Introduction

I. Introduction To Jiu Jitsu

A. Welcome! My name is Scott Sullivan and I am a third degree black belt in Brazilian Jiu Jitsu.

B. This is a course on beginning jiu jitsu.

C. This jiu jitsu curriculum is oriented towards fighting. We are not worried about sport or jiu jitsu competition. Competition is great and builds some important skills, but my teaching focus is on self-defense in a real streetfight situation. The goal here is to learn how to win a real fight. This was the original purpose of jiu jitsu.

D. 5 Reasons Why Jiu Jitsu Is The Best Martial Art In The World: By “best” I mean that which fulfills the purpose of something better than any other. (think of best car or best computer or best chess player). Think of best in terms of purpose fulfillment. The purpose of martial arts - The PRIMARY purpose of a martial art is primarily to win a physical fight to take out a bad guy while keeping you as safe as possible – everything else follows from that. Physical fighting skills are the foundation for confidence and so on. BJJ fulfills that purpose better than any other for most people. Why?

1. Jiu Jitsu WORKS!

   a. Battle tested. No theory or guess work. Jiu jitsu is scientific in the sense that you learn a move and you can test it out against an opponent who is resisting 100%. Jiu jitsu has been developing in this kind of a “lab” for a long time and so is every effective for this reason.

   b. In fact, it’s so effective that some have said it gives you your own “superpower”!
2. **Jiu Jitsu specializes in ground fighting which is the critical area for most fights**

   a. Most fights end up on the ground, whether you want them to or not.

   b. When you know jiu jitsu it is really easy to beat someone on the ground. Anyone who has trained in jiu jitsu for a long time knows that rolling with a guy who’s brand new, is very often just incredibly easy. It’s almost a joke how easy it is to beat them.

   c. So with jiu jitsu you are mastering the art of groundfighting which is the most common range of real fights.

3. **Jiu Jitsu Allows For Degrees of Force**

   a. Not all situations call for a knee to the face. Imagine your friend or coworker has had too much to drink at a party and starts to roughhouse a little bit. Are you going to just blast him in the face?

   b. Of what if someone you know is holding you and you just want them to stop without hurting them. Jiu jitsu has an answer for that.

   c. Big legal benefit here – smashing their face in is not the only answer for someone who knows jiu jitsu.

   d. Win a fight without having to throw a punch – you can take someone down and hold them there and just negotiate, you can put them in a submission lock, or you can go all the way and use strikes the most lethal and maiming grappling moves.

   e. Jiu jitsu covers the whole spectrum of force here and so it allows you to apply the appropriate level of force to a given situation.

4. **Jiu Jitsu Enables Smaller and Weaker People To Beat Bigger and Stronger People**

   a. Size always matters but it isn’t the only factor

   b. Jiu jitsu is designed to use TECHNIQUE AND LEVERAGE to overcome size and strength – and it really works.

   c. If you don’t believe it, Google BJJ school in your area and go in for a free trial and when it comes time to roll, pick any smaller person wearing a colored belt.
d. So getting a larger attacker on the ground and using technical leverage based movements on him from there is the most highly effective self-defense methods there is.

5. Jiu jitsu is a TON of FUN

a. The more fun something is the more you will do it.

Answering Common Objections

I. Answering Common Objections

A. What about multiple opponents?

a. No martial art works well here. I do not teach my students to use jiu jitsu to fight three guys.

b. “Run fu” is best. Then weapons – One of the commandments of my self-defense philosophy is to always carry a weapon. That is how you can reliably defeat multiple attackers. Kickboxing doesn’t work here. Krav Maga doesn’t work here. Jiu Jitsu doesn’t work here. These martial arts might help (Jiu jitsu can be good for getting away in case you are taken down, striking can help you win or get away - I teach striking too) but they are not made for that purpose. It’s the wrong tool for the job.

c. So I do not consider fighting multiple opponents to be a legitimate purpose for empty hand martial arts. The human body isn’t capable of reliably doing such things even with training. That doesn’t mean there aren’t exceptions. And martial arts can help but my point is that it can’t be counted on to win in under such conditions with any reliable degree of frequency.

d. So the fact that jiu jitsu doesn’t work that great against multiple attackers is not a strike against it. If you are training in a martial art for the primary purpose of fighting off multiple attackers you are wasting your time. If you training to primarily fight off one attacker then jiu jitsu is the best way to go. Carry a weapon for everything else.

2. What about weapons?

a. You are always going to be at a huge disadvantage if you try to use empty hand skills against say a knife or gun. Weapons are designed to make killing people easier. That’s why people use...
them.

b. That is another reason why my self-defense philosophy is to 
   always carry a weapon of your own. If your being attacked with a 
   gun, you should have your gun.

c. That being said, jiu jitsu has weapon defenses that are just as good 
   as anything else.

d. Some people say things like you should “never grapple a knife”  
   but that is simply not true. Controlling the weapon arm is 
   grappling. I even once heard of a study that tested various martial 
   arts styles against knife attacks and the guys that did the best in 
   this study were WRESTLERS. But the jiu jitsu weapon defenses 
   work as good as any other in my opinion.

3. Does this mean striking is no good?

a. Of course not. Striking works and I teach strikes too. It’s just that 
   the benefits of striking are more limited. Striking works best on 
   people your size or smaller. It’s not best for everybody. Teaching a 
   woman to rely primarily on strikes in self-defense is crazy.

b. For these reasons a striking based martial art is not the best way to 
   go.

**Module 1: The Simple Self-Defense Battle Plan**

II. Three Essential Tools: The Self-Defense “Battle Plan”

A. In the first section, we are going to start with the three most important tools you 
   need to know to win a real streetfight situation. The goal here is to get you 
   something that you can use as fast as possible. It’s not that there isn’t more to 
   learn, there’s a lot more to learn, but in the this first section I want to get you a 
   proven “game plan” that you can use if you are ever attacked by someone.

B. After you learn these tools as your foundation, we will build out into the whole 
   world of jiu jitsu from there.

III. The Mount: The Ultimate Position In A Fight

A. The mount is one of the ultimate positions in a fight. Jiu Jitsu self-defense is 
   focused on getting to this position.
1. The reason why is because from this position you can hurt him but he cannot hurt you. **Even if the bad guy is bigger than you are, he is helpless when he is mounted.**

2. That’s why the goal of a fight is to get to this position and stay there. Learn it well.

B. Basic Tips For the Mount

1. Knees on the ground

2. Stay low and heavy – Being tall makes it easier for you to be tipped over.

3. Use the “airplane” ride – spreading arms out wide is a good basic base to use most of the time.

C. Types of Attacks

1. **Control and negotiate** – some guys will quit when they are held down and can’t get out. Either from embarrassment or fatigue.

2. **Striking** – punches, elbows, head butt

3. **Submissions**

D. **Maintenance is important.** Be a “mount fighter”. You are only as good as your ability to maintain the mount. If you can’t stay on the mount, the position will not work for you.

E. Countering Escape Attempts: How to counter the three most common escape attempts

1. **The Hook and Post: Use this when the guy tries to push you off sideways**
   
   a. Counter with “Hook And Post”

2. **The Swim: Use this when the guy tries to push you straight up**
   
   a. Counter with swim – one arm at a time

3. **Take The Back: Use this when he turnovers** on his stomach:
   
   a. A lot of times the bad guy will want to roll over and get onto his knees so that he can get up to escape the mount. This is great for
you! When he gives you his back things get WORSE for him, not better.

b. **Take His Back**: You counter this with back mount. The back mount is another VERY DOMINANT position in a fight and this is a very common way to get there.

   a. When he turns give him a little room while staying on top.
   
   b. Put your weight on your hands to make your legs light.
   
   c. Scoot one knee behind his head to help hold him there and to make putting hook in easier.
   
   d. When he turns all the way over and starts to get up on his knees, insert your hooks, put your hands on the ground and sit back while supporting your weight with the balls of your feet (this is so you are not riding too high on his back). Your head should be in line with his head, not too high.
   
   e. Lock up the seatbelt grip.

c. **The three key components the back mount are:**

   a. Hooks in
   
   b. Seatbelt grip on
   
   c. Head down

d. **3 Drills You Need For The Perfect Back Mount**: Now that you know what the back mount is, we are going to cover some drills to help you perfect this position. This all has to be trained so that it is second nature. So we are going to break it up into parts and drill each.

   a. **Drill 1**: Partner turns to stomach one way, you make space and slide up knee, he rolls back, repeat on the other side.
   
   b. **Drill 2**: Partner turns all the way and gets on his knees, get the back mount and go for a ride.
   
   c. **Drill 3**: Partner turns all the way and you go for a ride, but you lose a hook (usually the top one). Use the remount technique and repeat the drill. (If and when your top hook comes out, don’t wait for him to come on top of you. Switch your feet to remount him).
F. More Mount Maintenance Tips:

1. **Low Swim against the arm trap**
   
   a. Sometimes your opponent might be a little smarter and try to trap one of your arms. If he does this he might be able to roll you off. To counter this arm wrap, **low swim** – keep elbow out and be stiff at a 45 degree angle so he cannot trap, then swim and replace.

2. **Ride high on chest**

   a. This is a good alternative. Sit high up on his chest makes him very vulnerable and takes away his hip bump.

3. **Grapevine hooks (two kinds)**

   a. Both hooks in

   b. One hook and one “knee base” when opponent pushes you to the side – practice this transition

G. Key Mount Drills

1. **Maintenance**: You need to get very good at staying on top of a resisting opponent. There is only one way to do this! PRACTICE!

   a. **The Mount Escape Drill**: Opponent tries to get out. You try to stay on! Start with light resistance and gradually increase to 100% resistance.

   b. **Adding Variations**: Work in all variations and techniques
      
      a. Swim against upwards push
      b. Hook and post against side push
      c. Scoot high on his chest
      d. Put in the grapevine
      e. Work on preventing the arm trap
      f. Take his back when he turns

   c. **Drill this often**. You can never get too good at it.

H. Now you know the basics of the mount position. Review this section often because the mount is a very important position in jiu jitsu and for real fighting.

IV. The Rear Naked Choke (RNC): The Ultimate Fight Stopper
A. There are a lot of tough guys in the world. Some guys have thick skulls and strong chins – they can really take a hard shot. Some guys are really flexible and when you put them in a submission they do not give up. Other guys are just tough and can take a high degree of pain and “tough their way through” a submission.

B. **But nobody can “tough their way through” a choke.** Nobody. There are no tough guys when it comes to chokes.

C. What you are going to learn now is the MOST EFFECTIVE CHOKE OF ALL.

D. Just like the mount is the ultimate position in a fight, the “REAR NAKED CHOKE” (RNC for short) is the ultimate fight ending move in all of martial arts. You can put a guy to sleep very quickly and easily with this move.

E. But you need to know how to do it properly.

   1. Rickson Gracie garage story

F. **How To Properly Apply the RNC**

   1. Wrap your arm around their neck with your elbow pointing forward
   2. That choking arm grabs the bicep of the other arm
   3. The non-choking arm folds behind the opponents head

G. **Squeeze by using three forms of pressure:** Coordinate all 3 of these motions at the same time and you will have a 5 second choke.

   1. **Hug & Arm Squeeze** – kind of like a deadlift motion
   2. **Head Pressure** – Your head presses his head forward through your hand
   3. **Chest Expansion** – Expand your chest like a bird

H. **Aim for a “5 second choke”**.

   1. You’ll know you have a 5 second choke when the person taps immediately when you squeeze
   2. When done wrong, maybe a 10-15 second choke. This will still work, it is just inefficient.

I. **Common mistakes**
1. Not just a “bicep curl”

2. Not just a “tricep extension”

J. **WARNING** – If you use this in a street fight you need to MONITOR your opponent! They WILL pass out. Be careful not to squeeze too long. **Squeezing for too long can cause serious injury or death.** If your choke is good it only takes about 5 seconds. If your choke is not so good it may take 10 seconds. But the important point to always remember is to monitor your opponent.

K. In later videos we will learn various ways you can get this choke.

V. **The Double Leg Takedown: The Easiest Way To Get A Man To The Ground**

A. **Jiu jitsu is a ground based martial art.** This is great because most fights go to the ground. But that also means we need to know how to get our opponent to the ground from a standing position, without getting beat up in the process. Once a skilled jiu jitsu person gets the bad guy to the ground it’s all over.

B. The double leg takedown is the easiest way to put a man on the ground

C. The “Street Double” – The simplest double leg to learn.

1. For learning we will start by being one arm’s length away

2. **Level change, step between his legs, hold his legs at the knees, shoulder bumps against his hips or waist, drive with your legs and maintain constant pressure. Kneel with your front leg as he falls** (the opponent will kind of break your fall).

3. **Judo principle** – drill the first part over and over and then finish.

VI. **The Basic Self-Defense Battle Plan: Putting The Three Main Pieces Together**

A. **The Self-Defense Battle Plan:** I’ve chosen these three moves as a “battle plan” because they have been proven to work great in real fights. Just YouTube “BJJ fight” or something like that and you’ll see some version of this same sequence over and over again. The fighters square off, the jiu jitsu guy takes the other man down to the ground, gets a mount, hits him a few times and the guy turns over and gets choked out. You see it over and over again. It’s almost like the fight is scripted.

B. **Here’s how it works:** We are going to take the easiest way to get someone down (the double leg), combine it with the ultimate fight position (the mount), and then
end the fight with the ultimate fight stopper (the RNC). This is a great combination for winning a fight.

C. **Starting Position: Start by controlling the distance**

   1. Two arm’s length distance

D. **Step 1: The Double Leg Takedown**

   1. There are two main ways your opponent may be coming after you

      a. **Aggressive** (he’s charging with a punch) Go straight in as he punches. This is an ideal time to shoot for the double.

      b. **Conservative** (he’s getting ready to hit you but looking for the shot) As he moves forward, fake a jab and go

E. **Step 2: Mount**

   1. Once you take him down, immediately climb to the mount

   2. Our goal here is to get his back. So once mounted, here are a few options

      a. He turns over on his own

      b. Slap his face to create panic, he turns over on his own

F. **Step 3: Apply the RNC and finish the fight**

   1. As he turns, take the back properly (view previous lesson on the back mount basics)

   2. He may turn two ways – on your “strong side” or on your “weak side”

      a. Tip: It’s easiest to choke with the bottom arm. That’s the one you want to use.

      b. Strong side (Your top arm is on the ground) Control his hand with your underhook arm, then complete the choke with your top arm

      c. Weak side (Your bottom arm is on the ground) Control if they roll onto your under-hook arm, top arm wraps neck and grabs his shoulder. Pick him up a bit with your hook and top arm and then “drop him” into the bottom arm for the choke.
G. **Important Assignment:** Drill the self-defense battle plan from start to finish 100 times. Start slow and make sure your technique is perfect. **Never sacrifice technique to improve speed.** Go only as fast as good technique allows. You can break it up into 5 sets of 20 or however you like. But until you have done this sequence *at least* 100 times, you will not have adequately practiced it for real combat.

H. **Troubleshooting Tips**

1. **The Arm Trap:** What if he doesn’t turn? Use the arm trap and turn him over.
   - a. Grab his wrist and elbow
   - b. “Fall on it” to pin his arm
   - c. Grab his hand from behind his head
   - d. Can punch from here or control him like a “joystick”. Turn him over and “fold” his trapped arm down so that he is on his stomach. RNC from there.

2. **Expose The Neck** – What if he keeps his chin down and you can’t get the choke?
   - a. Friendly – grab his forehead and pull it back
   - b. Less friendly – bone of the hand under the nose
   - c. Mean – punch him to expose the neck

3. **Chin Punch** – Use this to align his neck with your choke