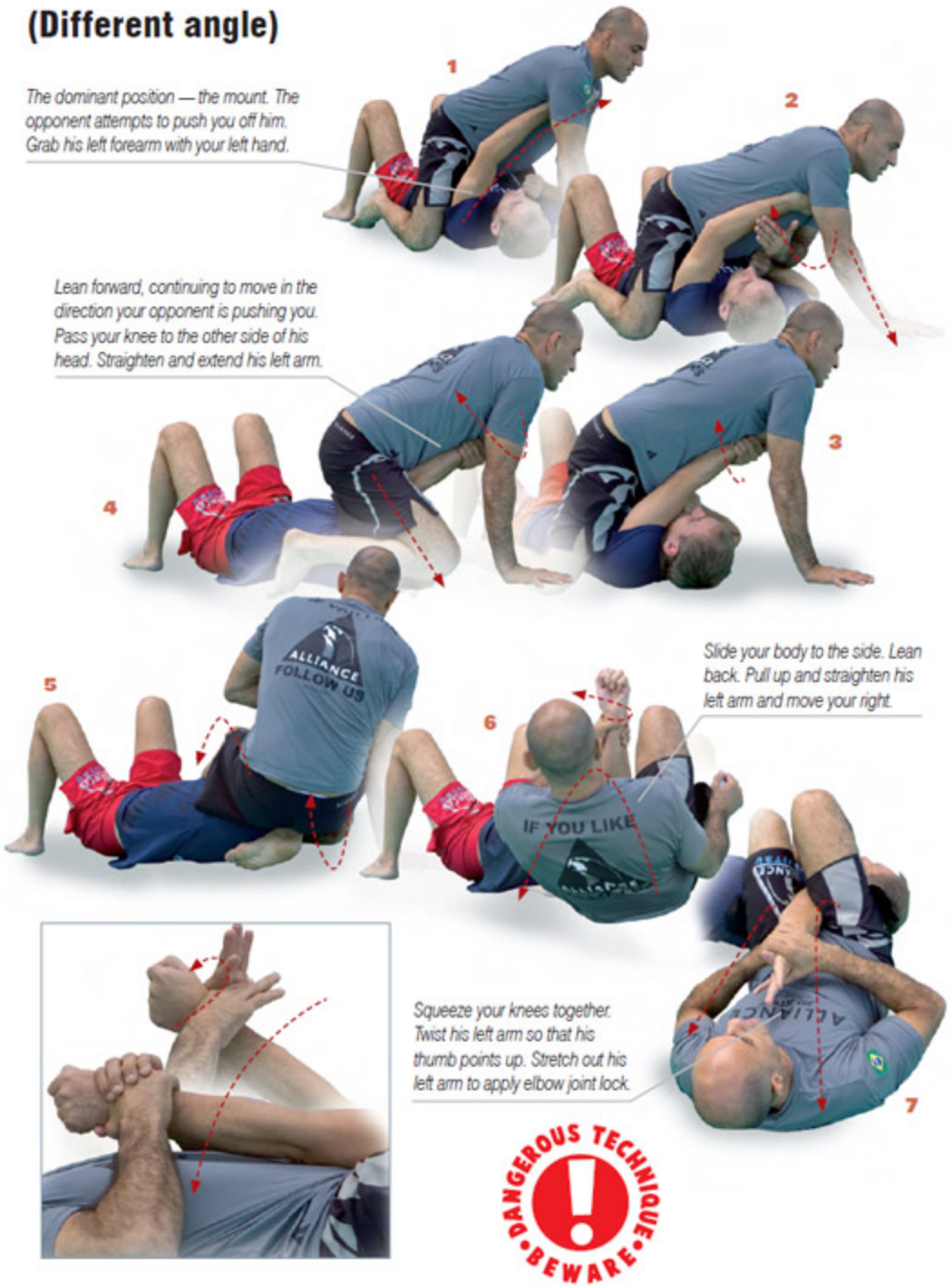
Arm bar from the mount 164

Arm bar from the mounted arm triangle 166

Arm bar from the mount



(Different angle)



The dominant position — the mount. The opponent attempts to push you off him. Grab his left forearm with your left hand.

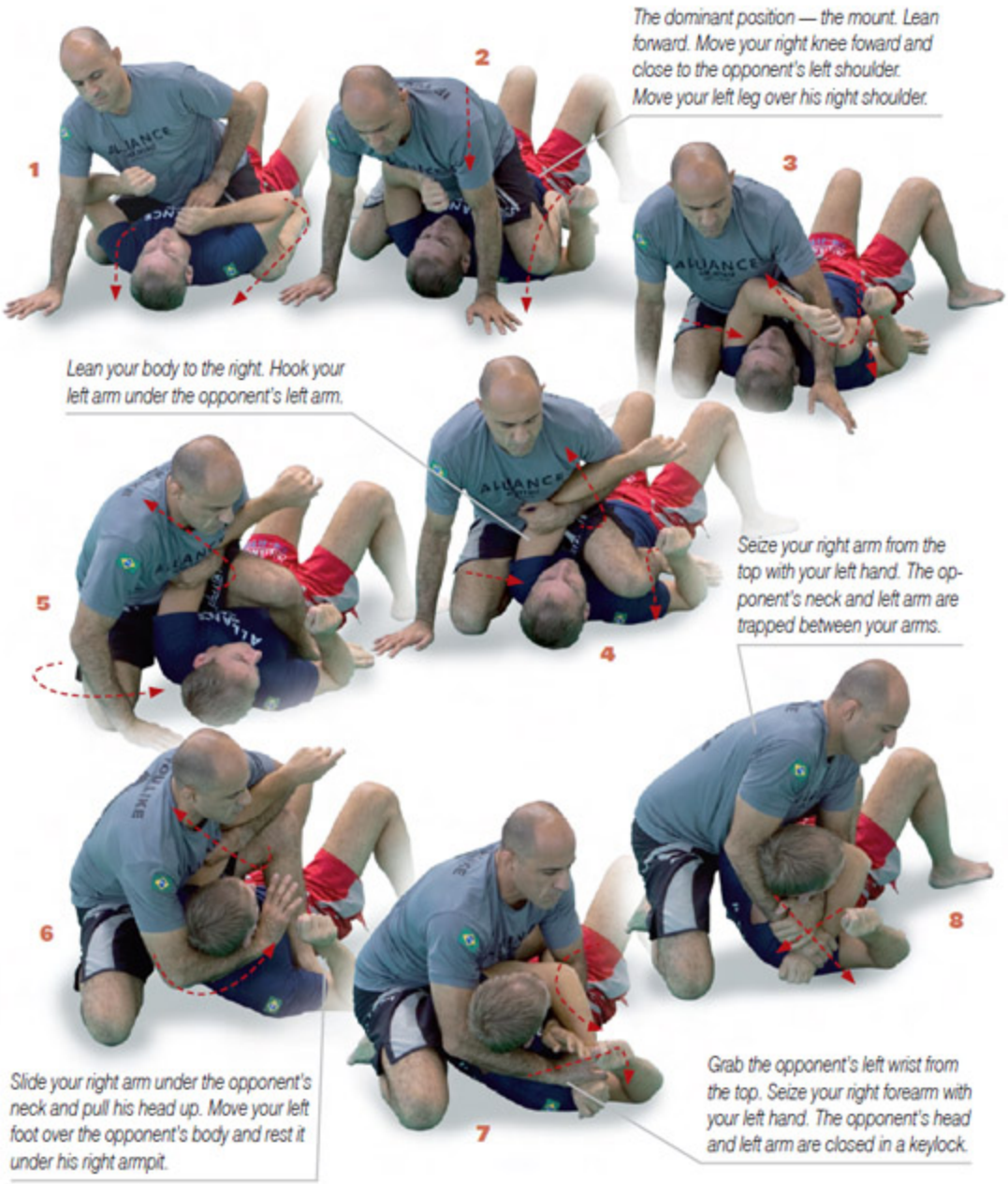
Lean forward, continuing to move in the direction your opponent is pushing you. Pass your knee to the other side of his head. Straighten and extend his left arm.

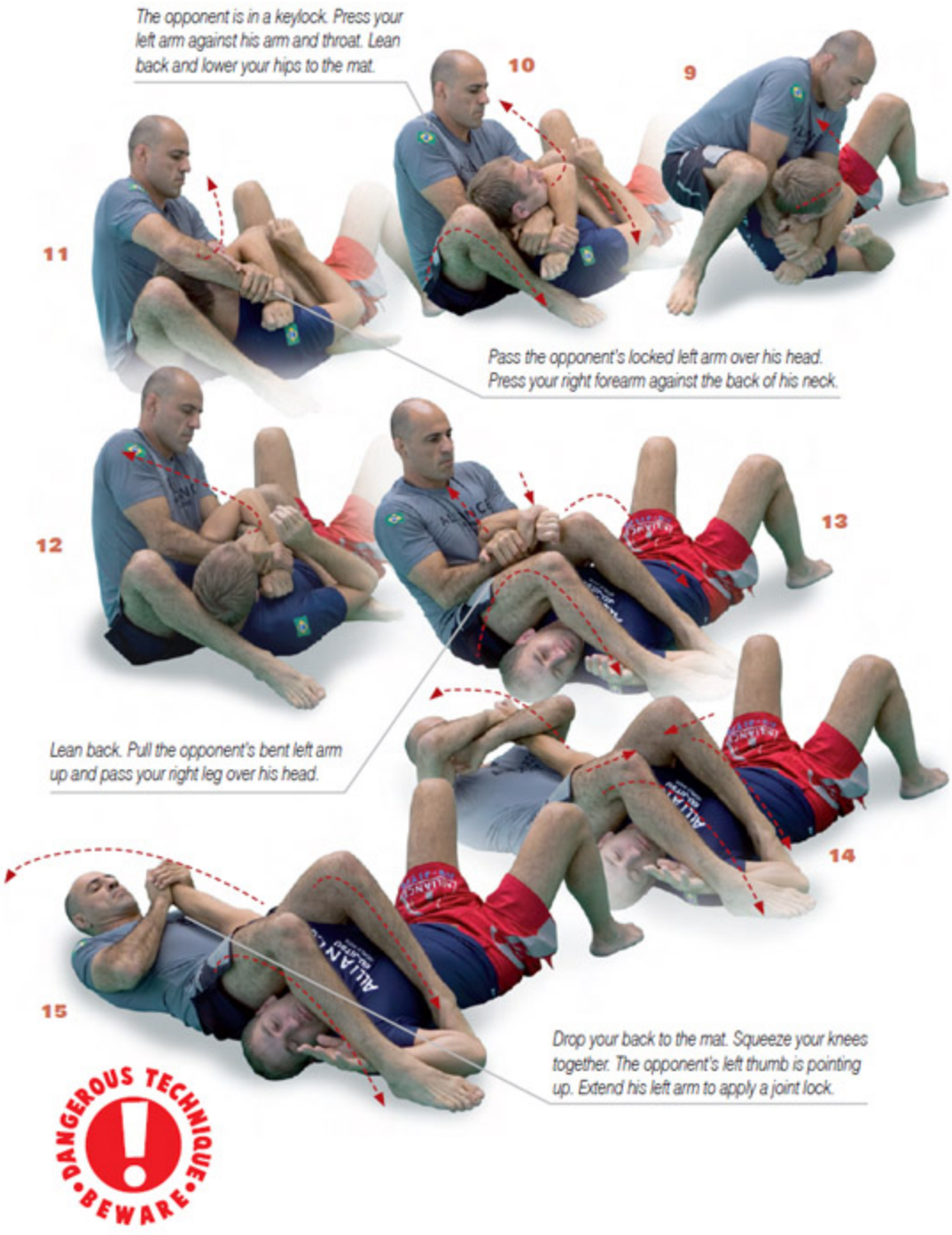
Slide your body to the side. Lean back. Pull up and straighten his left arm and move your right.

Squeeze your knees together. Twist his left arm so that his thumb points up. Stretch out his left arm to apply elbow joint lock.

DANGEROUS TECHNIQUE • BEWARE •

Arm bar from the mounted arm triangle




The opponent is in a keylock. Press your left arm against his arm and throat. Lean back and lower your hips to the mat.
10
9
11
Pass the opponent's locked left arm over his head. Press your right forearm against the back of his neck.
12
13
Lean back. Pull the opponent's bent left arm up and pass your right leg over his head.
14
15
Drop your back to the mat. Squeeze your knees together. The opponent's left thumb is pointing up. Extend his left arm to apply a joint lock.
DANGEROUS TECHNIQUE
BEWARE


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CHAPTER 16

Half Guard without Gi

Deep half guard sweep dominating your opponent's leg 170

Half guard sweep to mount 172

Half guard sweep 174

Half guard sweep dominating your opponent's legs 176

Half guard sweep to side control 178

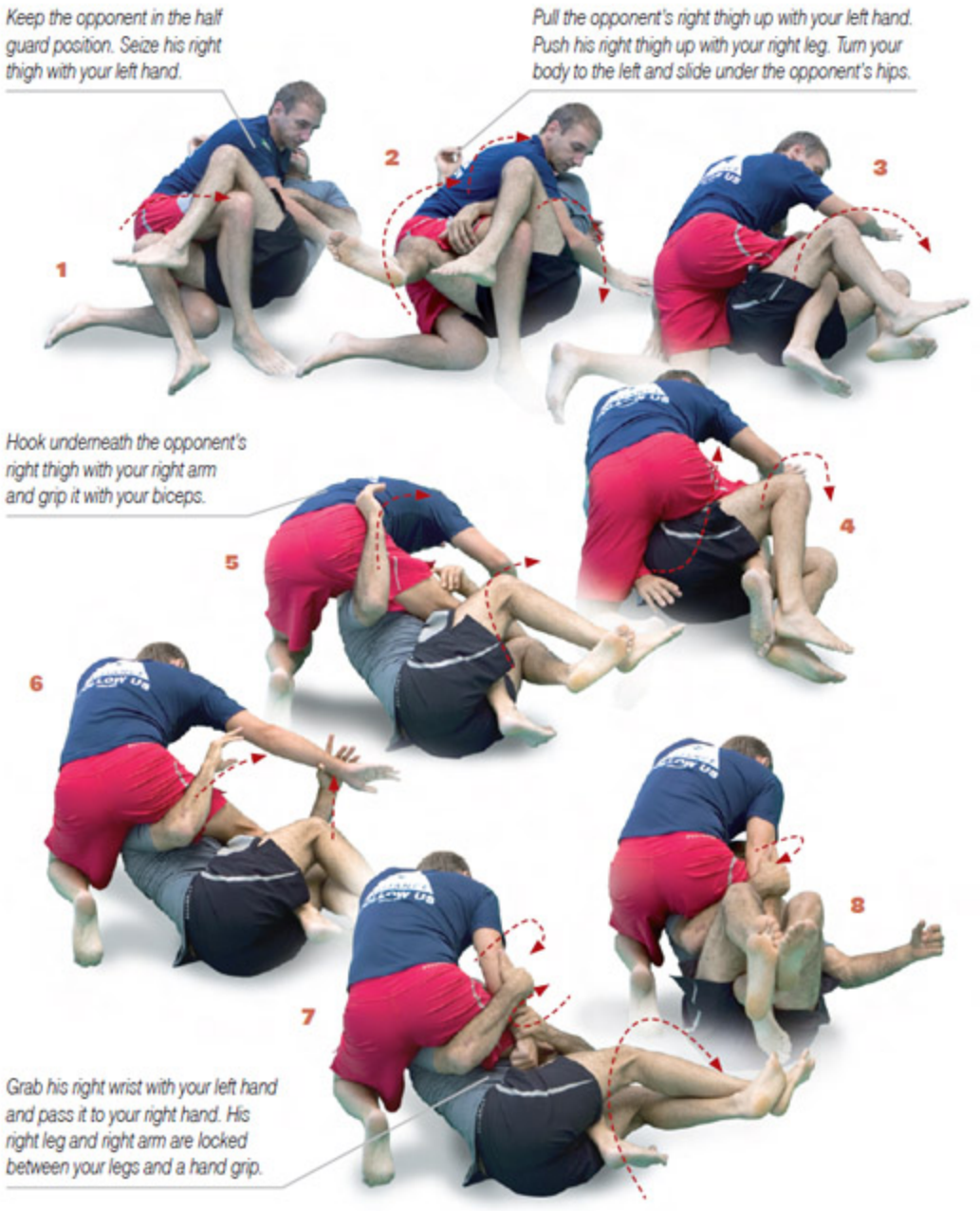
Deep half guard sweep to side control 180

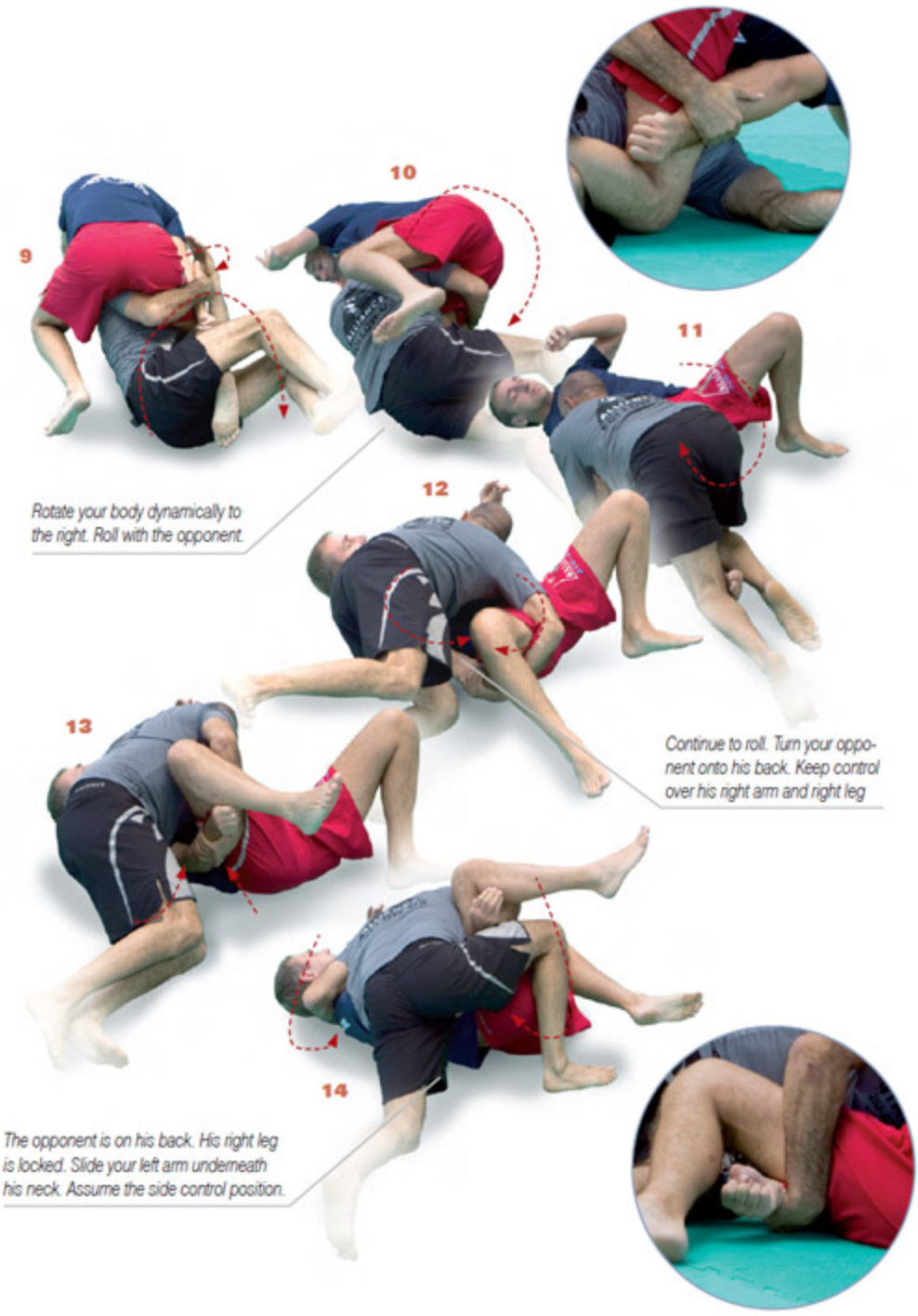
Half guard pass to side control 182

Half guard to Kimura pass 183

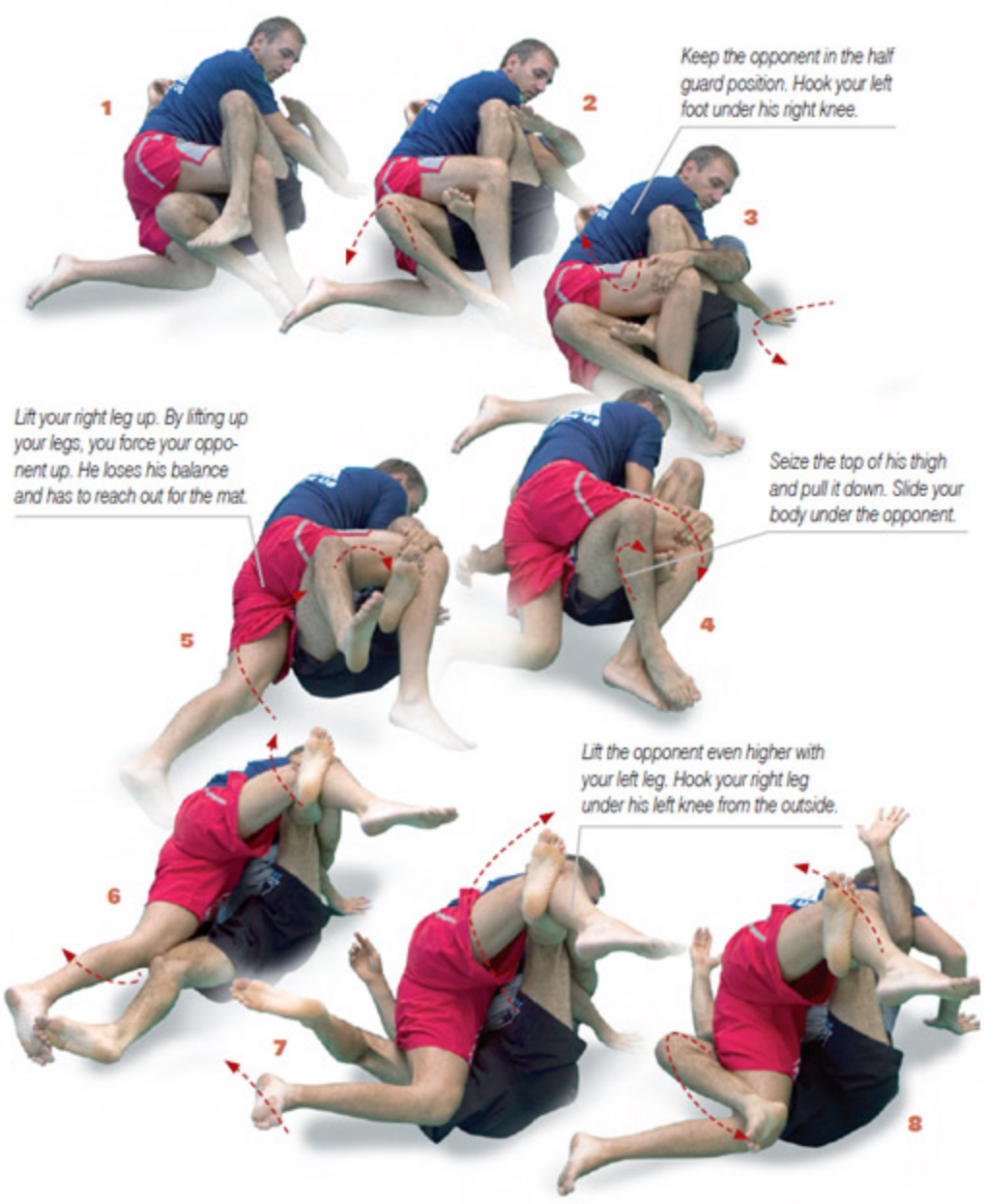
Half guard pass to knee cut across 184

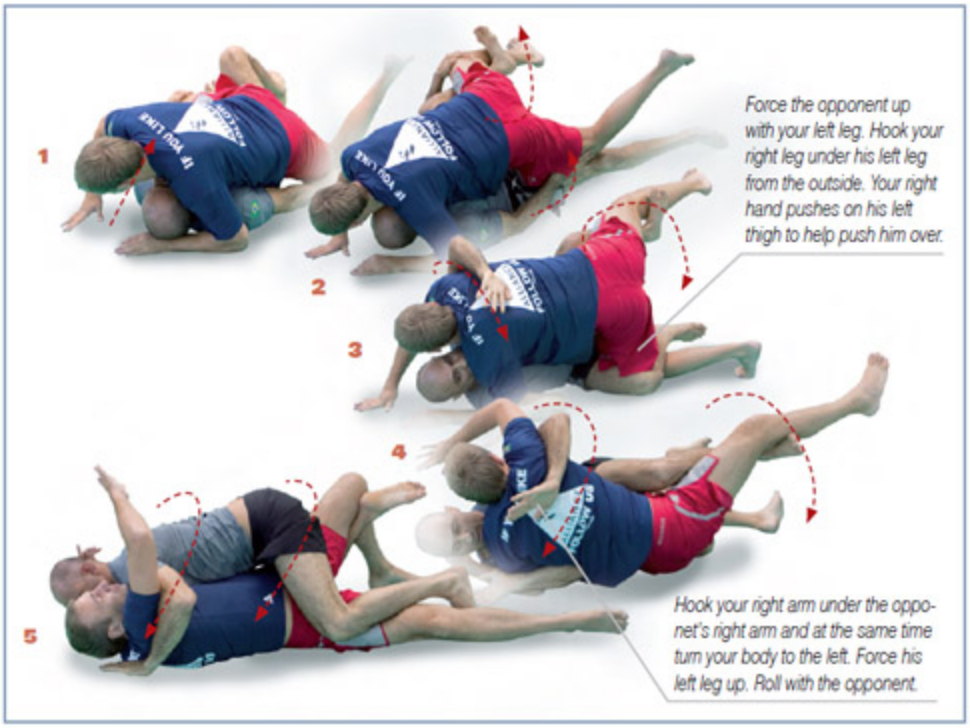
Deep half guard sweep dominating your opponent's leg




9
10
11
12
13
14
Rotate your body dynamically to the right. Roll with the opponent.
Continue to roll. Turn your opponent onto his back. Keep control over his right arm and right leg
The opponent is on his back. His right leg is locked. Slide your left arm underneath his neck. Assume the side control position.

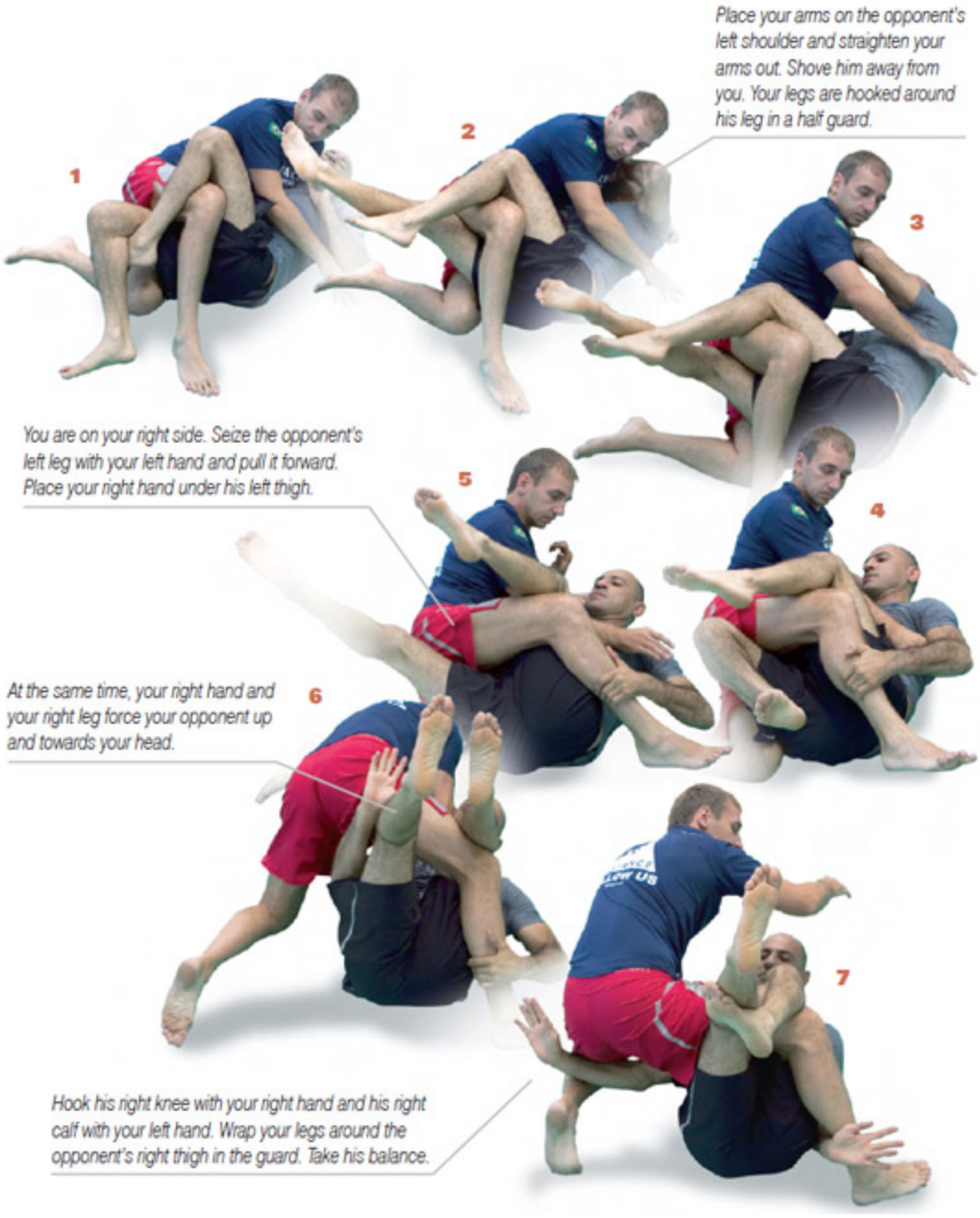
Half guard sweep to mount

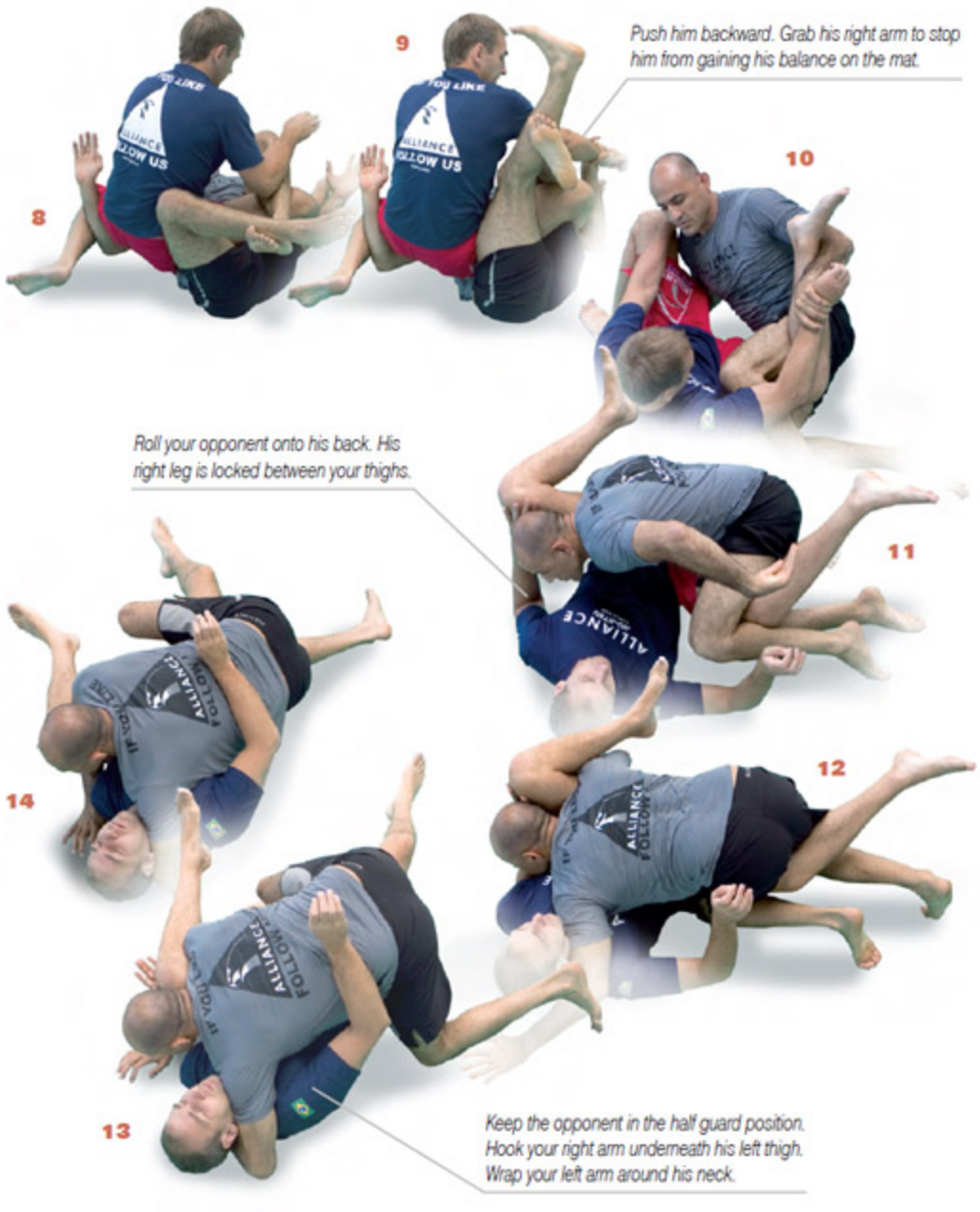



1
2
3
4
5
Force the opponent up with your left leg. Hook your right leg under his left leg from the outside. Your right hand pushes on his left thigh to help push him over.
Hook your right arm under the oppo-net's right arm and at the same time turn your body to the left. Force his left leg up. Roll with the opponent.

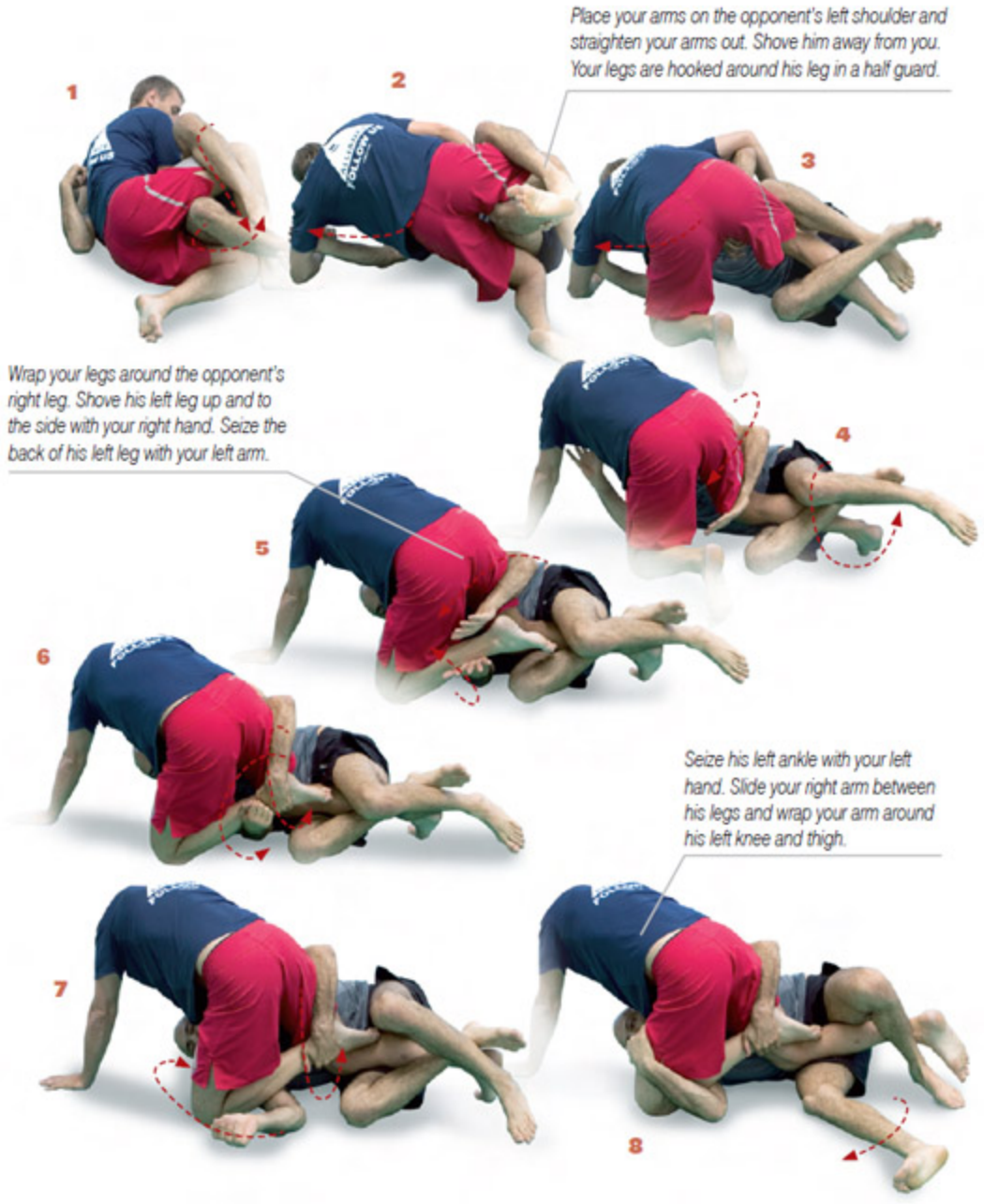

Hook your right arm under the opponent's right arm and at the same time turn your body to the left. Force his left leg up. Roll with the opponent.
9
10
11
Roll your opponent onto his back. Assume the dominant position (top).

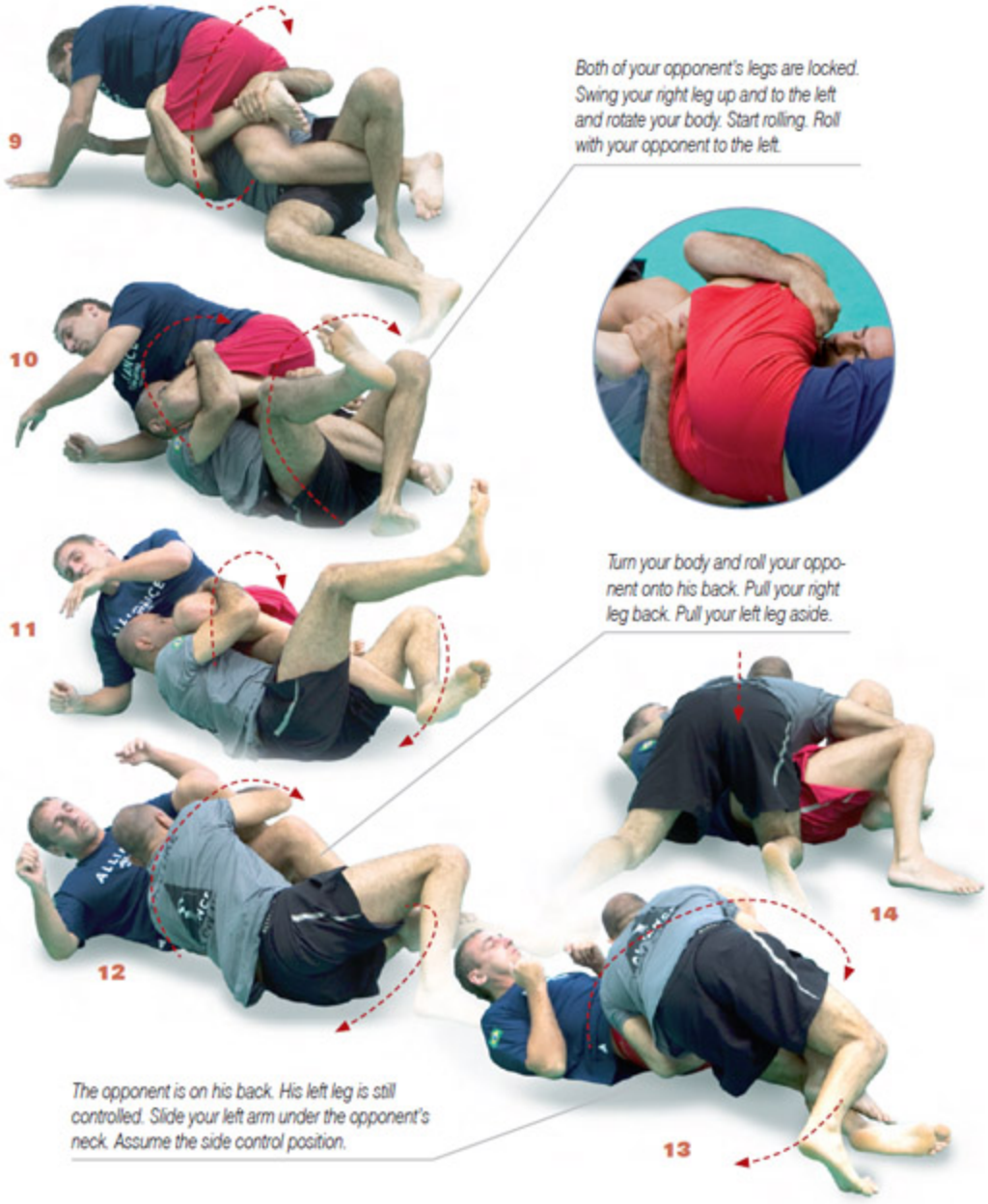
Half guard sweep



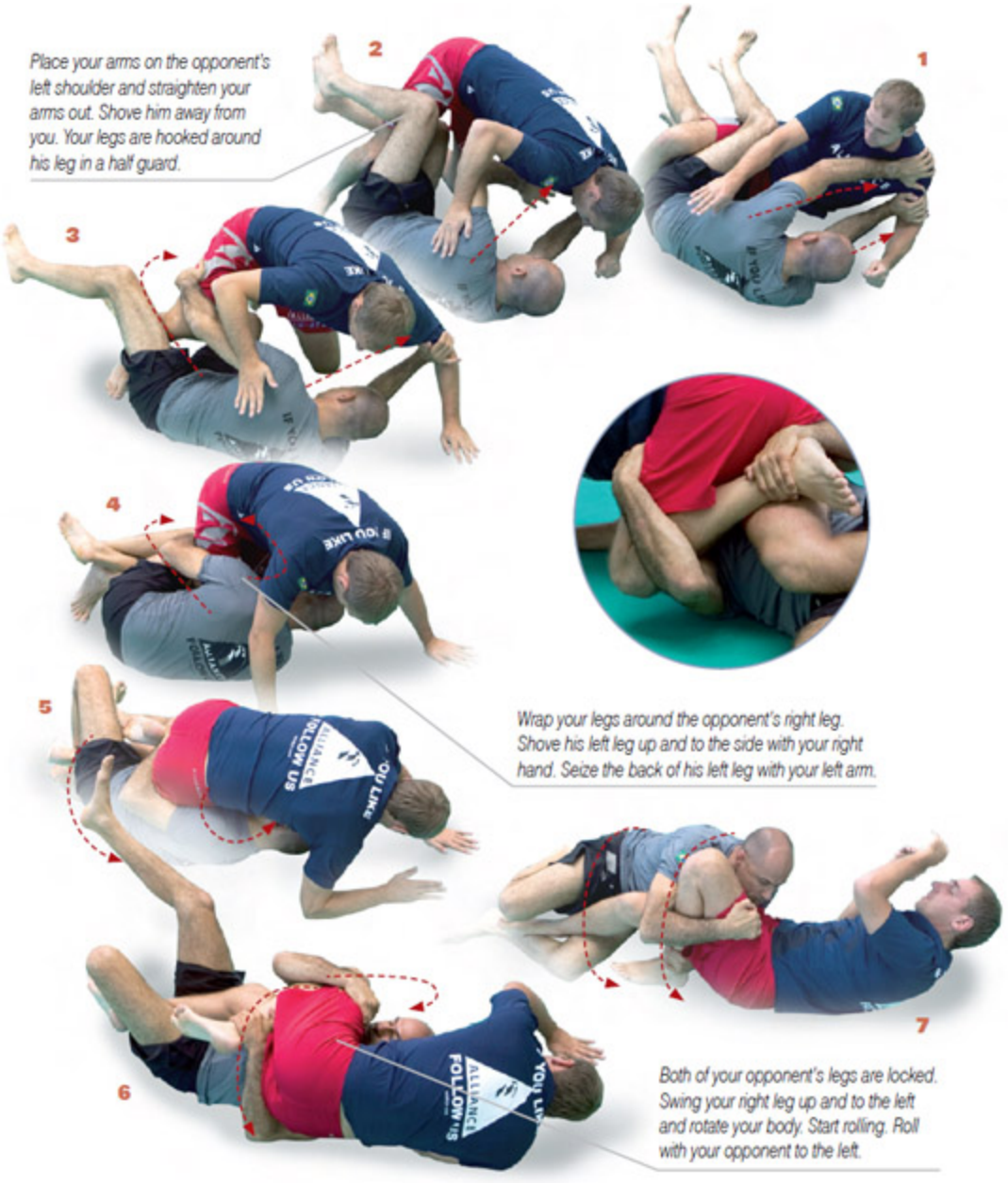

8
9
Push him backward. Grab his right arm to stop him from gaining his balance on the mat.
10
Roll your opponent onto his back. His right leg is locked between your thighs.
11
12
14
13
Keep the opponent in the half guard position. Hook your right arm underneath his left thigh. Wrap your left arm around his neck.

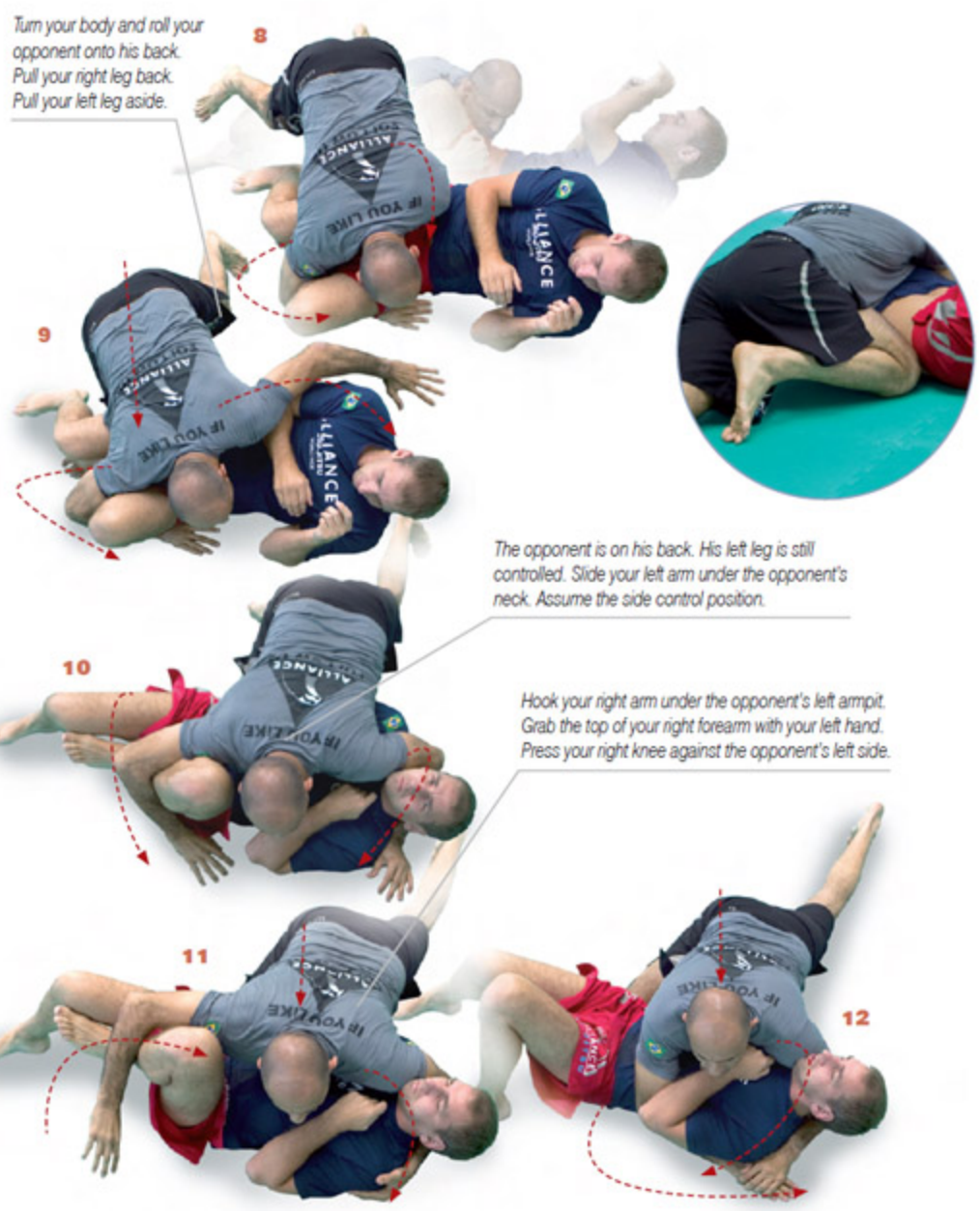
Half guard sweep dominating your opponent's legs



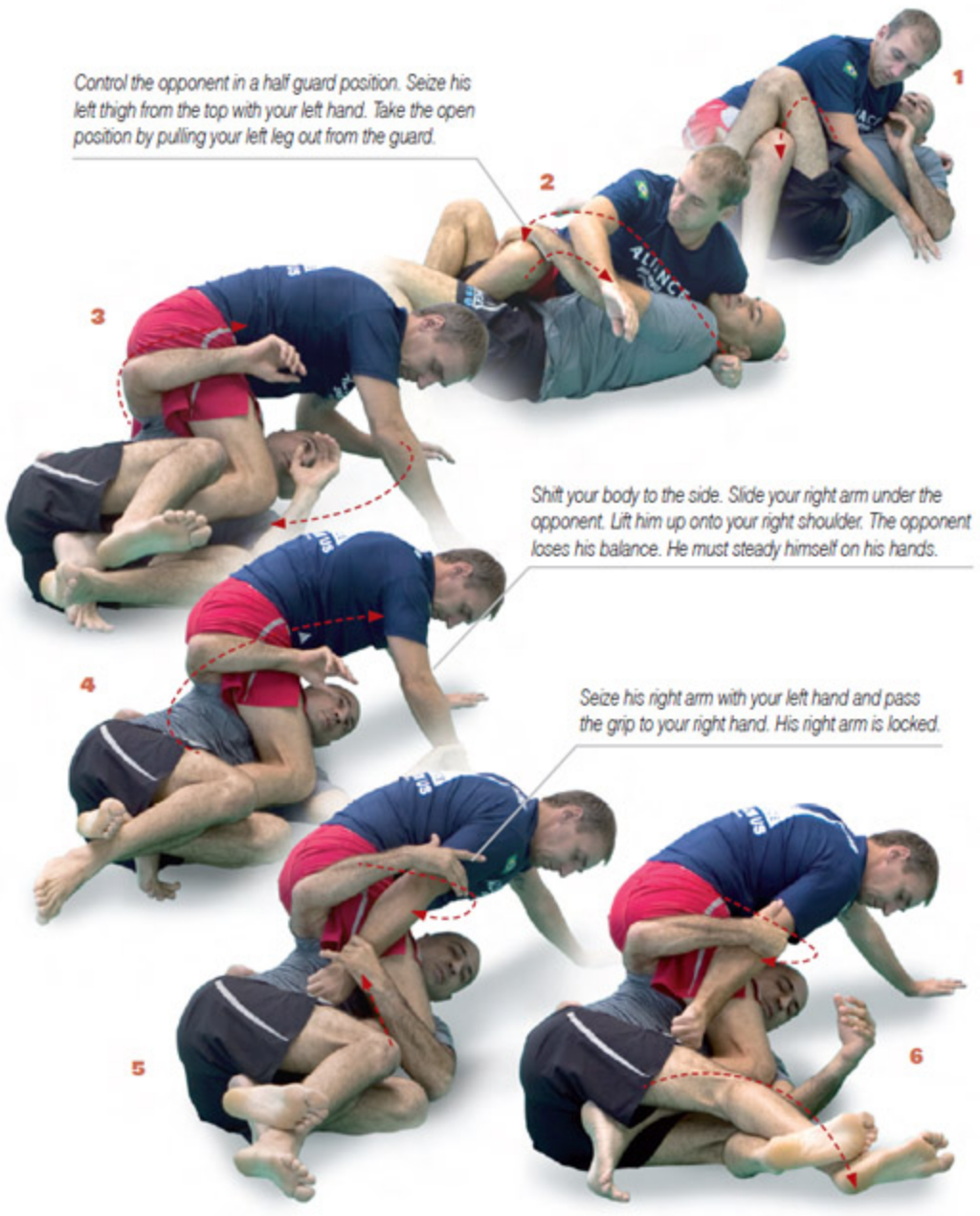

9
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13
14
Both of your opponent's legs are locked. Swing your right leg up and to the left and rotate your body. Start rolling. Roll with your opponent to the left.
Turn your body and roll your opponent onto his back. Pull your right leg back. Pull your left leg aside.
The opponent is on his back. His left leg is still controlled. Slide your left arm under the opponent's neck. Assume the side control position.

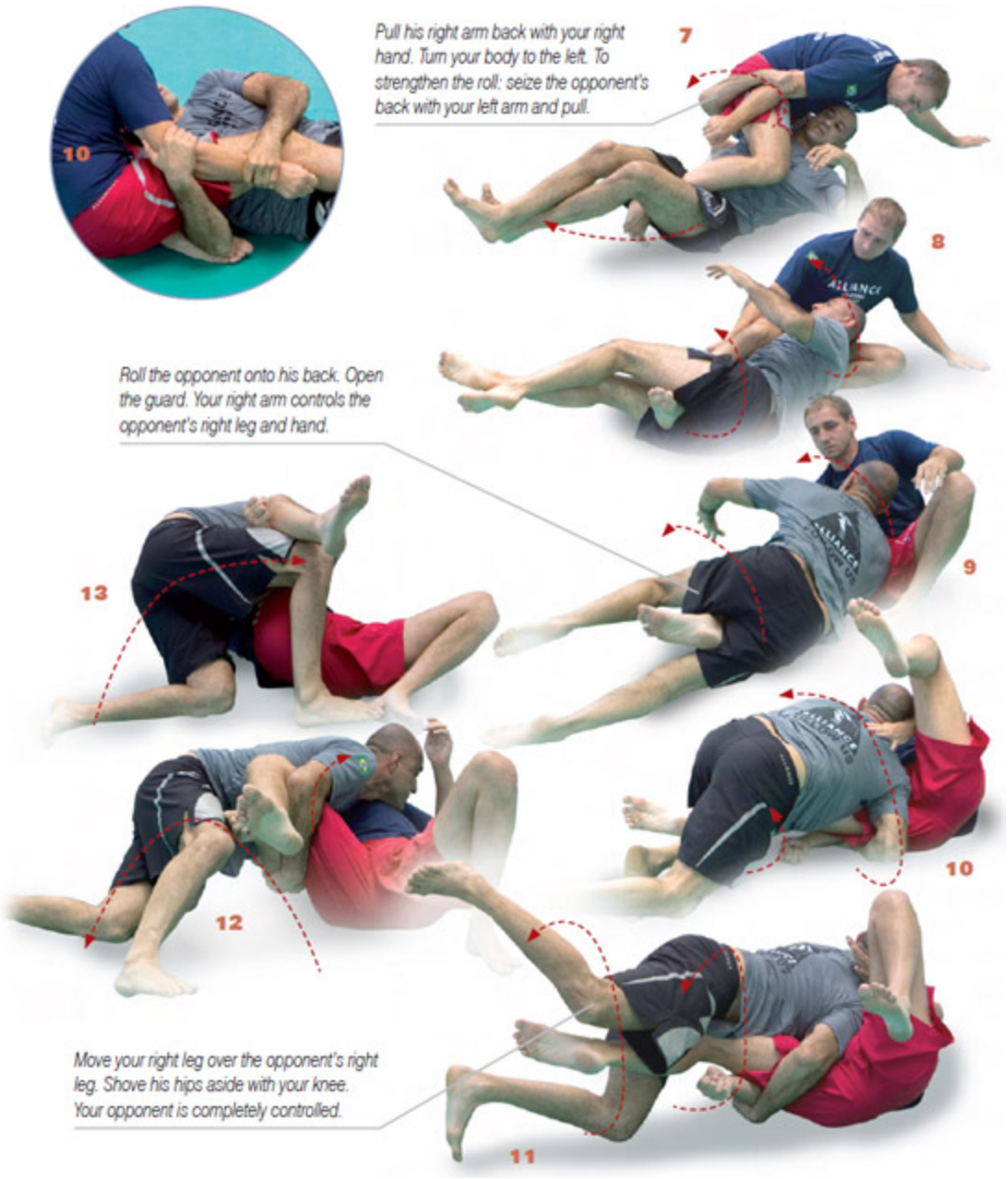
Half guard sweep to side control



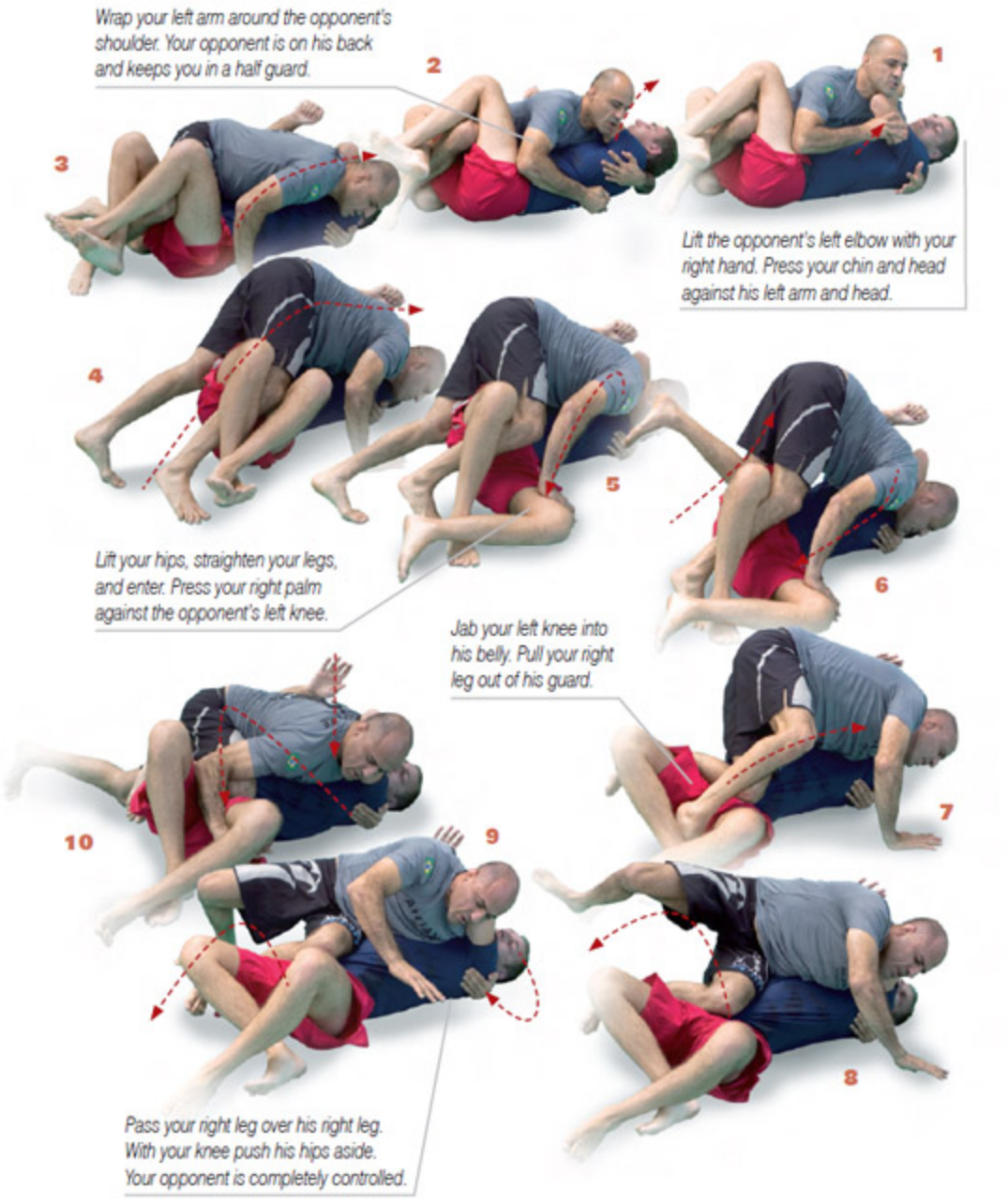

Turn your body and roll your opponent onto his back. Pull your right leg back. Pull your left leg aside.
8
9
The opponent is on his back. His left leg is still controlled. Slide your left arm under the opponent's neck. Assume the side control position.
10
Hook your right arm under the opponent's left armpit. Grab the top of your right forearm with your left hand. Press your right knee against the opponent's left side.
11
12

Deep half guard sweep to side control

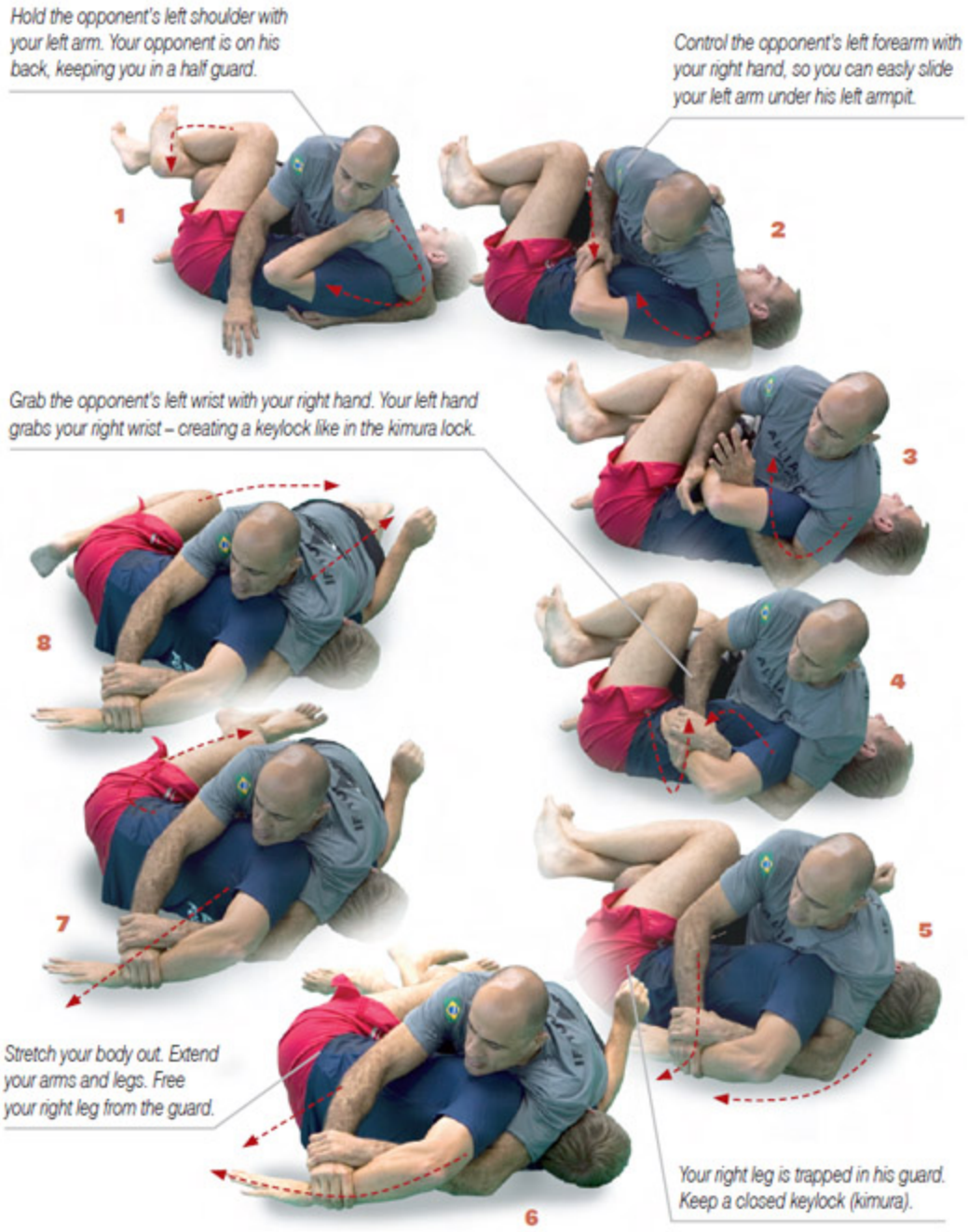



10
Pull his right arm back with your right hand. Turn your body to the left. To strengthen the roll: seize the opponent's back with your left arm and pull.
7
8
Roll the opponent onto his back. Open the guard. Your right arm controls the opponent's right leg and hand.
9
13
10
12
Move your right leg over the opponent's right leg. Shove his hips aside with your knee. Your opponent is completely controlled.
11

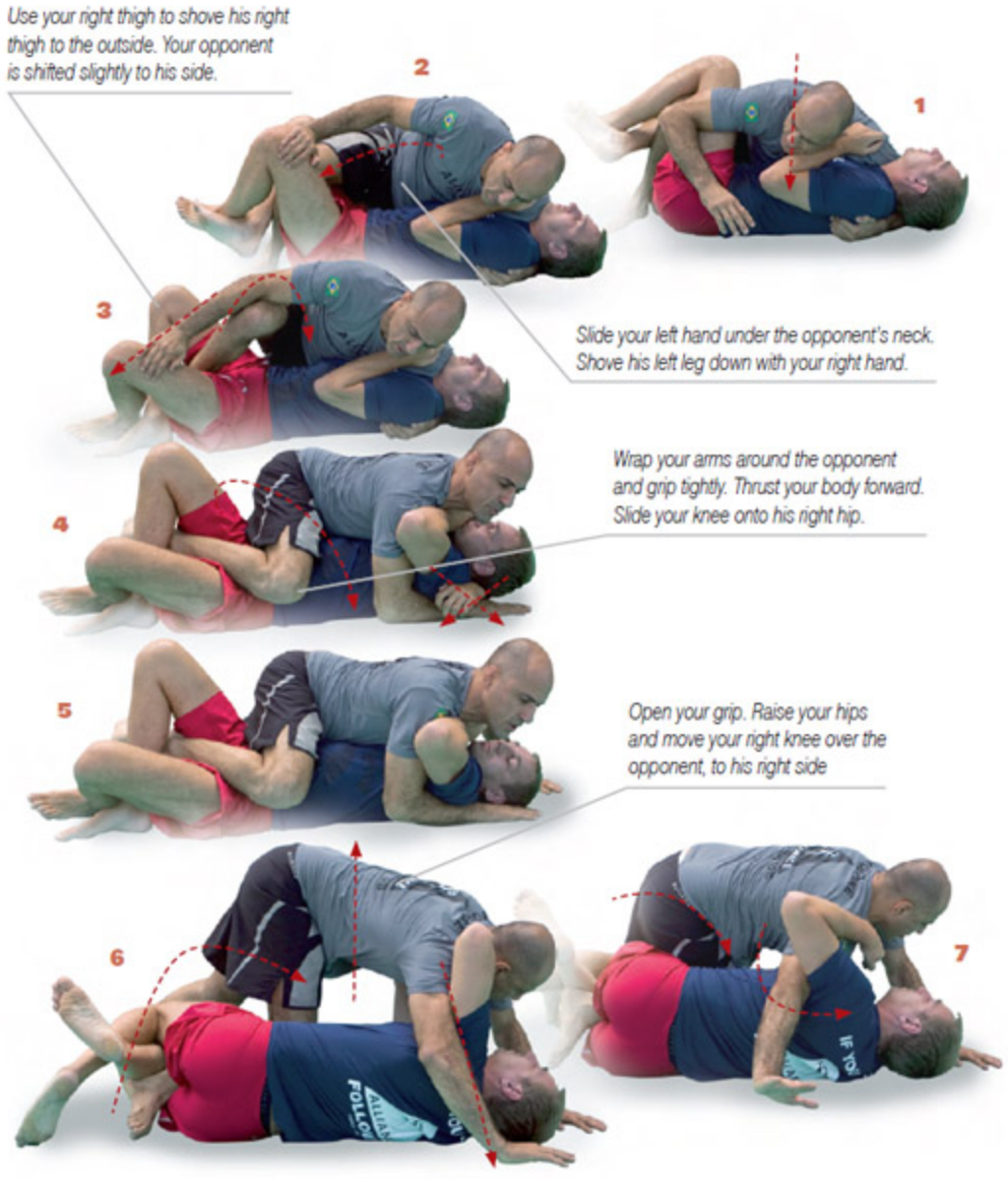
Half guard pass to side control

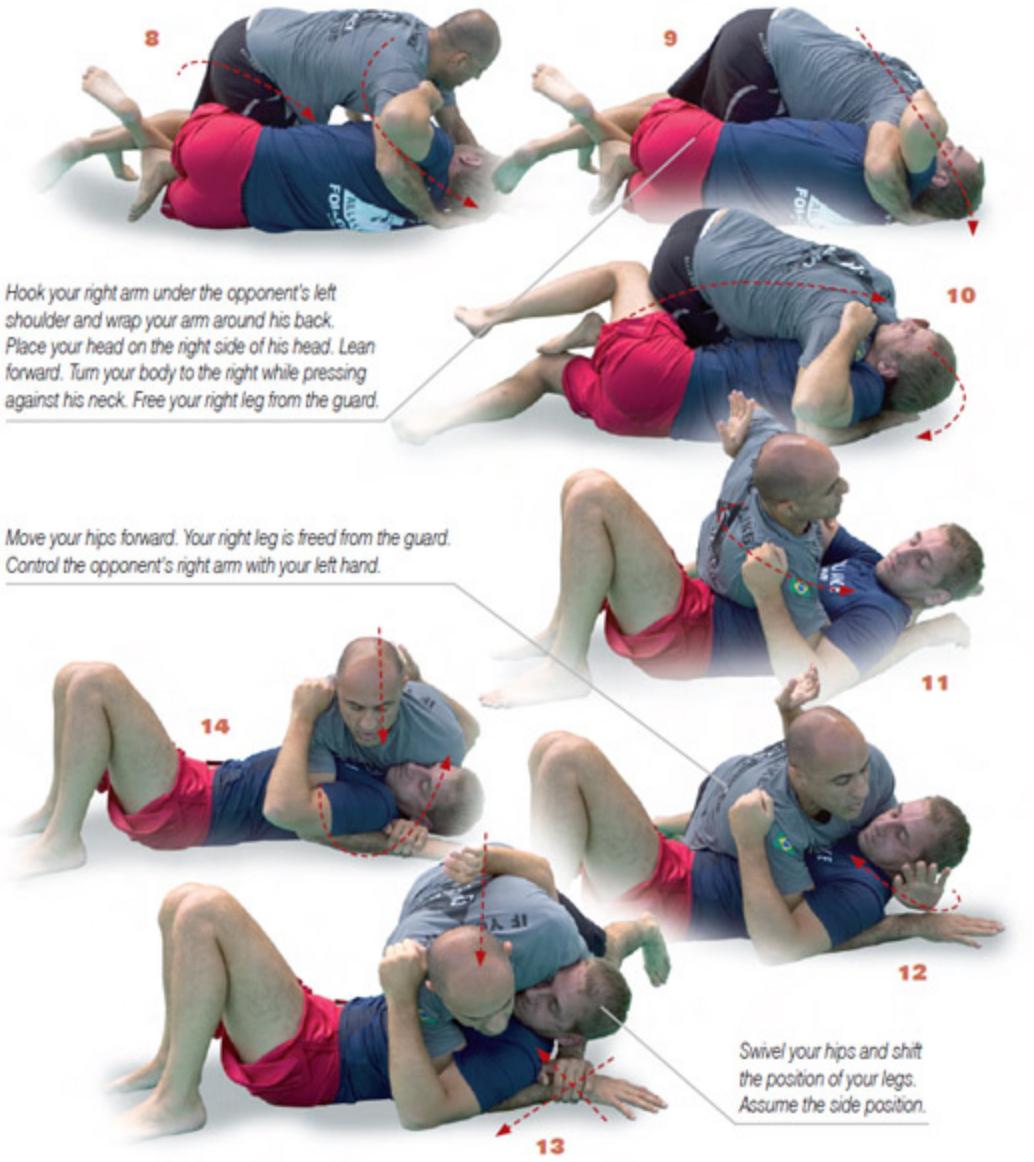


Half guard to Kimura pass



Half guard pass to knee cut across




8
9
10
11
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14
Hook your right arm under the opponent's left shoulder and wrap your arm around his back. Place your head on the right side of his head. Lean forward. Turn your body to the right while pressing against his neck. Free your right leg from the guard.
Move your hips forward. Your right leg is freed from the guard. Control the opponent's right arm with your left hand.
Swivel your hips and shift the position of your legs. Assume the side position.

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CHAPTER 17

Attacking the Turtle Guard and Back Mount

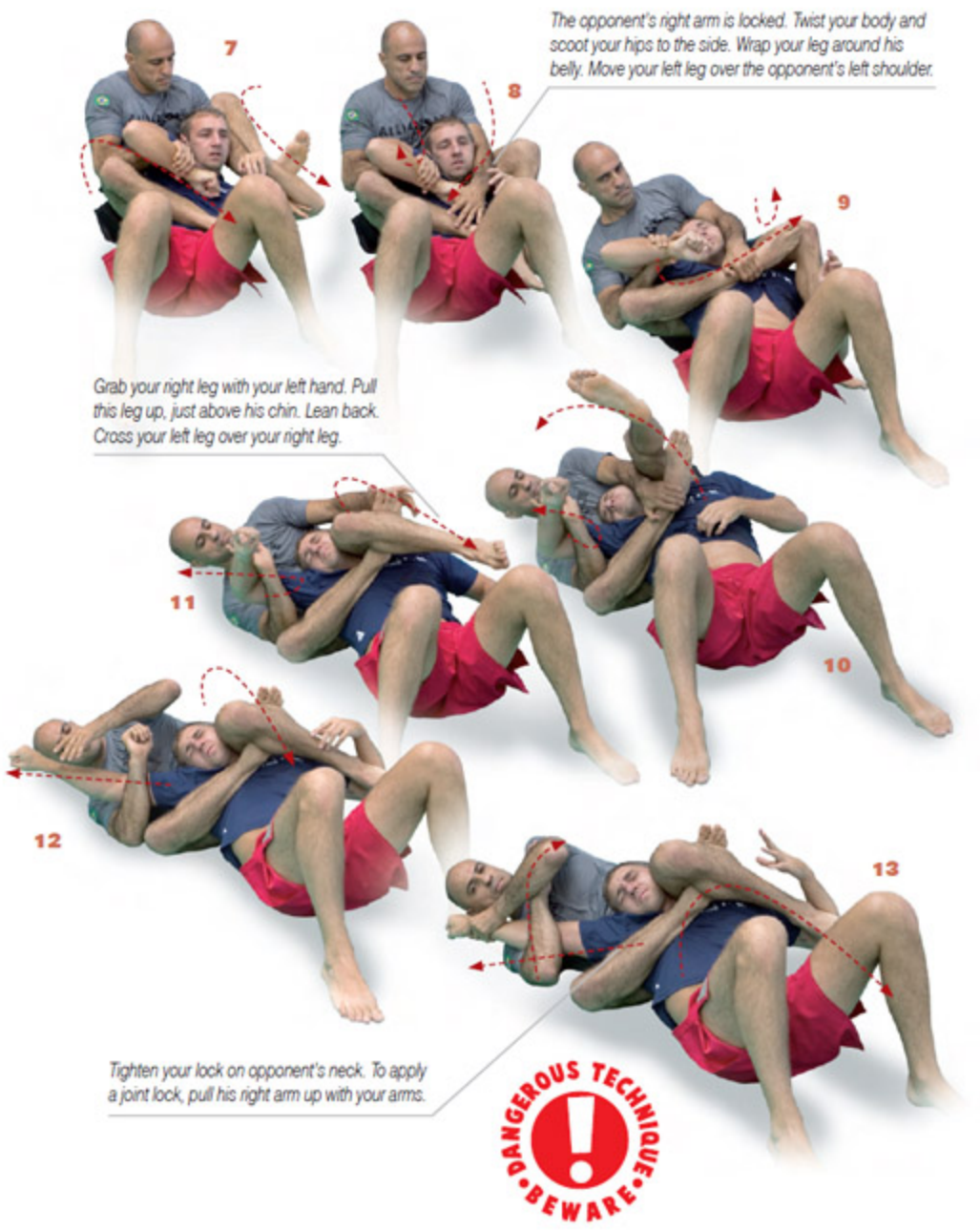
Turtle guard attack to taking the back - arm bar finish 188

Turtle guard attack to Kimura 190

Turtle guard attack to rear naked choke 191

Turtle guard attack to taking the back - arm bar finish

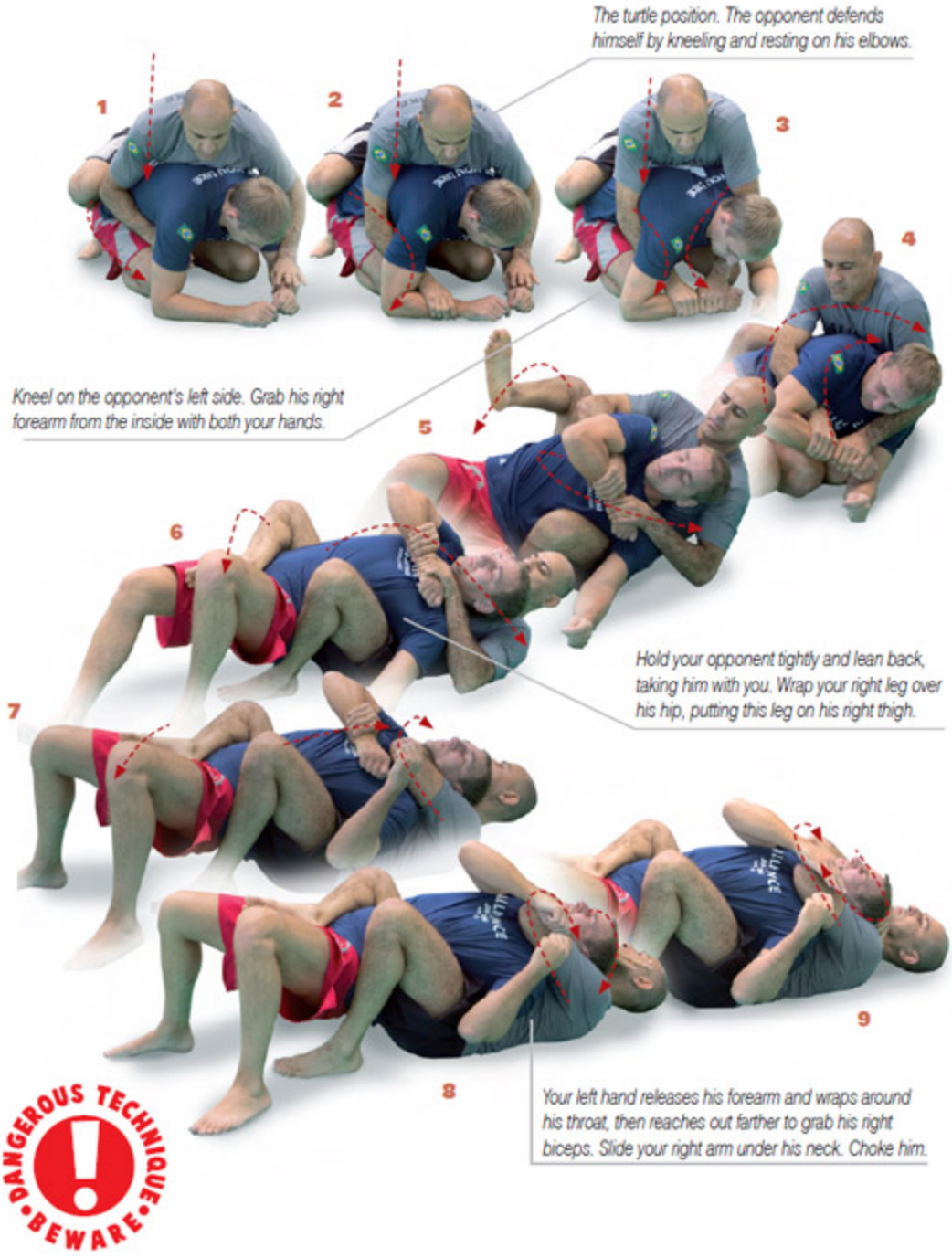



7
8
9
10
11
12
13
The opponent's right arm is locked. Twist your body and scoot your hips to the side. Wrap your leg around his belly. Move your left leg over the opponent's left shoulder.
Grab your right leg with your left hand. Pull this leg up, just above his chin. Lean back. Cross your left leg over your right leg.
Tighten your lock on opponent's neck. To apply a joint lock, pull his right arm up with your arms.
DANGEROUS TECHNIQUE
BEWARE

Turtle guard attack to Kimura

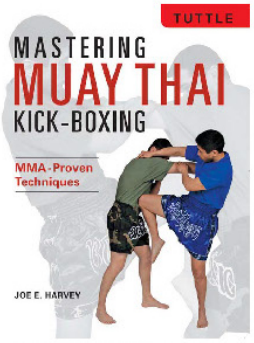


Turtle guard attack to rear naked choke

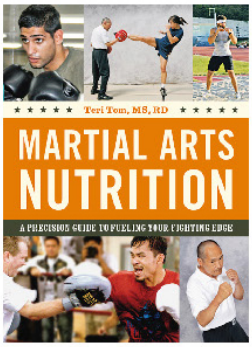

The turtle position. The opponent defends himself by kneeling and resting on his elbows.
1
2
3
4
Kneel on the opponent's left side. Grab his right forearm from the inside with both your hands.
5
6
Hold your opponent tightly and lean back, taking him with you. Wrap your right leg over his hip, putting this leg on his right thigh.
7
8
9
Your left hand releases his forearm and wraps around his throat, then reaches out farther to grab his right biceps. Slide your right arm under his neck. Choke him.
DANGEROUS TECHNIQUE
BEWARE



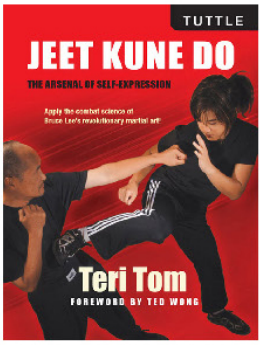
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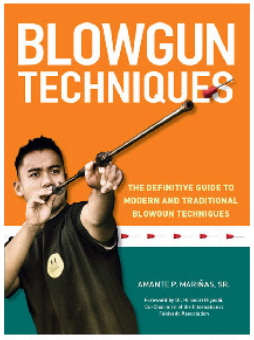
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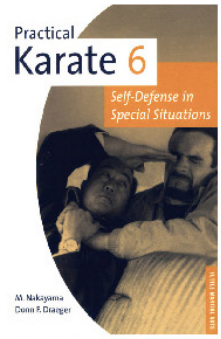
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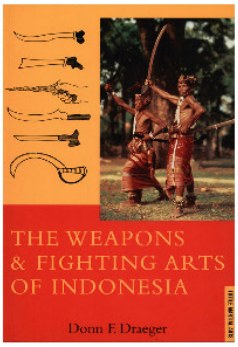
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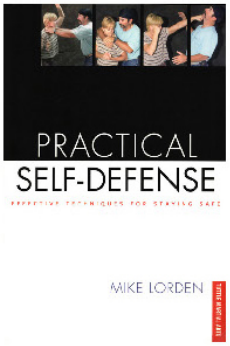
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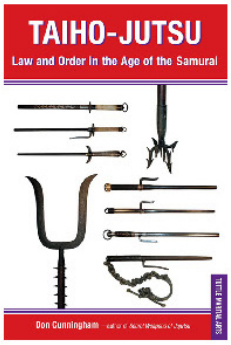
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Martial Arts

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"Alexandre Paiva is one of the most technical fighters of our generation. A great competitor has also become a great teacher. Along with his Master Romero Jacare and his friend Fabio Gurgel, he is a major contributor to the success of his team in the Alliance BJJ tournaments. A man of character, he is an example to be followed inside and outside the mat by the young."

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—Rubens "Cobrinha" Charles, six-time Brazilian Jiu-Jitsu World Champion

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Alexandre is one of the most technical guys that I had ever rolled with, excellent teacher and great person. If he is showing his moves in this book, you must have it: his techniques are unique. We have been working together for more then 25 years in order to build the Alliance school and I hope we can have at least 25 years more."

—Fabio Gurgel, eight-time Brazilian Jiu-Jitsu World Champion and president of the Brazil-based Professional League of Jiu-Jitsu

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