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Hi, my name is John Danaher. I'm a jiu-jitsu coach out of New York City. My intention here today is to give you a clear understanding of the sport of Brazilian jiu-jitsu and to show the interface between jiu-jitsu as a sport, a recreational sport that anyone can enjoy and partake in, and its roots as a martial art founded in unarmed human combat. I'm joined today by two of the greatest figures in modern jiu-jitsu history, Bernardo Faria Thanks, John and Gordon Ryan. These two represent the pinnacle of two opposite strands of jiu-jitsu. One performed in a Gi, as I'm wearing, and one in no gi, as Gordon is wearing. What we want to do is introduce you to the idea of jiu-jitsu as a system of combat. I'm sure whatever experience you have with combat was pretty similar to the one which we all have, that for most untrained people combat between two humans is a wild and chaotic affair where typically the bigger, stronger, more aggressive person usually wins the confrontation. There's a sense in which if you look at unrestrained fights on social media or on YouTube or what have you, you always see the same thing. Two people engage in a wild exchange of energy and aggression and one kind of prevailing, it looks as though the laws of probability and chance play a big role. And it's a kind of a crapshoot as to who wins or who loses. Unless one is bigger and more aggressive than the other. What we want to do today is to show how Brazilian jiu-jitsu operates as a coherent and cohesive system to take away the randomness of unarmed fighting between two human beings and create conditions where the likelihood of victory dramatically goes up in your favor if you adhere to a few simple principles, which can be outlined as a simple step-by-step system which jiu-jitsu operates along. Let's start off with the idea of combat beginning almost always in the standing position. If we have two athletes standing in front of each other. If you watch the sport of mixed martial arts, or if you watch footage of most street altercations, you will typically see a pattern where that it starts in the standing position. In the standing position, human beings can employ the tremendous rotational and kinetic drive of their legs, hips, and shoulder rotation to generate huge amounts of kinetic energy. So you will see people punching and kicking with tremendous effect. That changes remarkably once two human beings go down to the ground. The amount of kinetic energy that we can generate in standing position is vast. But the amount of kinetic energy we can generate down the floor is significantly reduced. So as a general rule, not always but as a general rule, the first step in Brazilian jiu-jitsu is to take away the wild energy of a fight which can result in a catastrophic loss. Our first goal is to restrain our opponent by taking them down to the ground. Just as cowboys always take a steer down to the ground before they brand it for their own safety. Rather than try and do it on a standing steer which would be a very dangerous way to make a living. So to Brazilian jiu-jitsu generally favors the idea of taking a standing opponent and taking them down to the ground. This can be done in two ways. It can be done where we actively put the other man down or it might be reactively where he puts us down. So there's two basic ways in which you just you can operate from top position. That's one general system of the top position and bottom position and that's a different system. We're going to look at both. Let's look at the more favorable situation. We Gordon Ryan takes Bernardo down with a simple double leg takedown. Good as we rotate around for the camera. Once we get down to the ground, we notice something very interesting. Bernardo is flat on his back and has been taken down successfully. So there's some degree to which the fight is being made safer by Gordon Ryan. There's less chance now of a catastrophic knockout punch or kick. However, there is still a significant amount of danger going on here. Bernardo still has his legs between himself and Gordon Ryan. If Bernardo used his legs to kick upwards at Gordon Ryan, he could still do catastrophic damage here with an upkick and Bernardo being a very skilled fighter could also use his legs to attack Gordon Ryan with arm locks, strangleholds, etc, etc. So there's still considerable danger for Gordon Ryan as long as the legs of his opponent are in front of him. If he's a trained fighter like Bernardo, the dangerous move is to use his legs to kick upwards at Gordon Ryan. If he's a less trained fighter like Bernardo, the dangerous move is mostly submission holds. If he's a less trained

fighter or The context is one of street fighting. It may well be up kicking either way It's a bad thing to be caught in front of someone's legs. So as a general rule Brazilian jiu-jitsu always favors the idea once you've taken an opponent down to the ground and you've achieved top position Getting past your opponent's legs if we line up towards the camera guys As Gordon goes in to employ a guard pass. He goes past his opponent's legs and Goes into a dominant side position. You will see now that Bernardo's legs can no longer form an effective part of the fight Okay, it's very difficult from here to use his legs effectively to fight Gordon Ryan But Gordon Ryan on the other hand can easily go into a vast array of upper body submission holds here. In addition It's a very controlling pin where he can simply hold his opponent down for long periods of time you will notice however that Gordon Ryan's chest has to be down on his opponent if he Straightened up and started to throw punches at Bernardo. It would be very easy for Bernardo to get back up And either take him down or even just bring his legs back in and recover guard So knowing this if Gordon Ryan wanted now to begin striking with control down on the ground He would have to shift position one possibility would be a knee on belly position This is a very fine striking position because now space is developed between his upper body and his opponent's upper body and this space Gives him an ability to start throwing punches with tremendous effect at his opponent However, it does come at the price of stability. This is not the most stable position You can see if Bernardo starts moving around. It's not really a particularly stable position So though it's a fine punching platform, it does lack somewhat instability So it scores some points in the sport of jiu-jitsu, but not maximum points Perhaps a better option would be for Gordon Ryan to slide his knee across into what we call the mounted position Now, this is a very fine punching position because as Gordon Ryan rises up again We get space between the two upper bodies which creates a strong punching platform and from here tremendous blows can be thrown with fists and elbows Etc. In addition, he's over his opponent's hips And he can use his legs to create strong wedges around his opponent's hips So if Bernardo tried to twist and turn out of here, it would be a difficult thing for him to do So it's a much more stable punching platform than knee on belly Because it's a superior punching platform. It scores more points in the sport of jiu-jitsu Now if Bernardo reacted to the punches by wildly turning his back on his opponent We would get to another very very dominant form of position and if Gordon Ryan flattened his opponent out in this position This too is a very very fine stable punching platform Not only is it a superb punching platform, but it's also an excellent position to start going into submission holds Where instead of using kinetic energy through strikes to render an opponent unconscious, we use strangulations and arm locks to threaten unconsciousness by a strangle or rolling into an arm bar And finishing by breaking our opponent's limbs You can see what's going on here First we removed the single most dangerous element of the fight Which is the wild kinetic energy which can be created in the standing position We did this by taking our opponent down to the ground Once we achieved top position, our next thing was to get past our opponent's legs. The legs represent danger Our opponent can kick at us and he can employ submission holds from bottom position He can sweep us put us down on our back, etc. So once we have achieved top position Our whole thing is to clear the legs and get to a dominant pin. The measure of dominance Follows a simple rule. The more Control I have of my opponent's body while at the same time Distance between my upper body and his so that we can throw punches, elbows, etc. with effect The more we get that the more reward we get in the point system the ultimate position is one where we get behind our opponent where you have the ability to hit and Strangle and arm lock them while they have no ability to do the same to you. Even the mounted position As good as it is, there's some opportunity for your opponent to throw punches back. Granted It's not a very good opportunity and could even lead to submission holds being performed by the top man At least there is some capacity for the opponent to to fire punches back But all that changes when you get behind somebody. When they turn And we get behind now The man on bottom is a hundred percent defensive at this point and they can be attacked with equal

efficacy With both submission holds and strikes. So this is the most desirable position in the sport Thank you guys Now this looks at a situation where we took our opponent down and you could see there was a simple four-step system working In this in this case step number one We took our opponent down to the ground and we removed the single greatest danger Which is the ability of our opponent to engage in a catastrophic knockout So generating huge amounts kinetic energy in a standing position with punch kicks elbows knees, etc So we took them down to the floor step number two We went past their legs so-called passing of the guard where we get past their legs and into a dominant upper body pin Once we get a dominant upper body pin We use movement around our opponent's body to go from one pin to another The more that pin offers control that leads into striking ability on the floor the more reward the pin gets in the sport system of jiu-jitsu and This culminates in the fourth step the idea of submission Using a joint lock or even better a stranglehold to finish the fight in a very decisive fashion So this would be the top system of Brazilian jiu-jitsu Now what if we took the other angle and we were the ones who got taken down to the ground? Perhaps the opponent tackled us and put us on the floor Well, then the situation gets a little bit more ambiguous, but still pretty simple. Let's have a look at it now Let's look at a situation where Bernardo Faria takes down Gordon Ryan And puts him straight down to the floor, let's face the camera guys and get an angle Okay, right off the takedown There's an opportunity for us to attack Provided we have our legs between ourselves and our opponent I'm gonna say this again because this is a key theme behind the sport of jiu-jitsu If we're going to be in an unbacked position We always want our legs as an intermediary or a barrier between ourselves and our opponent I always want my legs between my upper body and my opponent's upper body. This is a key key theme now What if that didn't happen? What if? But not if I not just took Gordon Ryan down, but actually cleared his legs and ended up across his side Well, our first responsibility in the bottom position is always to recover our legs and get our legs back between ourselves and our opponent So you will see having been taken down as step number one Gordon Ryan step number two is now to recover his legs and get out of that pin Once his legs come around his opponent now He has an opportunity to begin to attack and this can be done in numerous different ways as we saw earlier Gordon Ryan could for example employ an arm lock He could employ a strangle with his legs the so-called triangle He could employ some kind of sweep where he knocked his opponent over And went from bottom position to top position we'll come back to investigate that later, but you can see what's happening Our opponent took us down and cleared our legs So our first responsibility is always to bring our legs back between ourselves and our opponent and From there if we're going to fight off our back We're going to fight with the benefit of our legs. What is so special about the legs? What makes the legs such a big part of the sport of Jiu-Jitsu? Well, there's an obvious asymmetry between the strength of our legs and the strength of our upper body. When Gordon Ryan uses any form of guard against Bernardo Faria, you'll notice what's going on here is he's using his legs to wrestle his opponent's upper body. And if he can do this, locking on to his opponent and turning him over, or coming back to the same position, locking up a submission hold, say a triangle for example, he's using his legs against his opponent's upper body to create a situation where an asymmetry between his leg strength versus his opponent's upper body strength means that there's a very high likelihood of victory on his part. Remember, for a smaller person to defeat a bigger person, it's almost always going to take your legs against their arms if you're going to fight from bottom position. That means recovering some form of guard where we can fight with our legs against our opponent's upper body. Now, let's go further into this. Let's start standing again. Let's say Bernardo Faria takes Gordon Ryan down and lands straight in Gordon Ryan's guard and Gordon snaps on an arm lock even as they land, say for example, Uri Gatame. Can you see what happened there? This is probably the shortest rendition of Jiu-Jitsu as a system. We got taken down at step number one and right from our back, step number two, Gordon Ryan applies a nasty Uri Gatame arm lock where he extends

his opponent's arm straight and then hyper extends it to break the arm. That took only two steps in order to achieve victory. Step number one, our opponent took us down and because he landed inside our legs, we went directly to a submission hold and within two steps, we achieved victory. Now, contrast that with a situation where Bernardo Faria takes Gordon Ryan down. Let's come to center, guys, and clears Gordon Ryan's legs. Now, step number one, our opponent took us down to the floor. Step number two, we need to recover our guard. Step number three, we sweep our opponent over and achieve top position and we end up inside our opponent's guard. Now, as we saw before, if we're on top position, we have to clear our opponent's legs. So, step number four, we clear our opponent's legs. Step number five, we work through a hierarchy of pins, each one enabling strong punching pressure which makes our opponent's guard stronger. Step number six, a submission hold, a strangle from the back. And do you see how that was the longest possible method of employing the skills of jiu-jitsu? We started with a bad start to the fight. Our opponent took us down and cleared our legs. We used an escape to put him back in guard. We used our guard as a means of reversal to get top position, and then we went through the various steps of passing our opponent's guard, passing the legs in other words, working our way through a hierarchy of pins, and then finishing our opponent. That's the longest rendition that you can have of the step-by-step system of jiu-jitsu, six steps. So, jiu-jitsu can be as short as two steps. Our opponent takes us down. We finish quickly with a submission hold. Or it can be as long as six steps. Probably the most well-known rendition of jiu-jitsu is one where we take our opponent down, and it's a four-step system. But the application of jiu-jitsu is always somewhere, depending upon the scenario, between two steps and six steps, with the most well-known application being the four-step top system. Once you understand jiu-jitsu in this simple step-by-step system, it starts to give a very clear sense of what we ought to be doing in any phase of combat with another unarmed, single human being. Jiu-jitsu always gives a very clear sense of direction to anyone who follows its teachings. Anytime you're in a fight, you know exactly what you ought to be doing. If you're in a standing position, take your opponent down. If you can take him down, get past his legs. If you can get past his legs, work your way through a hierarchy of pins, which offer greater and greater potential to strike your opponent, until an opportunity presents itself to employ a submission hold. Usually a strangle is favored. If we end up in bottom position, we must first bring our legs back between ourselves and our opponent. Then we either submit them from where we are, or sweep them over and take top position, and then repeat the sequence of passing the legs, going through a hierarchy of pins, and finishing them with a submission hold. This very simple, but incredibly clear, step-by-step system gives you the potential to understand exactly what you ought to be doing at any moment in the wild chaos of a street fight. It's a great security to know and have this very clear sense of direction as to what you ought to be doing. Fighting by its very nature is a scary and chaotic business, and to have a clear, coherent, and very simple system knowing exactly what you ought to be doing at any moment in one of those wild and chaotic fights is a luxury that will help you immensely if you find yourself in a street fight situation. What I want to have these two outstanding athletes do now is to show you some of the elements in more detail that we touched in that discussion. We're going to have Gordon Ryan show some work from a closed guard situation. Mr. Ryan is about to release a video specifically on closed guard. It forms a major part of the system of jiu-jitsu, and he has within the overall system of jiu-jitsu his own system within that one specific niche, closed guard. Let's have a look at some work from closed guard Gordon Ryan. Okay, so essentially what we're trying to do is to keep our partner's posture broken. The way we do this is by thinking about our partner's spine as a lever, the hips being the short end of the lever, and the top of the head being the long end of the lever. So what I have to do to control my partner's posture is either one, use my hands to control his head, or two, find ways to incrementally work my legs up to a higher and higher point on this lever. So now when he goes to posture up or he goes to hit me, it's

just so difficult. I can always pull my knees in towards my chest and look to go into all of my attacks with submissions or with sweeps. In addition, I'm looking to turn this relatively neutral position into a position where I have small advantages by making micro adjustments where now I can start to move my legs into positions where I can control his posture, create angular advantages, and now look to go into all of my attacks, whether with submissions or with all kinds of different sweeping positions. So the first thing I'm looking for is to put myself, especially when there's punches being thrown, into a position where I can control his posture, whether with one, controlling the head with our arms, or two, finding ways to make micro adjustments to move his body position to where I can walk my legs and feet up to the long end of the lever of his spine, where now when he goes to posture up and punch me, it's difficult. If I can take elbows across the body and control posture, now I have two things. I have the ability to control his posture and I have angular advantage. So now when he goes to hit me from here, he can't posture up, he can't even get his hands in the right position, and now I can start to go into all of my attacks, where I can either go into submissions, I can take him over for sweeps, I can start to come in and go for back attacks. So the first thing we're looking for is ways to control his posture, whether through using my upper body or exploiting the asymmetry between the strength of my legs and the strength of his upper body. If I can do this, it will always lead me to these small micro advantage positions, where now I can control his posture and look to easily go into all of my either submissions, sweeping positions, or back take positions. Now, Bernardo Faria is going to demonstrate a different aspect of Jiu-Jitsu, one that he was legendary for. This is the ability to get past an opponent's legs using one of his signature methods, the over-under guard pass. Bernardo? So guys, in the sport of Jiu-Jitsu, this was always my way to go. It's a very simple way to get rid of the leg without giving my opponent too many options to attack me. So all I have to do is to make sure that I'm going to cover one of his legs using my left hand to control his leg and my right arm to cover his leg with my armpit. Also, I'm here, I'm pretty much blocking the hip of my opponent, and if he can move his hip, if he cannot move his hip, it's going to be hard for him to move his legs. So now the next step I'm going to do, I'm going to stay on toes, and I got to make sure to stretch his leg down. If his knee's pointing up, it means that I'm going against his leg, so I don't want to do that. What I want to do is I want to walk a little bit to the side, stretch his leg down, and now walk to the mirror. So when I'm on this spot, I have like my lower body on top of his leg, and it's going to be very hard for him to bring this leg back because it's stretching. So now all I have to do is jump over, skip over, drive to his side, and establish the side control, getting rid of his leg. What we have here is two of the greatest figures in the modern sport of Jiu-Jitsu, demonstrating how the sporting moves, which they often use in sport competition, relate back to the original combat applications of Brazilian Jiu-Jitsu. Jiu-Jitsu narrows the gap between a combat sport and a fighting art, a self-defense art. All of the major points in the sport are closely correlated with positions and movements, which ultimately have their origin in the idea of fighting in the street and unarmed combat against a single human being. In this way, Brazilian Jiu-Jitsu does an incredible job of providing a safe, fun, sporting environment where you can go in and train the techniques without striking, but its whole pedigree comes from a set of concerns that arise out of the realities of unarmed combat between two human beings. It was fun watching the demonstration of these two great athletes who so often use these skills out on the sporting stage, but it's wise always to remember their origin. And in this way, we get a very clear understanding of what Jiu-Jitsu is, where it comes from, and how the daily practice of it relates to those early combat origins. So, John, everything you explained here is pretty much what you also explained at Joe Rugan's podcast, right? Yes. I gave the simplified version there because it was only the four-step system, because that's the one that most people are familiar with. So I talked only about the top system of Jiu-Jitsu, which is four steps. But today we went the extra distance and we looked at the bottom system of Jiu-Jitsu, which can be anywhere from two to six steps, depending upon how the action plays out.

So guys, this episode that John did with Joe Rugan was one of the most talked Jiu-Jitsu episodes on Joe Rugan's podcast, and everybody was talking about it. So it was very cool to see John explaining this right here, right now, using me and Gordon. And guys, also, John and Gordon are the two best set instructors on bjjfanatics.com, and John is just doing all his fundamental series right now that covers a lot about what he explained here today. And Gordon is also about to launch his Close Guard Instruction for No Gi, which also has a lot of fundamentals there, because it's a type of technique that's pretty basic in Jiu-Jitsu. So it was super nice, John. Thanks so much. It was a lot of fun. Appreciate it.