THE COMPLETE BOOK OF JIU-JITSU

By GRANDMASTER DR. TED GAMBORDELLA

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

By

Grandmaster Dr. Ted Gambordella

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

I have been studying jiu-jitsu for over 36 years and during that time I have seen it rise from obscurity to great prominence in the Martial Arts. When I first began my training, there were only a handful of jiu-jitsu students in my hometown of Alexandria, LA, and even after 5 years when I left for college there were still only a handful. I started the first jiu-jitsu club at LSU and it grew to about 40 students before I left. Then I moved around LA, and Texas and started a few schools and trained a few hundred students. I was the first jiu-jitsu teacher in Dallas, TX.

It is an amazing thing to see the expression on someone's face the first time you bend their wrist, or lock their arm out. When they are just watching from the side, they think that the student who is having their wrist bent is just faking it, until they get to experience first hand the debilitating power of the wrist lock, and the absolute control it gives the teacher over the student. You see to really appreciate the power and beauty of jiu-jitsu you have to really have a few locks and hold put on you.

In the last 5 years with the advent of the UFC and the great jiu-jitsu fighters from Brazil and now America. Everyone in the martial arts knows and understands the power of jiu-jitsu and finally everyone, and I mean everyone is using some jiu-jitsu techniques in their teaching. Everything from throws to wrist locks, to hold downs and joint locks.

In this book you will learn all the basics of a true jiu-jitsu system. You will not learn any KICKS or any PUNCHES. Because real jiu-jitsu doesn't really have them. You will learn throws, wrist locks, hold downs, escapes and chokes. Because real jiu-jitsu does have them.

The best way to practice the moves is to look at the pictures and try to understand the move in your mind, before you actually practice the move with a student or partner. Make sure you understand what it is you are trying to do before you start to do it. It is much more productive to have a plan of action firmly in your mind before you try to do it on the floor.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

Jiu-Jitsu Push Ups

Start by arching the back up very hand and then coming thru and up with a curve in the back.

Now as you come thru do a push up by leaning and pushing on the right side and then leaning and pushing off the left side. Then back to the starting position.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

Jiu-jitsu Leg Strengthening Exercise

This is an important exercise because in most of the jiu-jitsu throws you need a lot of leg strength and this exercise will greatly help develop your leg strength.

Start by standing straight up and holding the arms out infront of the body. Now slowly drop down on one leg and keep the other leg out straight in front of the body. You might need to practice by holding on to a chair for support or your partners arm. Go all the way down until your heel touches your but, then back up. Do this 5 to 10 times on each side.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

Jiu-jitsu Falling exercises

I am including a chapter from my book The End of Injury on proper falling techniques in this section. That is why the photos will change from outside to inside.

FALLING

Perhaps no other and more obvious aspect of injuries that can be prevented is being taught less or understood less by the coaches and players in America than the proper method to fall on the ground without being injured. I am not talking about rolling forward, which is what most people think falling is. I am referring to getting your feet knocked out from under you and going 4 feet in the air and landing on your shoulder or neck, or being tackled or knocked down sideways and breaking your wrist, or slipping on the snow or ice and falling on your butt and injuring your tail bone or neck. These are examples of falls that athletes are constantly being exposed to, and that they are usually not at all prepared to negotiate or execute without receiving injury. For too long players, coaches, and fans have expected that if a players feet are taken out from under him, or he is thrown into the air, he will be injured, and if he isn't it is a miracle. There are proven, easy to learn and practice, techniques from Judo that will enable you to greatly reduce the chances of your being injured by a fall.

There are only three basic ways a person can fall: forward, backwards and sideways. Let us examine and practice techniques for each of these types of falls.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

The Forward Fall: this particular fall has two basic techniques to it. One, when the athlete has enough momentum or room to do a forward roll; two, when he must fall straight down.

The Forward Roll: Practice methods. In this roll it is important to roll the shoulder over so that it does not hit the ground, and to have the same foot and same shoulder forward, i.e. your right foot and right shoulder. Tuck the chin, avoid supporting your weight with your wrist, keep the body in a ball, and continue your rolling momentum till your are standing up again.

Stages in learning - Beginning:

a. squat down with the right knee and right shoulder forward

b. lean over, tucking the head, and rolling the shoulder over forward

c. keep the body in a ball and land with one leg flat, the other straight ahead

d. roll up and stand.

Practice this at least 12 times from the right and left sides.

Copyright 200
http://www.martialartsweapons.net

Intermediate Stage:

a. step forward with the right shoulder tucked down and the right leg forward

b. duck the head and bend over to the ground

c. curl the shoulder over and roll the body in a ball over the top of the shoulder

d. continue your roll till you are standing

Practice this roll at least 12 times with each shoulder. Be careful not to put too much weight on the wrist during the roll, and to tuck the head.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

Advanced Stage:

a. have one partner kneel on the ground, very low

b. take a running start and jump over the partner

c. while in the air tuck the shoulders and roll the body on the ground

d. continue the roll till you are standing up

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

Continue to add people on the ground till you can jump over 3 people. Do this at least 12 times. Practice your intermediate rolls every day during your practice session and before a game. It helps warm up the body and get the blood circulating.

The Forward Break fall: sometimes the player will find that he is unable to do a forward roll because of a wall or other people, etc. Then it is necessary to do a forward break fall all to prevent injury. In this fall it is important to remember to absorb all the shock of the fall on the forearms and hands by slapping the ground very hard just before you hit it. Keep the head up and the back straight or slightly raised to keep the knees from hitting the ground.

Practice - Beginner:

a. kneel on the ground with the hands in front of the body

b. fall forward slapping the ground very hard before you hit

c. keep the behind off the ground and the head up. Forcefully exhale your air as you hit

Practice this fall at least 12 times.

Intermediate:

a. stand up with the arms crossed in front of the body

b. bend the legs and slowly fall forward, slapping the ground very hard with
the arms before hitting

c. keep the behind off the ground and the head up. Yell and let your air out as you hit.

Practice 12 times.

Advanced:

a. stand straight up with the arms by the sides

b. jump forward as far as you can, slapping the ground with the hands before you hit

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

c. keep the trunk off the ground and the head up. Yell and forcefully exhale your air to keep it from getting knocked out

The Backwards Fall: often the player may find himself with his feet slipping out from under him or being knocked out from under him and must fall backwards without injuring his tail bone, or hitting his head.

The points to remember are to always bend the legs when slipping to get as close to the ground as possible before hitting, keep the chin tucked into the chest, slap with the arms as hard as you can, keeping the arms 45 degrees from the body, keep the back curved and the behind off the ground by slapping the ground before your butt hits it. Keep the legs crossed for protection, or to the sides.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

Practice - Beginner:

a. sit on the ground and cross the arms in front

b. slowly lean backwards slapping the ground very hard with the arms before your behind hits

c. keep the chin tucked into the chest, forcefully exhale the air

d. keep the back curved and the legs crossed or to the side

Practice this fall 12 times.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

Intermediate:

a. stand up with the arms crossed in front of the body

b. step backwards and begin to try to sit on the ground (an important point for it is much easier to fall from 1 foot than it is from 5 feet, and in most cases you are able to squat before you hit the ground.)

c. slap the ground very hard with the arms (notice how close the arms are to the body)

d. keep the butt off the ground until last, and the chin tucked into the chest so the head does not snap back and hit the ground. Yell to let your air out, so it does not get knocked out of you

Practice this fall 12 times.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

Advanced:

a. have a partner kneel on the ground very low

b. walk up briskly backward to the partner

c. fall over the partner and slap the ground before your butt or head hits, yell to let the air out so it does not get knocked out

d. continue to roll over and get back up

Practice this fall 12 times.

Note: the backwards fall is a very easy fall to take when one feels himself falling or has any type of warning he may be falling backwards. However, if one finds himself slipping on ice, etc., and falling backwards, then he must think very fast so as to avoid hitting his coccyx, or bumping his head. These fast reflexes come with practice.

The Side Break fall: often the player will find himself falling to the sides and care must be taken to avoid a shoulder injury or a wrist injury. The knee is particularly vulnerable in this position and proper falling and cover-up after falling can prevent many knee injuries.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

The important points to remember:

- never try to break the fall with your wrist
- keep the legs straight, or the knees bent to avoid knee injuries during or after the fall
- slap the ground very hard
- exhale your air to keep it from being knocked out.

Practice - Beginners:

a. kneel on the ground with the right leg in front of the left leg

b. slowly let yourself fall to the right, slapping the ground very hard with the right arm (note distance of arm from body), keep the knees bent

c. keep the head off the ground

Practice this fall 12 times to each side

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

Intermediate:

a. stand up with the right leg swinging across in front of the left.

b. slap the ground very hard before you hit, keep the shoulder curled forward

c. keep the knees bent

d. exhale your air forcefully to avoid having it knocked out

Practice this fall 12 times to each side.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

Advanced:

a. have a partner kneel on the ground

b. run up to the partner and jump over him landing on your side

c. slap the ground very hard, yell, and keep the knees bent

Practice this fall 12 times to each side.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

4 Way Falling Practice:
one of the best ways to practice your falls quickly and effectively.

a. jump forward into the forward break fall, get up quickly

b. take a step and do a forward shoulder roll, roll up to your feet

c. take a step backwards and fall backwards, roll up to your feet

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

d. take a step sideways and fall to your side, cover and get up.

Do this 4 times alternating sides on applicable falls.

Falling: it is very important to practice these falls every day until you have mastered them to such an extent that they are second nature to you. Because in the real life situation you fall very fast and suddenly and you often only have a split second to think. Your reflexes must be sharpened to the extent that you can fall any direction with only the slightest notice. It may seem silly, but a good way to practice for these reflexes is to fall suddenly while you are walking, at your own discretion, and to practice and re-practice your falls especially the 4 way falling techniques till you have mastered them.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

Waarming up the Knee

Flexibility: it is important that the knee be flexible, but not to over stretch or tear the knee ligaments. So a simple rotary knee flexibility exercise is all that is needed. Bend slightly down and place both hands upon the knees. Make small circles to the right and to the left, about 10 in each direction. Now bounce up and down a few times and make 10 more circles to the right and left.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

Sweeps. To the right and left sides. Hold the partner's arms and while pulling to the right to misdirect him. Lift your left leg and catch his right left about mid calf. Hit him in the leg and lift straight to the side while forcing his upper body over his leg, causing him to fall to the ground.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

Practice this sweep to the right and left side. It is important to master this technique as it is used as a set up in many more techniques.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

You can also kick the knee directly on the front and a little to the side to start the sweep, and you can also lock the leg behind the front sweeping leg to do the sweep.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

The Knee Drop Throw and Finish

You start out as if you are doing a leg sweep but you quickly drop to the knee and lock it out across his knee joint, throwing him to the ground directly to your side.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

Finish the move by holding the left arm and pulling your body into his, then you roll over and lock the elbow across your leg and arm to finish him.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

Here you are doing the same knee drop throw to the other side. After you throw him to the ground control his arm with your left hand and bend his elbow across your knee.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

You can secure the lock buy pushing your knee further under his arm and reaching over to grab his chin and wrench his neck.

You can really finish him by reaching over his head to lock it and then taking his arm and putting it between your legs to hold it locked as you continue to put hard pressure on his neck and head.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

You set up the throw by pulling him directly to the side and dropping to your right knee, while reaching up and grabbing him on the back of the GI near the shoulder.

Throw him over your knee to the ground, hold his arm out straight to lock it while bringing your knee up to hold the arm locked over your knee.

Copyright 2001 Dr. Ted Gambordella

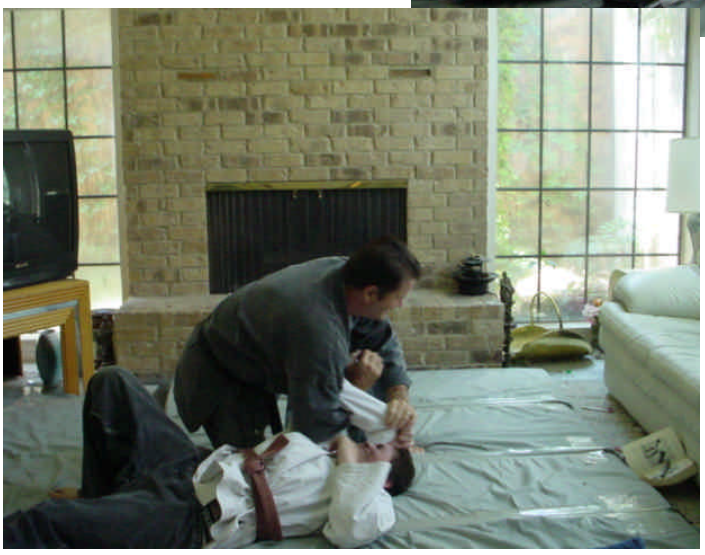
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here we do a hip throw by turning quickly into our partner and bending over while lifting him up and across your hip, throwing him to the ground in front of you.

Finish him by bending the right arm up and holding the wrist, then locking the arm under your left arm while applying pressure to his jaw with your right.



Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here we do a hip throw and after the throw we continue to hold the right arm and lift up on it to secure the hold.

We step over the arm to lock it out and then lay backwards to break it. Keep the thumb pointed up for secure the lock, and lift the hips for more pain to the joint.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

Here we are setting up for a rolling leg throw. Start by pushing the man backwards, he will resist and push forward. Then you pick up your leg and put it in the middle of his stomach, then sit back on the ground and continue to lift the leg in his stomach to push him up in the air and over your head. He should fall directly in front on your. Where you will roll up and on top of him to finish the move

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

After you roll up and on top of him you will begin to do a gi choke. Take the left hand and pull the gi to open it up, as you slide the right hand deep into the gi around the neck. Be sure that the thumb if facing up and the fingers are in. Now take the left hand and push it deep into the other side of the neck and gi. Lean over and apply pressure down and across to choke him out.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here we are starting a hip flip when he resists, so you reach down and under his right leg, while holding his left arm across your back. Lift him up and throw him to the ground.

Hold on to his left arm after the throw and place the knee into his chest to control. Then move the knee under his arm and lock the elbow out across your knee.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here we are doing a Neck throw, by holding across his neck and flipping him over our hips to the ground. Be sure to pull the arm across the body and pop your hips for more power.

Hold his right arm after the throw and lock it up across you body and then across your right knee, while you apply pressure to his jaw with your left hand.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

Here we are dong a leg stop sweep across the top of your right leg. Drop to the left knee and thrust the right leg across his side to trap his legs. Throw him over your right leg to the ground, where you begin to do a cross choke. Start by securing the right hand under this gi.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

After you secure the right hand, lock in the left hand deep into his gi and then lean over to apply the choke and finish him.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

The next move is a sliding lapel leg drop flip. You hold the inside of the partners jacket and then drop your knee directly in front of his leg, locking his knee out. Then you throw him over your leg to the ground. Continue to hold his right arm, and push your knuckles against his throat with your left.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

Now lock the right arm under your arm to secure it and pull up as you go back to the throat and apply a knuckle choke.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Now we will do a traditional shoulder throw. Start the move by stepping in and hooking under the arm. Turn your hips into his hips and lock the arm with your arm. Bend the legs. Notice the position of the throwers legs. They are facing out and about shoulder width apart.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

Throw him over the shoulder to the ground. Continue to hold his right arm, and step forward and pull up to lock it out. Turn the wrist outside, then drop to one knee and push the arm over your knee to break it.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here you step in and wrap your left arm around his neck, while reaching between his legs with your right arm. Now lift him up and placed him on your knee, dropping him to the ground.

Finish him by holding his right arm under your left and locking the elbow. Do a throat grab choke to finish the move.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

Here we lock under the arm with our right while stepping in, then we reach up and grab the back of his gi near the neck, throwing him to the ground. Where we finish him by pushing our knee into his neck.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here you find yourself in a neck lock after rushing in. Reach under between his legs and pick him up and throw him to the ground. This is a very hard fall, so be careful.

Now take his arm off your neck, and roll over while locking the arm behind his back. Put your hand thru the arm and hold the wrist to effect the hold securely.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

Drop to your right knee while reaching up and holding on to the top lapel on his gi. Throw him over your shoulder to the ground, while continuing to hold his right arm. Turn the arm over, and lock the wrist, and finish him by leaning down and pulling back and up on the arm.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

Here your partner is trying to throw you. Stop the throw by holding on to his leg and dropping your weight down and you pull down on his neck and begin to lift him up and throw him backward to the ground.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

After you throw him to the ground lock your right arm around his neck. Then reach your left arm up to the back of his neck, while locking in the right arm in the elbow area of the left.

You can lean backwards and really apply pressure with the choke. DO NOT cross the legs, he can break your ankles.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

Here we grab the head and lock it up, then reach down and grab his legs and flip him over your hip to the ground. Keep your arm lacked around his head, and when he hits the ground take the arm and lock it under your legs while applying great pressure on his neck to finish the hold.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here you start the move by faking outside and then step in and around to the side, locking his body by holding his arm. Pick him straight up and drop him on the ground where you can finish him.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

Here we step in between his legs and drop to the ground throwing him over our shoulder. This throw will cause his leg to land directly in front of you.

Copyright 2001 Dr. Ted Gambordella

THE COMPLETE BOOK of jiu-jitsu

Reach down and lock the leg, and turn your body directly towards him while applying pressure on his knee. Lock the leg up and push up and across on the ankle to break the ankle and the knee.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here you step in and lock the right arm around the neck while holding the left arm out the side. Step in with the right foot while pushing down on the neck and drop to your knees

You finish him by pulling up on the neck for a choke and leaning back

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here you are held by both hands, turn your body and pull the arms across locking them. Put them on top of your shoulder and begin to throw him.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Throw him over your shoulder and to the ground, Continue to hold his left arm and pull it across his body. You finish him by sitting on the elbow to break it. BE CAREFUL this is a very powerful hold.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here we see the same move done from the other side. Notice how you pull the arm across the body to lock it and then sit on it to break it.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

You are rushed by the partner. Drop to your knees to stop being pushed over and roll backwards throwing him over your body to the ground. There you grab his right arm and pull it across your body and lock it out, while applying pressure to his throat with your right hand.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

Here you find yourself on your back, as he approaches you lock your right leg behind his leg, and then push directly on his knee with your left. This will force him to the ground.

Reach up and grab his leg and lock the ankle under your arm. Make sure his leg is between yours and pull back on the ankle to break it by applying pressure on the ankle against your body.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

Here your partner is already on the ground. Lock your arm around his neck, and pull his arm directly to the side to lock it over your knee.

Continue to apply pressure to the arm and pull up on the neck to choke him and wrench the neck. You can also push against the neck and bend the arm backwards.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

Here you are on your back and your partner is trying to mount you. Grab his arms and pull him down to you. Roll over towards his body while pulling his arm thru your legs. Continue to roll up and lock the arm under his body and across your chest to hold him.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

Here you are on your back and he attempts to mount you. Put your leg under his stomach and pull him across your body and roll him over you. Then you reach over and lock his left arm. Continue to hold the arm and pull it across your chest and legs to lock the elbow and cause him to submit

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

Here your partner is on top. Lift up with the arms and then kick up with the right leg and roll over on your shoulder turn him. His leg will wind up behind him and in front of your, then you reach down and lock the ankle, and turn the knee to break it.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

Here your opponent has grabbed you around the head. Reach up with your left elbow and push it across his face, while lifting both legs off the ground and rolling up. And roll down very hard while pressing against his neck with your left arm. He will lean backwards and allow you to lock his neck with your head, and then you lock the arm across your body for the finish.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here your partner is lying across your body, Push up with your elbows to get some space and then wrap your leg across his neck forcing him backwards

Continue to lock the neck and grab the arm and lock it across your chest, and then choke him out while breaking the arm.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Your partner is on top trying to choke you. Break his grip by holding your hands together and driving them thru his arms to pull the apart. Then immediately smash him in the stomach

Use your arms to pull him over you and to the ground, controlling his leg as he rolls over. Grab his leg and do a ankle lock, pushing your other leg against his body for power.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

Here is a great escape from the mount. Hold your opponents gi and rock both your legs up directly into his back. This is a diversion and will cause him to lean forward to protect himself. Immediately drop the legs and pull him forward smashing his face to the ground and allowing you to roll over and escape.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

After you roll over to escape. Reach and grab the ankle to lock it out. Keep the pressure on the leg with your forearm and stand up to break the ankle and injury the leg.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

To do the sliding lapel choke. Hold the gi open with your left hand as you snake your right hand deep around his neck. Keep the thumb out and push the fingers in deep to get a secure hold. The further back your hand goes, the more effective the choke.

Now take the left hand and snake it into the gi on the left side. Keep the palm facing up and go as deep as possible to secure the hold.

Finish by leaning over and pulling the hands apart as you press down into the throat. This is very fast and very powerful. However, it will not work if you do not have the hand deep enough.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

Here is a arm bar choke. Take the right arm and slide it under his neck. Then lean over and grab the gi with the left arm, as you also reach up and grab the gi with the right arm. Now all you have to do is lean into the choke and push down with the left forearm against his throat, while pulling up with the right forearm from behind his neck.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

Here is a reverse neck choke. Wrap your arm around his head while pulling his body against your chest from the back and the side. Lean up and push into him to start the choke, and then pull up and backwards to finish the choke.

Here is a reverse strangle. Take the right forearm and hold it against his neck. Make a fist or a shuto with the right hand and then reach the left hand to hold the fist. Pull backwards and push your body against his back to finish the choke.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here is the military choke. A most effective choke. Start by pulling the right forearm against his neck. Be careful, not to pull the arm too far across, or you will actually give him an opening with your elbow.

Take the right hand and hold onto the left elbow area. Then take the left hand and wrap it around the back of his head. Push forward with the left hand and pull backwards with the right forearm.

Lean the body into the choke for more power. Notice I do not have the legs crossed because if your do he can reach up with his legs and break your ankles.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

To do an arm bar correctly you should wrap both your legs around his neck, reach over and grab both of his arms and pull them back across his body. This helps stretch him out.

Continue to lean back and lock the arm by holding the thumb straight up and keeping the elbow straight You apply the breaking pressure by lifting up with you body into his arm.

If you are strong enough and his arm locked well, you can bend the arm over your leg and break it.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here is a neck choke/break. Wrap your right arm around his neck and lock it against your body, holding your right hand with your left hand.

Now drop down your weight forcing him to the ground.

Finish him by pulling up and backwards on the neck. Keep your body stretched out in front of him for more leverage and power. This works very fast and is very powerful.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

Here is how to do a sliding arm bar. Start the move by pulling down on his arm and holding the gi, so he can't get away. Now step into him and roll the arm up across his back.

Continue the lock by going straight up with the arm and then locking it out. You can also wrap the arm across the back .

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

Here we do an ankle lock. You are lying in front of the mans legs. Reach down and grab the ankle and leg and pull it up across your body. Finish the hold by turning the ankle out and twisting the knee.

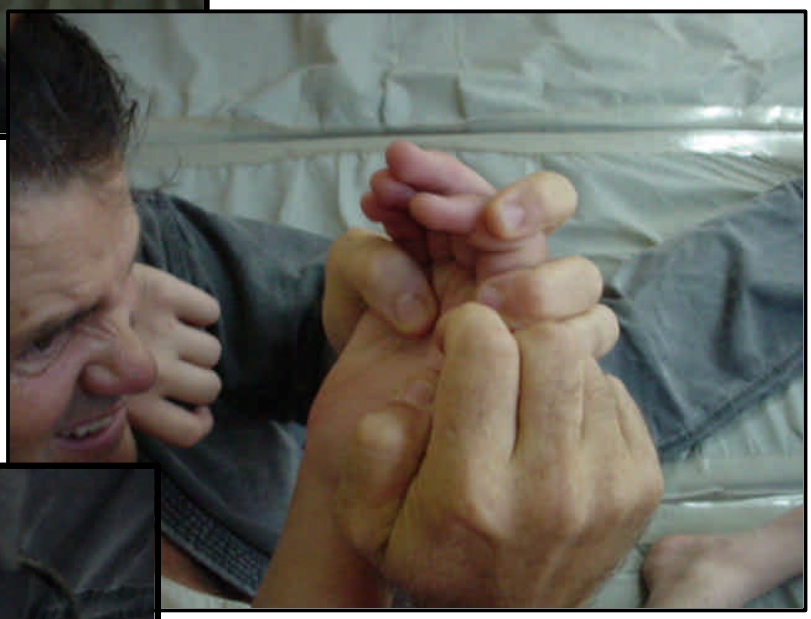
Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

Here you are held from behind in a choke. Reach up and grab the thumb and bend it inward to pull the hand off. This is a very important technique to learn, and we will see close-ups of how to grab the thumb and fingers.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

Take the thumb and wrap it into itself and push it like you are trying to bend it into itself. Do not just pull back. Study these pictures and practice until you understand you are crushing the thumb into itself, not pulling it back.



The same principle applies to the fingers. Do not try to pull the out, but crush them into themselves. Actually try to push the fingernail into the finger itself. It takes practice but is much more powerful and easier to do than trying to bend the fingers backwards.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

Here you stop a choke by bending the fingers into each other, and then rolling the arm over for an arm bar to finish the move.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here you are doing a arm bar and a elbow lock, from the front. Lock the arm between your two legs and turn the wrist over. Push down with the body and across the arm to finish the hold.

You can also drop the arm across your knee and bend it backwards to finish a hold.

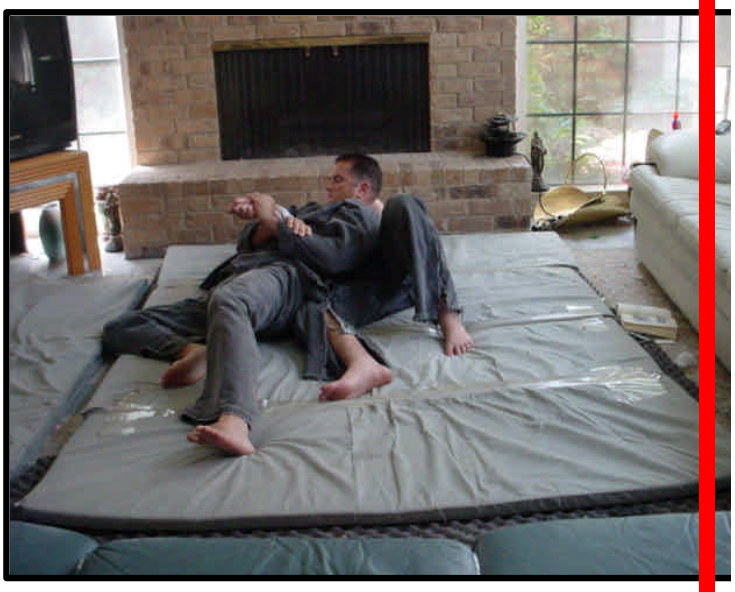
Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here you are held in a full nelson while on the ground. Reach up and grab the index finger of this top hand and bend it backwards and to the side to pull his hands off your head. After his hands are off roll to the side and lock his arm across your body to break the elbow.



Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here you opponent is trying to do arm bar lock on your wrist. Lean down and reach between his legs to grab and throw him to the ground. He will land on his back with you on top. Immediately reach over and lock his right arm between your legs.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

After you have locked his arm between your legs, put your elbow against his left arm and press down hard for pain, then reach over and lock it with both hands.

Finish the move by locking the elbow up and breaking it across your arm.

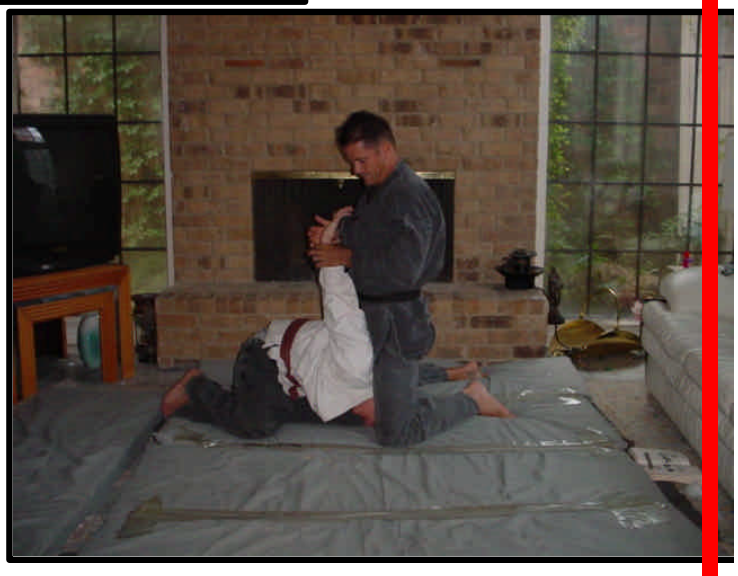
Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here your opponent has throw you to the ground in a upper wrist lock. To escape you must roll up directly over your head

After you roll up you will have his arm that you will lock around his body and to finish the move take the arm straight up to break it.



Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here you opponent has grabbed you gi, step around to the outside and wrist the arm locking it.

Keep the arm locked and both hands on the arm to keep the pressure and throw him with a leg sweep to the ground.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

Once your opponent is on the ground lock his arm by pulling up on the wrist and across. Be sure to keep the elbow high.

You can finish the move by leaning the arm over and pulling very hard against the elbow to break it.

Copyright 2001 Dr. Ted Gambordella

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

You are held from behind in a bear hug. Reach down and grab the finger of his hand on top and bend it backwards and twist out.

You finish the move by pulling the arm straight out to lock and then bending over and breaking it across your leg.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Your basic wrist release. You are held by the left hand with his right hand. Roll your wrist up against the thumb and over to escape.

Do not go against the fingers, but against the thumb for an easy escape.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here you are held by both wrists. Begin the escape by pushing out with the wrists. He will resist in and then you quickly roll both wrists over and towards the thumbs to escape.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

This move is called the reverse butterfly. You are held by both wrists, you resist out, he will push in and you quickly come in with the hands, reach under and grab his right wrist.

Now make a shuto of the left hand and press it against his wrist and turn it over to cause him to fall to the ground.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

Here you are held by the right wrist with his left hand. Turn the elbow into his body and pull it across your body, while pushing it forward. It is a very easy escape. You follow with a palm heel smash to his jaw.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here you are held by the wrist with both hands. Make a fist with your hand and reach over and lock your elbow to your side, and grab the wrist pulling it out using your body weight. Follow with a palm heel to the jaw.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

You are held on the lapel. Reach out and slap his face to distract him and then immediately reach down and grab the wrist locking it forward and to the side.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

Continue to lock the wrist and turn it outside and down forcing him to the ground.

Finish him by stomping your foot into his chest and breaking the wrist with a strong downward movement.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

You are held by the lapel. Reach down and grab the back of the wrist and twist it off. Then reach over and grab the thumb and the small finger, bending them in opposite directions to finish the hold.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here you are held by the lapel. Reach in and go around his body, pull his arm out and backwards behind him.

You can finish the hold with an arm bar or step out with the arm straight and kick him in the ribs.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here you are held by the lapel, reach down and grab the wrist and step back and around his body. Keep the elbow high and the wrist turned in for pain.

Once you are around back. Keep the elbow high, bend the wrist around like you are turning a wheel on a car. You can throw him to the ground for a finish.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here you are held by the wrist. Trap his hand and turn his arm over and up as you go around and lock his elbow across the top of your shoulder. There you can break the elbow or throw him over you to the ground.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

Here you grab the wrist and turn the arm over, using your forearm to press on his elbow forcing him to the ground. Hold the arm straight out and press the knee into the top of his triceps. This is a very painful hold.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

Here you hold his arm to the side and turn your body into the arm, while reaching up and across his body in front. Keep the wrist locked and bend over and grab the inside of his leg.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

Now pick up the man and throw him to the ground. Lift the arm up and lock it across your body for the submission.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here you are held by the lapel. Turn the wrist over and lock the arm out. Lift your leg to kick him in the armpit.

Now you can lock him up with a choke and finish him with a back breaking flip.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Take the arm and pull it across his body and then step around the back and twist the arm. Now push the arm down to the from forcing him to the ground.

Lock the arm across his back and you can bend the arm up and in for a complete submission.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

You are grabbed on the gi, lock the wrist and push down on the bicep to force him to the ground.

Now give a quick kick in the jaw to knock him to the ground, Continue to hold his wrist.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

Continue to push him to the ground, controlling the wrist and the elbow. Now lock the elbow up across his back. Finish the move by putting his arm between your legs and pressing down and forward to break the arm, wrist, and elbow.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

You are about to be grabbed, block his arms and come up and hold the back of the head. Smash your knee directly into his nose to finish.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here you are held in a bear hug. Reach up and wrap your hands tightly around his Neck. Now jump into the air and wrap both your legs around his body. This is very Powerful and dangerous for the partner. Be careful.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here you opponent tries to throw you over his shoulder. Block the throw by holding on to his leg, and stepping forward and pulling his hands over his head. Lock the wrist on his left arm.

Now lock the arm up across you body and then drop down to your knees and bend his arm forward to lock the elbow and the wrist for submission.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

Here you are held in a bear hug. Take your forearm and push it directly into his face and across his nose. Continue to pressing backwards across his face and step in to force him to the ground for the finish. The pressure of your forearm across his face will force him down.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

Here you pull the arm across his body then step in and back to lock the arm behind his back. Continue to hold the arm behind his back and flip him over your body and to the ground while holding the arm.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

Now lock up the arm by bending it behind his back and across. This is a very effective hold down, and you can even stand up and lock the arm just using your foot to hold the arm across his body.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

Here you wrap the arm around his back and force him over by pushing down on the elbow. Now take your knee and press it into his triceps and force him all the way to the ground. Where you can finish him by locking the elbow, breaking the wrist, and putting pressure on the triceps.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

This is a fireman's throw. Lean over and hold his arm across your body while you reach between his legs to lift him off the ground. By leaning to the right he will fall to the ground in front of you. Where you can lean over and lock his neck for a finish.

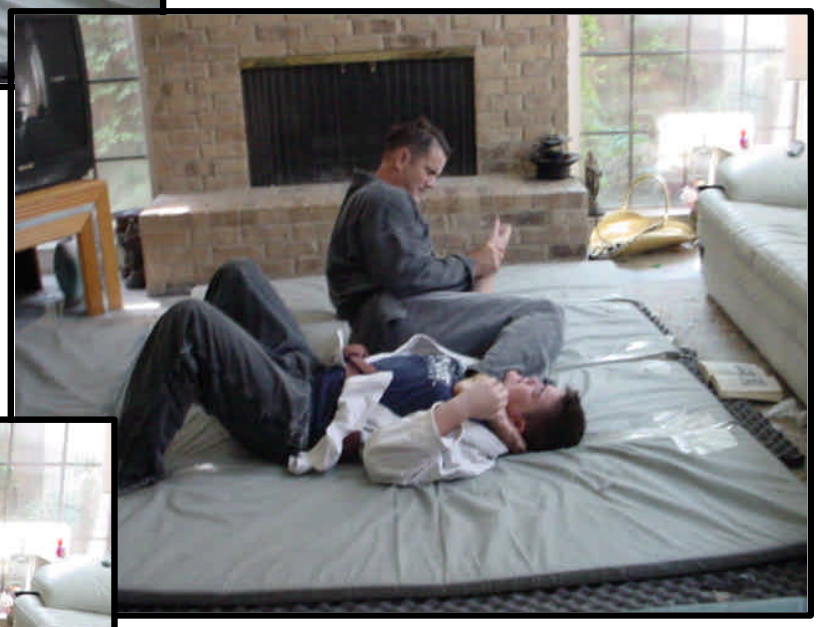
Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here is a good lock up. Start by locking his arm across your body and under your arm. Now lean back and put you foot across his chin.



You can finish him by locking the arm over your leg and pressing down hard on the arm and the leg into his throat.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here is a back breaking throw. Wrap your arm around his neck and step behind him to lock him up and pick him up on your back, throwing him to the ground under you.

This is very dangerous be careful when practicing.

Finish him with a choke and a neck wrench, leaning back for more power.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here is a throw from the ground. Lock your bottom leg in front of his leg and then roll over and press your top leg into his knee join t to throw him to the ground.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here is a throw from the ground from the front. Hold his arm and lock one leg behind his front leg, and the other to pushes against his knee, and then across and down to throw him to the ground.

Continue to hold his arm and lock it up. There you may finish him with an arm bar holding his arm against your body.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

Here you trap the man with your bottom leg wrapped around the inside of his front leg, and the top leg pushes against his hips to throw him to the ground.

On the ground hold his top leg and do an ankle lock. Keep both your legs wrapped around his leg, and roll to the side to cause more pain an to control better.

Copyright 2001 Dr. Ted Gambordella

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here you are held from behind by both arms, spread your arms wide and lift them over your head and in a circle towards the front. This will lock his arms on top of each other and allow you to throw him to the ground on his face. Where you may do an arm bar for a finish.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here you are held in a head lock. You must work to get you knee on the mans hip to relieve the pressure and give you leverage. After you get there grab his wrist and bend his thumb in to pull his hand off your head, then lock the hand behind his back and finish the hold.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here you are held in a headlock from the front. Bend down and grab the inside of his right leg, this will allow you to drop down and throw him to the side. Where you will pull his hand off your head.

Reach up and bend his fingers, wrist and thumb to lock the wrist and fingers and finish the hold.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

Here is a simple flip for a man who tries to rush you. As he comes in, duck your head and grab him around the waist. His forward momentum will throw him over your head and to the ground.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here you are being rushed in the middle of your body. As he hits you sprawl backwards. Spreading your feet and dropping to the ground. This will force his body to the ground, where your immediately run around his body and behind him for control.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

Once you get behind him. Reach down and grab his hair to pull his body off the ground, where you immediately apply a military choke. You can roll to the side for more control and to finish the move.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

MARTIAL ARTS WEAPONS ASSOCIATION

THE COMPLETE BOOK of jiu-jitsu

Here you have grabbed the man around the neck. Reach down and hold onto his gi, or belt for more pressure, and step up and lock his front leg throwing him to the ground.

When he hits the ground keep the neck pressure and bend him over to choke him out for the finish.

Copyright 2001 Dr. Ted Gambordella

http://www.martialartsweapons.net

THE COMPLETE BOOK of jiu-jitsu

Her you have the mans head trapped. Reach down and grab his right arm and pull it up and then across his body, as you turn into him and roll your leg across and over his head. Then you roll back over and secure the arm and put your leg across his neck for the control.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net

Now continue to control his arm, as you apply a choke with your legs across his neck. You can then lean back and lock his arm out to break it, as you continue the choke.

Copyright 2001 Dr. Ted Gambordella
http://www.martialartsweapons.net