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APOSTILA PARA  
ATLETAS  
INICIANTE

JIU - JITSU

ACADEMIA SPORT FIGHT CENTER



PROF. ANDRÉ ROBERTO DOMINGUES  
FAIXA PRETA - 1º GRADUADO EM TREINAMENTO DE ATLETAS E  
FISIOLÓGIA DO EXERCÍCIO.

16-4 COMMON MISCONCEPTIONS



No Control:

Here I have waited too long and Xande manages to open my legs. At this point, it is too late for me. I did not control any part of Xande's body and now he is in complete control of the pass.

Bulldozing Forward:

If I just try to grab and pull to sweep with the underhook it will not work. The secret is in moving your body next to his leg and sweeping toward his knee. If you only try to bulldoze the sweep, a good practitioner should be able to maintain his posture.



Stalling:

I cannot stall when my opponent stands in my guard. If I stay square to Xande without controlling him, it is likely he will pass with ease. This is a working position and it is a dangerous area in which to rest.

The Goal of the White Belt:  
SURVIVAL

"A warrior is tuned to survive, and he survives in the best of all possible ways."  
—Carlos Castaneda

1-1 WHAT DOES IT MEAN TO SURVIVE?

Everyone has fears, and every beginning jiu-jitsu practitioner at every academy will be accompanied by those fears when first stepping onto the mats. It may be the nightmare of claustrophobia, pain, or suffocation. In each situation, the student defeats these fears by facing them over and over again. At any moment, the student can tap to signal an end to the fight and start again and give it another try, over time he gradually liberates himself from the cycle of fear. This is a natural process of mental conditioning and it is the law for every student. Through this evolution, the grappler not only overcomes fear but also the instinctive tendencies to fight and waste energy. In place of his fear he develops confidence, fortitude, and peace in stressful times. In other words, he liberates himself from insecurity.

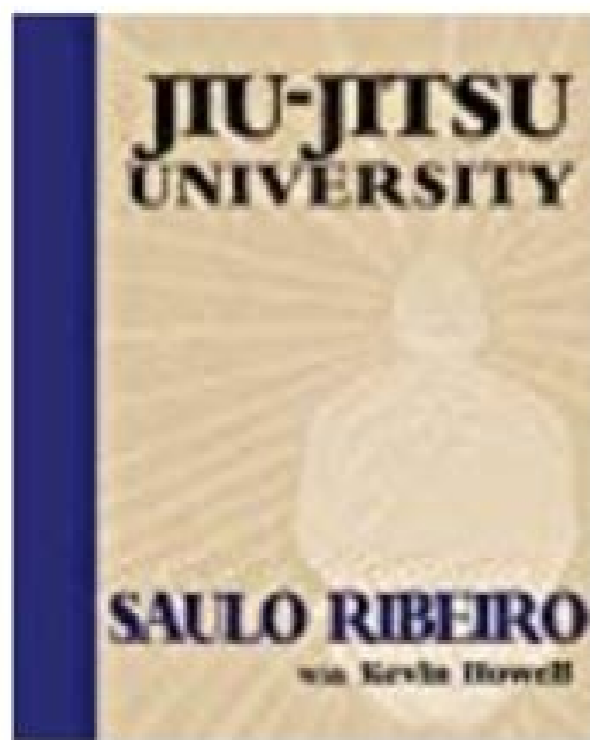
Survival on a physical level is simply an extension of this mental conditioning. Although there are physical techniques that I will show you how to use for survival, you must also make sure to become accustomed to the nature of being physically attacked, and specifically to pressure and to the claustrophobic feeling of crushing weight. In this way you will be mentally prepared to relax and let yourself go into these trying situations. Therefore, survival will depend on the mental aspect of becoming comfortable while under duress as well as physical techniques.

1-2 SURVIVAL AS THE FOUNDATION OF GRACIE JIU-JITSU

It is important to realize that survival is the aspect that brings us closest to the founder of jiu-jitsu, Helio Gracie (See Case Study 1.0). Due to his smaller stature, Helio was forced to learn how to survive against much larger and stronger opponents. Realizing that he would not be able to out-muscle these opponents, Helio instead looked for ways to survive. He was aware that it took much less energy to thwart his opponents' advances than it took to escape. His goal was simple, he may not win the fight, but he would not die. He would definitely survive.

The result of Helio's adaptations was astonishing; by focusing on the use of leverage as a tool for survival, Helio Gracie evolved jiu-jitsu into an art that could benefit a smaller person in a fight against a much larger opponent.

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