

Metadata: <https://www.youtube.com/watch?v=-V0jeNsN2c>

Okay, guys are here today if John then a huge honor for me plus Guys, you're just starting the new series from John. Then I heard the new wave jiu-jitsu, which the new philosophy of position escapes and John, can you explain a little more? Yeah, absolutely Over the years I've gotten a huge number of requests for people to talk about Subsequent developments in the squad Methodology of both training and the overall philosophy of jiu-jitsu when the squad first broke out It was mostly in submission only tournaments in a different time frame when when? Pretty much if you knew anything about leg locks You could get to a very high level and be even very good people just because they didn't know a lot Time to change, you know, a decade has passed on and since then the score has moved far beyond just smaller submission only tournaments into The forefront of World Championship competition at ADCC and now we have all kinds of different demands on us It's no longer just about securing a submission. It's about Positional pressure as well. So they have to be able to play a much wider range in game And as that evolution has occurred people have said, okay Could you reflect that in instructional videos? So I wanted to create a new instructional video in doki, which is called new wave jiu-jitsu and new wave jiu-jitsu represents the synthesis of the original submission systems and Allies this with the positional pressure which is required for victory in ADCC type tournaments So it's kind of a merging of the positional game with submission systems as it's evolved over time I'm really looking forward to presenting this because it's quite radically different from some of the other stuff That we've presented in the past now What I wanted to do in the first video is to look in particular at the notion of escape now You might be saying to yourself. Wait a minute. Didn't you cover? Penescapes back in go further faster. Well, that was in a geek and it was at a fundamental level What I want to do now is to look at the unique philosophy Of the squad when it comes to escapes We have a new way of looking at them, which is quite different from the way escapes are traditionally taught Jiu-jitsu by its very nature is a pretty conservative game. It's built around three approaches to position There are dominant positions There are neutral positions and there are inferior positions and the traditional approach of jiu-jitsu has always been if you're in a bad position Just work your way back to a neutral position and from that neutral position try to build on from there So jiu-jitsu has always been a fairly conservative sport where you find yourself in trouble fight your way back to neutral position and 99 times out of 100 that neutral position is guard position. Okay, so if I had Placido on top of me in the mountain position my goal in Jiu-jitsu 101 is to get back to guard position and I can do that in two ways. I Could go back to my own guard Like so or I could go into his guard Like so, okay and in either case we ended up back in a neutral position guard position Okay So I started off in a dreadful situation And I went back to neutrality either by putting him in my guard or me coming up into his guard. Either way We ended up in a neutral position. Okay, and there's nothing wrong with that It's a fine method of working while we still use it occasionally but I wanted to go beyond that and start looking at a new philosophy of escape where we took the Some of the traditional escapes. We also added some of the escapes which are very much associated with the squad things like kipping escapes to mountain position, which People see my students using high-level competition like oh what is going on there? Okay, so we looked at some very advanced forms of escape. You don't normally see so often And we started to add to this the idea of counter-attack Okay If you look at Jiu-jitsu You see it's kind of unique among combat sports insofar as it doesn't have a very well-developed sense of counter-attack If you look at most martial arts, if you look at karate, if you look at boxing, if you look at wrestling They all have a very strongly developed sense of counter-attack You go to any wrestling class and you'll see a big emphasis put on what they call re-shots When someone shoots at you, you block it, stuff it, and you shoot right back And you use his offense to get into counter-offense You'll see in boxing, someone throws a punch, you slip it, bang, you come back with your own punch Okay, so you're using their punch to set up your offense So there's a strong sense of counter-fighting in Jiu-jitsu. We don't

really have that When you get in trouble, you're just expected to go back to neutral and be happy with that And then from neutral, you work at a different angle And they're probably tired because you're... We don't really take advantage of our opponent's offense the way other martial arts do So a big part of the squad philosophy is to change that Where we, instead of looking to go back to a neutral position like guard, our reasoning is very simple There are a number of factors, some of them are physical and some of them are psychological As to why you can greatly benefit your game instead of going back to a neutral position like guard To go directly to a submission hold I'm gonna outline this in terms of psychological principles, okay? There's a theory which is often touted in basic psychology called the principle of sunk costs And you see this a lot in business psychology Where you'll see that there's a broad principle across the spectrum where someone will invest a large amount of, say, money or time or effort into a given project And if the project runs into trouble and more money or more effort or more time is required They will be much more likely to put additional amounts of resources into the project, okay? So say, for example, I come to you, Bernardo, and I say, listen, man I've got this project coming up. We've got a bunch of investors I'd love it if you put \$10,000 into the project And you're like, okay, I've known John a while and he seems reasonably honest. He's wrong about that You know, let me give him \$10,000 And then a month goes by and I show up in your office. I'm like, listen, Bernardo Project's not going so well We ran into some problems and We're gonna need another \$3,000 to get around this That's not good, you know, you told me it'd be \$10,000 and I'd get a return within six months Yeah, and I'm like, yeah, yeah, it's gonna happen. It's gonna happen But there's this problem. The city came in and we need new permits and the permits cost money. We've got to hire a lawyer And we need \$3,000 and you're thinking to yourself, oh man, this is not what I wanted I just wanted to give \$10,000 and no more But if I don't know you've already put the money in and if I don't give money, he's I'm gonna lose \$10,000 I'll give him the \$3,000. So you give me \$3,000 more Six months later. I come in. I'm like, oh, we're we're having a court case with the city and we're gonna need another \$2,000 to pay the lawyers and You're like, oh man. Oh, man I But now you've given me \$13,000 and if we don't win, you know lose \$13,000 So you're more likely to give me \$2,000 and this goes on and on you say we as we give more and more It's easier to get More money out of us. Yeah now Interestingly, but out of exactly the same thing happens in jiu-jitsu, but instead of money it's switch Okay, think about it if I take someone down and I pass they got and it was hard the takedown didn't come easy It was you know, 30 seconds and brutal hard work and then boom I put him down on the floor and took me three minutes to pass. They got it's hard now I'm breathing like crazy. There's only a few minutes left in the match. I worked my way into the mounted position And I'm like, okay. I took him down. I passed his guard. I go to the mounted position if I feel him starting to escape What do we think I'm gonna do? I've sunk a lot of effort. Yeah You think I'm gonna give up that mouth? Dear life, it's like that cost me a lot of Sweat, I'm not giving that. Oh, that was a great. I love it. And so I will tend because of the principle of sunk costs. I will tend to Overcompensate in the case of losing a pin Okay, that is where our second principle comes in the first principle psychologicalism the principle of sunk cost the second principle is the principle of extension plus in a lie-down champion if I get mounted on someone but I don't As long as my body is contracted and sure I'm safe Yeah, okay. It's hard for someone to submit me, but when my body gets extended and long I become vulnerable When I lose a pin, okay Let's say I'm holding on to the positive like so and I feel positive going to say an elbow escape for example Okay, and I feel like his knees coming inside like yeah, I'm holding on I'm holding on like so. Okay. I don't want to lose the hit and I don't I'm trying to squeeze my knees together But I feel like I'm getting extended and as positive pushes back my limbs start to extend He brings a second knee inside the second knee inside Second humor at me. Yep On the other side and from here we come out and there I'm getting extended Okay into a situation where I held on to the head too long Okay, I didn't want to lose the mounted position. And so I screwed up

and I made a basic mistake Here I had control of the head. I lost on one side at the knee And I tried to hold on to the head so I could recover maybe get to half that or what have you I'm taking risks that I shouldn't be taking as the second knee comes in. I'm overextended now and now bam Ooh, did you tell me? Okay, and I got punished Because I held on too long what I should have done is I should have just let go Just as you should have done in the case with the money. Okay, when you heard me first come back You should have been like This guy's a scumbag Just let me cut my losses and get the hell out of here. You would have lost \$10,000 \$20,000. Okay, we should be doing the same Okay We have to know when to cut our losses. Okay, most people don't why? Because of the principle of sunk costs psychology Okay, you put so much effort in you're reluctant to give it up Okay, so you combine two things the principle of sunk costs and the principle of extension Principles of extension states the more extended I become the more vulnerable I become to submissions. Okay There's a great boxer Bernard Hawkin and famously said a boxer is never more vulnerable than when he's throwing a punch Okay, and boxers and starts it's hard to hit him if he's locked in he's well protected But the minute he comes forward and extends these openings and a good boxer can take advantage of this and drop him Okay so Ironically the time when most people are most scared of a boxer when he's throwing a punch is actually One of the best times to be attacking and exactly the same thing is true in jiu-jitsu okay, as we get extended just as a boxer gets extended and now he's open to being hit a Jiu-jitsu player gets extended trying to hold on to a mounted position or a side position. You end up in trouble side control Here I'm controlling Placido's hips and head and he starts coming into a high leg escape I'm holding on to the hips and the knees come in don't know Brace the knees in and then from here. I'm holding on to the hips and I got no I got extended Okay, and as a result, I end up in trouble Okay, you see these kinds of things going on all the time people try too hard to hold on to failing pins Okay, they get extended they get submitted guys mounted on me He's got his feet locked in tight He's got a good position and we start this action of bringing everything in close and pumping the knees as well Behold, we find ourselves in a situation where he tried to hold on to my hips with his legs And now he finds himself in a dreadful situation if I feel him pushing into me and from here It's not so hard for us to come around the corner and start locking up Down Side control We're in here. We're getting held down. We get good opportunities one here to slip everything in and catch He goes to pull it away from me situations like this It's not so hard for us to come around the corner and start locking up and going into our counsel He got extended tried to hold on to a pin longer than he should have held on to just as the investor Made the mistake of falling prey to the principle of sunk costs and getting taken for more money than he should have We just don't realize dude. Okay You made a bad investor. Okay pull out minimize your losses okay, we should be doing the same thing as you did see most people don't and so we have to take advantage of this by By going into this idea of counter-attack from pins. It's my earnest belief And this is the third principle that is a big part of this video series the principle of equivalence This is the idea that it takes an equivalent amount of energy To put an opponent in a submission hold as it does to put them in God That makes sense. That's very important So I'm going to say it again the amount of energy it takes to put someone back in God from any pin Is identical and in some cases even less than putting them in a submission hold Okay, it doesn't take any extra energy for me to put someone in an ashi garami that doesn't put them in God so for example I'm so I control one From here. I'm able to work my way into Come up into the legs as I come up into the legs one potential finish Here is a single name switching across to a double right? He goes into a sprawl It's hard work, but if I just sit back and I can find myself in situations where I can release back Now you're in submission territory. Yeah, okay. He comes driving it on me here. And again, it's not so hard for us It's not putting people down So I control From here if I start putting my opponent back. I I could just put him in God, right? But why not just put him here in the clamp? It's wrong body. Okay from clamp position. It took me no extra energy Then put him in God, but now

I've got complete control of the head and one shoulder which is going to set up Transitions into submission holds you can just put him back in God position. We're directly to a submission And this is the philosophy that I want you to see players to work with Staple of the unit. So I started the squad approach to to two escapes Every time we come out of a pin, we're not looking to put him back in a neutral position You want to go a step further go step further put him in a submission hold Someone came to you and said it gave you a choice But now that would you rather get out of the mountain to God position or out of the mountain to a submission hold? Yeah Yeah, but I think we are so automated we are learning yeah, we are so conditioned to learn Yeah, get out and close the guard correct get out and now how did this occur it occurred because of tradition? Yeah, okay. Do you just who has a tradition which has? inferior neutral superior That makes complete sense And we all get programmed to go from inferior to neutral then when we're in a neutral position we take a break Okay, now I'm gonna go for superior as opposed to Straight from inferior we get a tipping point in the pin where he's no longer effectively controlling us Straight into a submission usually leg locks. Okay, but it doesn't have to be leg locks Say for example guys mounted I Could hit a basic can be an escape And from here instead of bringing one knee in for ashi garami we can bring two knees in Now we've still got an overextended body as a result and go and help a body with Uri Gatami And then from Uri Gatami, there's a mountain above it we can go into, okay? So it doesn't, you know, this is not only for people who write labels, it can be any kind of upper body or lower body submission. The principle is the same in every case. The idea is, most people have what I call, what economists call, a satisficing approach to escapes. What does that mean? What does satisficing mean? It's a term thrown around in decision theory, the idea being that most people go with a good enough outcome. Why go for a satisficing mindset when you can have a maximizing mindset? The only reason you should choose an inferior product over a superior one is price. That's it. Let's say there's two cars, okay? One of them you like substantially more than the other, okay? You love the Mercedes and you're kind of indifferent about the Honda, okay? You go, man, that Mercedes is beautiful. But the Honda, yeah, it's good enough, you know? The only reason you would choose the Honda is why? Because it's cheap. Yeah, good price. If they were the same price, you'd be an idiot to choose the Honda, okay? You'd go with the Mercedes. And this is true across the board. Same thing in judaism. You got two outcomes, guard position or submission hold. They cost you the same Why the hell would you choose neutral guard position if it costs you no more to put them in an Ashigurami heel hook or an Uri Gatami, okay? It's only tradition which holds us in this direction. Now that's not to say that there's times you don't use the traditional approach. I still use it. There's days you're tired or you're injured and you just can't throw yourself into a submission hold or what have you. But literally 99 times out of 100, it's just as easy to take that route. And I think for the attackers, there's nothing worse in the world than getting a good position and the guy escapes and I imagine he escapes putting you in a bad position. You did everything right. You came in, you took this guy down, you passed this guy you got mounted and now you're fighting your way out of a heel hook. It's like, are you fucking kidding me? What is going on here? It's absolutely crushing. And my students when they were younger and even more like assholes than they are now used to use this on occasion. They would come out and just pull bottom mount. Their opponents would look at them like, are you kidding me? You're going to pull bottom mount? They would get mounted and they would just heel hook him in 30 seconds. Yeah, it's fascinating to see this kind of amalgam of psychological principles with physical principles. The idea is most people go through their whole jiu-jitsu lives with a satisfying mindset. What I want to do in this video is change people's perceptions and make them understand that you can bring in a maximizing mindset on a surprising number of occasions. Am I saying only use the maximizing mindset? Absolutely not. As I said, there's plenty of times when we use the satisfying approach. Why not augment it with this new approach? Especially if it costs you nothing more. Imagine two athletes fighting each other. They're

very evenly matched. When athlete A makes an attack on athlete B and fails, athlete B comes back hard a few minutes later with his own attack and they attack each other one for one over the course of a 10 minute match. They get a certain number of submissions over the course of that match. What if one of those athletes, let's say athlete B, every time he got out of a submission hold directly attacked the other guy? At the end of the match, he would have twice the number of attacks as the other guy. Because he's not only attacking when he's on the attack but he's attacking when the other guy's on the attack. What you find is very quickly when you adopt this approach, the number of submissions you attempt per 10 minute period doubles or triples. I think even for the spectator, it's much more exciting. It's much more exciting to watch. I think a perfect example of that is Gary Tonner. Many times he doesn't even win the tournament but in the end of the day, everybody's talking about the match that he did. I think he and also talking about him, he's the perfect example about the guy who escapes and connects the submission right away. And it's scary to fight against. You feel like every time you do something good, you get punished by this. I'm so excited that you were teaching escapes now because every time I talk with Gordon and I ask him why he's so confident about his Jiu-Jitsu and this and that, he doesn't mention his attacks. He mentions his escapes. He's like, man, I'm so confident that if I get in any spot, I can get out and put my opponent in a bad spot. Why should I be scared about anybody? A big part of my training program comes down to psychology. This is something I've never really talked about in videos. People talk all the time about confidence. You see sports psychologists and they have their little methods of bringing confidence to athletes and I always kind of shrug my shoulders when I see this because in truth the only thing which truly makes a Jiu-Jitsu player confident is the escapes. Why? Because if you truly believe in your heart of hearts, no one can pin you and no one can submit you. You can take any risk you want. Humans, by their very nature, are typically loss-averse. Losing something scares us more than the prospect of fighting out to win something. When someone has gotten into the mounted position, they're afraid of losing it and will take risks to keep it. Risks that we can use to submit them. They get over-extended. They're averse to loss. But in addition to loss aversion, most human beings have fear of risk. And what are the greatest risks in Jiu-Jitsu? The biggest risks are very simple. Getting pinned and getting submitted. Submitted is the worst and pinned is not far behind. Usually the two are linked. You normally get pinned and then submitted. So when we go out into a match and you're looking at the other guy and you're thinking like, how's this guy going to beat me? It's going to come down to his ability to pin you and submit you. That's what you're most worried about. But if you believe in your heart of hearts, there's not a human being on the planet that can pin you or submit you. You're going to come out there and fire all of your guns right at them. You're going to take risks that most people wouldn't take. And you see this with Gary and Gordon. They just believe no one can ever get a submission hold on them. And in the vast majority of cases, they're correct. And as a result, they just come out with guns blazing and take risks that most people shy away from. So, yeah, the psychology of building confidence not by some kind of crazy visualization or meditation or any other crazy stuff like this, but rather by just hard physical training and escape skills until they just fully believe there's no one in life that's going to pin me or submit me. Then, dude, when they get right onto the stage, it's just phew, phew, phew. It would be all the same thing, John, if the guy is a boxer and he truly believes that the other one can't punch his face. I mean, what makes you hold back from punching someone? The fear of getting hit. But if you believe, this guy can never hit me, I'll be in a position or a stance where he can't hit me, dude, you'll throw punches all day. Same thing with Juditzen. So this has been the emphasis in the pin escape. We're showing not just how to get out, but also, perhaps most importantly of all, how to turn every escape into an immediate counterattack. There's a heavy emphasis on going into immediate counterattacks. The basic division that we're making here, Bernardo, is that there are five major pins in the squad of Juditzen. Side control, north-south, neon belly, mount, and rear mount. And we're

dividing them into leg-based pins and arm-based pins. So, for example, the mount would be a leg-based pin. Why? Because his legs control my hips. Side control, his legs have no contact with me. It's an arm-based pin. And our basic intention is, in the case of arm-based pins, our first attacks should be into our training partner's arms. In the case of leg-based pins, because his legs are around me, the most vulnerable point of his body will be his legs. And that should be our primary focus when we come out of these kinds of pins. So our basic intention is arm-based pins, you come out and you attack the arms. Leg-based pins, you come out and you attack the legs. Oh, John, and just yesterday, I asked you one question that fascinates me a lot and was exactly about this. I asked you, like, because everybody talks about how you taught, like, 12 private lessons in one day from 7 a.m. to 7 p.m. And I asked, like, how were your private lessons? My first question was, like, John, how did you develop this scientist's mind that you have? And then you said that it was in the private lessons you would always roll with the students and you didn't have UK on every single private lesson. And then you told me that the way you would roll with your students in the private lessons was letting them start in the mode, in the side control, and you had to get out and connect on submission as quick as possible. So that's pretty much this instruction, right? Yeah, far back into my teaching history. I basically taught privates all day, every day for, like, a decade and a half. And always, I was never a guy until my hip replacement finally ended this. I always did my privates with the student. I never had another person fill in. It was always me working. And as a result, I had an extraordinary amount of time just feeling the positions, what was strong about them, what was weak about them. And when we did live rolling, which was every class, I would always start in positions of extreme disadvantage. And it wouldn't be fair. You know, like, you can't go with a start neutral. You've got to give them something to deal with. And I was able to map out numerous ways of going directly from very poor positions directly into submission counterattacks. And this kind of history in my teaching is reflected in this video. Yeah, no, that's amazing, John. And just to finish, I was very, very impressed with, like, how many submissions you can find from these very bad spots. I saw you doing, like, triangles, omoplata, straight arm lock, heel hooks, leg locks. That was amazing to watch. Yeah, yeah. You will see that there are patterns. They go in certain directions. There's a guiding philosophy, but there are many manifestations of those guiding philosophies. And it's quite shocking the first time you go against someone who exudes this kind of spirit of always attacking you. You go with Gary Turner or Gordon the first time they let you get mounted on them, and then 10 seconds later you're fighting for your life out of a heel hook. We were also yesterday on dinner just talking about, like, how dangerous it might be to compete against someone like that. Because even if you're winning by 15-0, and you're on side control, you're on the mall, you can always get tapped. You can get finished. You never feel safe against someone like that. You feel like you've done all this work, you're ahead by a comfortable margin, and then suddenly you're attacking. And ultimately that's what counts. And if it costs you no more than just putting them back in guard, why not do it? Yeah, no, I agree 100%. Yeah, so guys, if you guys have been watching the Nogi scene lately, that's one thing that I think differentiates the guys from everybody else. It's the level of escapes and level of connection to submissions from the escapes. So, guys, the first instruction from the New Wave Jiu-Jitsu series is all about that, from positional situations, right, John? Not from submission to submission. The second video will be about going from submission to submission. So you're counteracting, counterattacking, sorry, their submissions with your submissions. Basically, the whole idea is to generate with New Wave Jiu-Jitsu a generation of Jiu-Jitsu players who play a very attacking, positive game of Jiu-Jitsu. In my time in Jiu-Jitsu, I want as much as I can to remove that overly conservative element in Jiu-Jitsu where people do the minimum amount to win. I think it's fair to say, Bernardo, no one joined up at Jiu-Jitsu school with the ambition of winning matches by advantage. No one on their first day in Jiu-Jitsu said, I want to come in and learn how to win by advantage. That has no appeal to anyone. People came in because the magic of Jiu-Jitsu is you get

to control people and make them submit to you. That's the appeal. And so my goal as a coach is to push the sport as far as I can in that direction. Because the real magic of Jiu-Jitsu is control that leads to submission. That's why all of us do it. That's why all of us are passionate about it. No one's passionate about winning by the minimum amount possible. In competitions, sometimes you've got to do what you've got to do. But it's not the goal. This kind of approach of always looking to control leading to submission and the flip side of that, denying the other guy control over you and heading to submission, which is what this video is about, that's very, very dear to my heart. That's awesome. So guys, we're going to launch it soon at djfanatics.com. Maybe by the time you're watching, it's already there. So make sure to check that out. And I'm super excited that we're back to no-gi again, John. I feel like we're getting the gang back together again. So guys, just a recap here. So we had the Enter the System series. That was the first one with John. That was all no-gi. Then we went to go through faster with gi. That was more like fundamentals of gi. Then we went to feet to floor. That was standing with gi. And now we're back to no-gi. But this one will be substantially different because it's more concerned with the amalgamation of positional pressure with submission. Enter the System was just submission systems. Enter the System was really a response to a very enthusiastic call in the grappling community for me to explain what my students were doing in EBI competition. Please bear in mind that EBI competition was quite a long time ago, and the level of, for example, leg-locking expertise that was needed to win in those competitions wasn't as high as it is today. Enter the System did a great job of showing exactly what we did in those early days when the squad was young and first came up through the ranks. But the mature aspect of the squad is manifested by great athletes like Gordon Ryan, Gary Tonin, Craig Jones, Nicky Ryan coming up in a time when the level of competition has substantially increased in ADCC World Championship competition level means that these videos go, they're a lot more sophisticated. And Joao, I'm not like just trying to lift you up, but I really think that this capes is what differentiates them to everybody else because if you have this ability to believe so much in yourself that nobody is going to tap you, nobody is going to pin you, then you have the confidence to work on all the attacks that you haven't seen before. So guys, we're super excited about it. It's going to be at djfanatics.com soon. Maybe by the time you're watching, it's already there. And thanks so much, Joao. It was awesome. Thank you. Thanks, Placido. Thanks, Placido. Good to see you back. Please help me out to grow my YouTube channel. Just click subscribe. And to watch more videos, just click under see more videos. I hope you enjoyed.