

Metadata: [https://www.youtube.com/watch?v=gjE\\_sgWY4sk](https://www.youtube.com/watch?v=gjE_sgWY4sk)

Here's an example of how this unique art has grown. John Dunaha, one of the instructors at Henzo's Jiu-Jitsu Academy in New York, has been developing a variation of a sweep to gain the all-important top position. He shows it to Heim Gracie. John then attempts it while Heim gives a little resistance, so John can show transitions to other moves. Then they try it with maximum force to ascertain its effectiveness in real combat. Heim shifts its weight and moves around until he finds an escape. Whenever the technician refining his art, Henzo finds another. John then shows one of his more unique techniques, the spine lock. He taps one, then another. Then it's Henzo's turn. And that's how you do it.