KIMURA: NEW CONCEPTS

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SUMMARY

01- KIMURA INTRODUCTION

02- KIMURA FROM THE NORTH-SOUTH (PLUS ARMLOCK)

03- THE NEW CONCEPTS

04- KIMURA VS. UNDERHOOK GUARD RECOVERY

05- KIMURA WHEN WE PASS GUARD STANDING

06- INVERTED KIMURA

07- KIMURA FROM HALF-GUARD

08- KIMURA USING THE HEEL TO BREAK THE GRIP

09- KIMURA WITH A NEW VARIATION TO BREAK THE GRIP

10- KIMURA FROM CLOSED GUARD

11- KIMURA FROM CLOSED GUARD WHEN THERE'S RESISTANCE

12- KIMURA COUNTERING THE DOUBLE UNDER PASS

13- KIMURA WHEN YOUR OPPONENT HOLDS OWN LAPEL

14- FINAL KIMURA TIPS

PREFACE

COMPLETE GUIDE TO THE KIMURA

One of jiu-jitsu's most popular moves, the kimura was so named in honor of Masahiko Kimura (1917–1993), a Japanese judoka who had among his specialties the ude-garami, a very effective torsion that adjusts to the opponent's arm when flexed at a right angle, having the elbow as vertex. The torsion acts not only against the elbow joint, but also against the shoulder joint.

The baptism happened exactly in the year 1951, when Kimura beat Helio Gracie in a challenge in Rio. The win came by submission -- an ude-garami, thenceforth known as the kimura.

It is this historic technique of maximum efficacy that Renzo Gracie tackles in this revolutionary training program, with over ten extremely didactic videos to perfect your way of setting the kimura and finishing with it.

In this course, Renzo shows that it's possible to attack with the kimura from a variety of situations -- whether passing guard standing, in side control, transitioning to the north-south, defending against the stacking pass, on top on half-guard or with your opponent inside your closed guard.

Renzo also shows what you must do to break your opponent's grip, usually on their own belt or lapel, to achieve the win.

This complete guide to the kimura lock is the definitive dossier to enable you to completely master the technique made famous by Masahiko Kimura and which never goes out of style.

Enjoy. Oss!

INTRO

1- KIMURA INTRODUCTION

For a long time, Renzo Gracie didn't like the kimura lock. He thought the move didn't go well with his body type and combat style. Until, he says, one day he understood how it works and should be applied -- and then the submissions started rolling in. This revolutionary program will teach you adjustment secrets for one of BJJ's classic techniques. Don't miss out!

RENZO'S TIP: "Never give up on a move. If you can't finish your opponents with the kimura, it's not down to a limitation of the technique itself, but rather an execution flaw -- maybe there's a detail missing in the adjustment or conclusion. The solution is to persist, to continue to try and to refine the attack until it's irresistible."

TO GET ACCESS TO RENZO GRACIE'S COMPLETE COURSE ON THE KIMURA, WITH 14 VIDEO LESSONS, GO TO **WWW.GALLERR.COM/RENZOKIMURA**

2- KIMURA FROM THE NORTH-SOUTH (PLUS ARMLOCK)

Renzo analyzes the most basic and frequent way of using the kimura: from side control, controlling your opponent's arm and concluding the submission sitting on their head in the north-south position. Note how in this situation, the kimura attack can go hand in hand with the armbar submission, making your jiu-jitsu more effective and dynamic.

RENZO'S TIP: "The wider your range of attack variations via kimura, the more efficient the move itself and your jiu-jitsu in general. For every type of reaction your opponent presents, there will be a technical, unstoppable response from you. Like in this lesson: If the kimura is foiled, change into an armbar!"

WATCH THE DETAILS OF HOW RENZO ARTICULATES THE KIMURA, SURPRISES HIS OPPONENT AND GOES FOR THE ARMBAR FINISH.
VISIT **WWW.GALLERR.COM/RENZOKIMURA**

3- THE NEW CONCEPTS

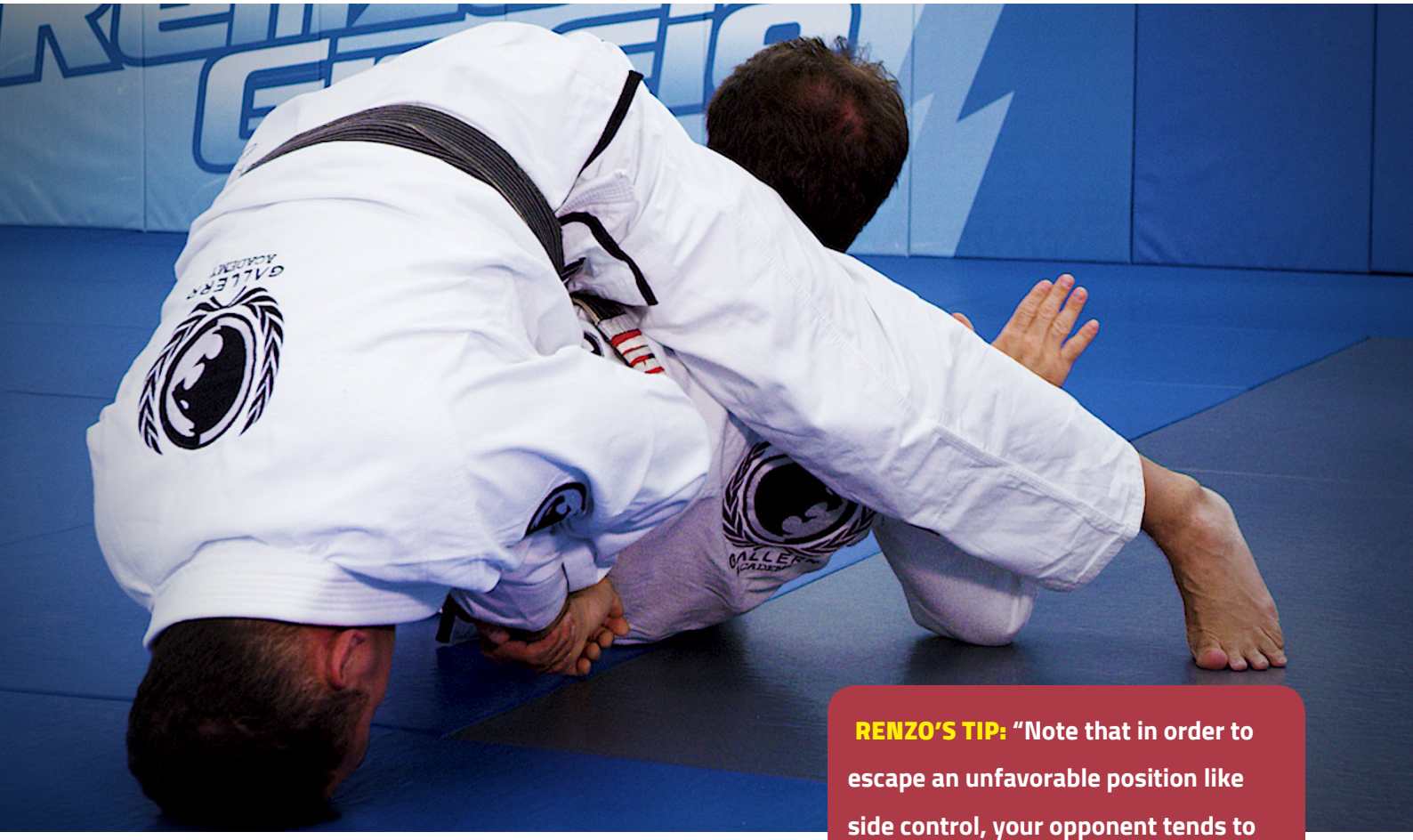
In order to understand the mechanic of the kimura, you must watch your opponent's elbow joint. Note how (on top, on half-guard) Renzo induces his opponent to point his elbow to the ceiling -- a position that facilitates the trapping of the arm and the conclusion of the submission.

RENZO'S TIP: "Adjustment details like the one taught in this lesson make all the difference when it comes to employing the kimura. It's due to these minutiae that you can apply it without wasting energy, submitting much stronger and heavier opponents than yourself."

TO BETTER UNDERSTAND THE FUNDAMENTALS OF HOW TO POSITION YOUR OPPONENT'S ELBOW, LEAVING THEM READY TO BE FINISHED, GO TO **WWW.GALLERR.COM/RENZOKIMURA**

4- KIMURA VS. UNDERHOOK GUARD RECOVERY

Many fighters try to escape side control resorting to the underhook. They stretch their arm next to their opponent's armpit in search of a support point to make recovering easier. Renzo teaches how you can take advantage of this underhook and set the kimura attacks. Note how Renzo passes his leg over his opponent's head, increasing the pressure.

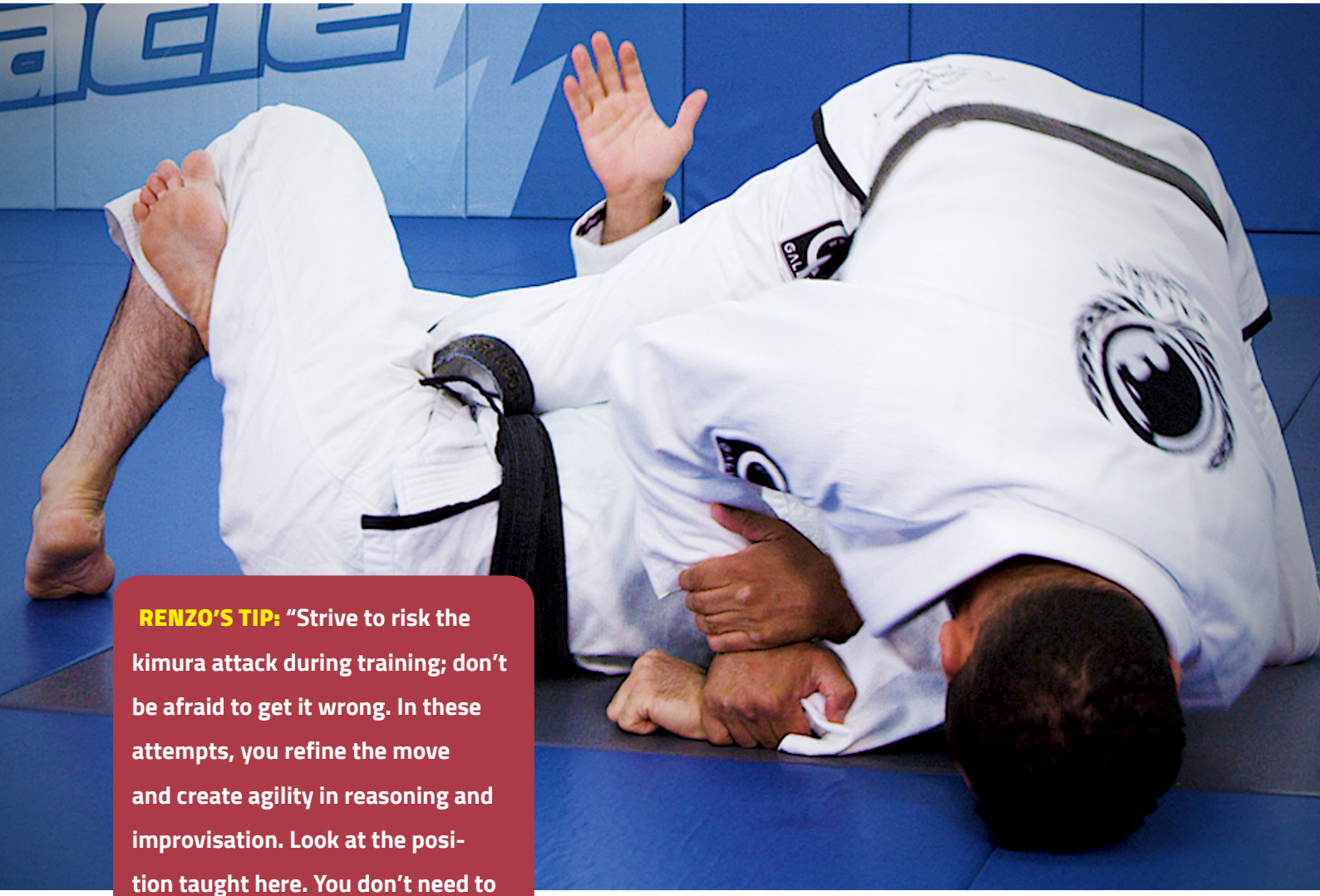


RENZO'S TIP: "Note that in order to escape an unfavorable position like side control, your opponent tends to become momentarily vulnerable. This brief instant is the perfect opportunity for you to use the kimura."

CHECK OUT HOW THE COMPLETE COURSE IS LAID OUT AT **WWW.GALLERR.COM/RENZOKIMURA**

5- KIMURA WHEN WE PASS GUARD STANDING

When you try to pass guard standing and your opponent, seated, hugs one of your legs, a great chance arises for you to finish via kimura. Note how the guard player's arm forms an arch that can be easily captured. To conclude the kimura, Renzo has an amazing tip that enables you to break the defense.



RENZO'S TIP: "Strive to risk the kimura attack during training; don't be afraid to get it wrong. In these attempts, you refine the move and create agility in reasoning and improvisation. Look at the position taught here. You don't need to chase it -- the opportunity knocks on your door. But in order to work, the attack must be sharp and take place at the right time."

THE KIMURA EMPLOYED DURING THE STANDING PASS HAS MANY IMPORTANT ADJUSTMENTS. LEARN EACH DETAIL AT **WWW.GALLERR.COM/RENZOKIMURA**

6- INVERTED KIMURA

"Jiu-jitsu is chess.'' This lesson is proof that the old cliché is correct. Renzo attacks Leo Tunico's left arm with a kimura -- check! To escape, Tunico opens the half-guard, repositions himself and uses his right arm to try to block. Renzo then announces checkmate: He abandons the left arm and, with an inverted kimura, attacks precisely the arm that Tunico was using to help the other. Check out this brilliant move.

RENZO'S TIP: "If you agree that BJJ really is a sort of game of chess of the body, you have to make like a grandmaster and always think two or three moves ahead of the move you're about to make, just like I show in this lesson."

UNDERSTAND HOW YOUR MINDSET CAN ENABLE YOU TO FORESEE MANY SITUATIONS, AND HOW RENZO MANEUVERS TO ACHIEVE CHECKMATE. VISIT
WWW.GALLERR.COM/RENZOKIMURA

7- KIMURA FROM HALF-GUARD

Renzo again capitalizes on the moment his opponent tries to underhook him from the half-guard. Renzo neutralizes the movement, inducing the guard player to point his elbow up -- a key detail. Note that when his opponent holds the belt to avoid the submission, Renzo uses his knee to break the grip and put an end to the match.

RENZO'S TIP: "Remember that the secret to effectively breaking the grip lies in stopping the grip's 'spring motion'. Guide yourself by that logic, and you will find ways to break grips swiftly."

UNDERSTAND HOW IMPORTANT THE ELBOW DETAIL IS, AS WELL AS THE KEY POINT THAT CULMINATE IN THE FINISH FROM THE HALF-GUARD. GOT TO **WWW.GALLERR.COM/RENZOKIMURA**

8- KIMURA USING THE HEEL TO BREAK THE GRIP

When you set the kimura, your opponent tends to hold their own belt attempting to prevent you from bringing the technique to its conclusion. But Renzo has an effective piece of advice to help you break your opponent's grip, strong as it may be, and finish. Note how Renzo uses his heel to resolve the matter -- another brilliant technique you have got to assimilate.

RENZO'S TIP: "Never get intimidated by the size of an opponent. Even if they're a giant, there will be a technical, effective way to finish them via kimura."

CHECK OUT RENZO'S VIDEO LESSON TEACHING HOW TO BREAK AN OPPONENT'S GRIP WITH THE ANKLE AND FINISH VIA KIMURA:
WWW.GALLERR.COM/RENZOKIMURA

9- KIMURA WITH A NEW VARIATION TO BREAK THE GRIP

After analyzing a kimura attack taught by Ricardo "Cachorrão'' Almeida, Renzo noticed that the opponent's defense becomes powerful when they hold their own belt over the central belly region. But once this grip gets laterally dislocated, the arm becomes vulnerable to the move's conclusion. Based on this theory, Renzo perfected Almeida's maneuver, making it unstoppable.

RENZO'S TIP: "Talk to your teachers and classmates about the kimura. You will improve a lot by doing this."

FOR SEVERAL OTHER KIMURA VARIATIONS, **WWW.GALLERR.COM/RENZOKIMURA**

10- KIMURA FROM CLOSED GUARD

Anytime your opponent is inside your closed guard and momentarily posts their hand, they will be vulnerable to the kimura attack. That's what Renzo teaches in this lesson. Note that you can induce your opponent to post their hands on the ground. During the kimura's conclusion, don't forget to hip-escape, for that increases the pressure.

RENZO'S TIP: "Once your opponent is in your guard, don't let them off the hook. Don't let them adjust themselves. Combine multiples attacks. Be aware: At some point they can leave their arm vulnerable to the kimura."

LEARN HOW TO SAFELY ATTACK USING THE INTENSITY OF THE KIMURA FROM THE CLOSED GUARD. VISIT **WWW.GALLERR.COM/RENZOKIMURA**

11- KIMURA FROM CLOSED GUARD WHEN THERE'S RESISTANCE

The moment you lock the kimura in place from the closed guard, your opponent tends to hold their own belt to avoid you bringing the technique to its conclusion. In this lesson, Renzo teaches a simple, effective solution to enable you to break the grip and get on with it. Note that the pressure is so big, that Renzo manages to submit Tunico using just one arm to perform the kimura control.

RENZO'S TIP: "Although the advice I give here is pretty simple, it's important that you practice a lot during training to find the maneuver's exact 'moment', sanding down this and other rough edges."

WATCH RENZO'S TIPS IN MOTION SO YOU CAN PRACTICE THE ADJUSTMENT TO BREAK YOUR OPPONENT'S GRIP AND GO FOR THE SUB. VISIT
WWW.GALLERR.COM/RENZOKIMURA

12- KIMURA COUNTERING THE DOUBLE UNDER PASS

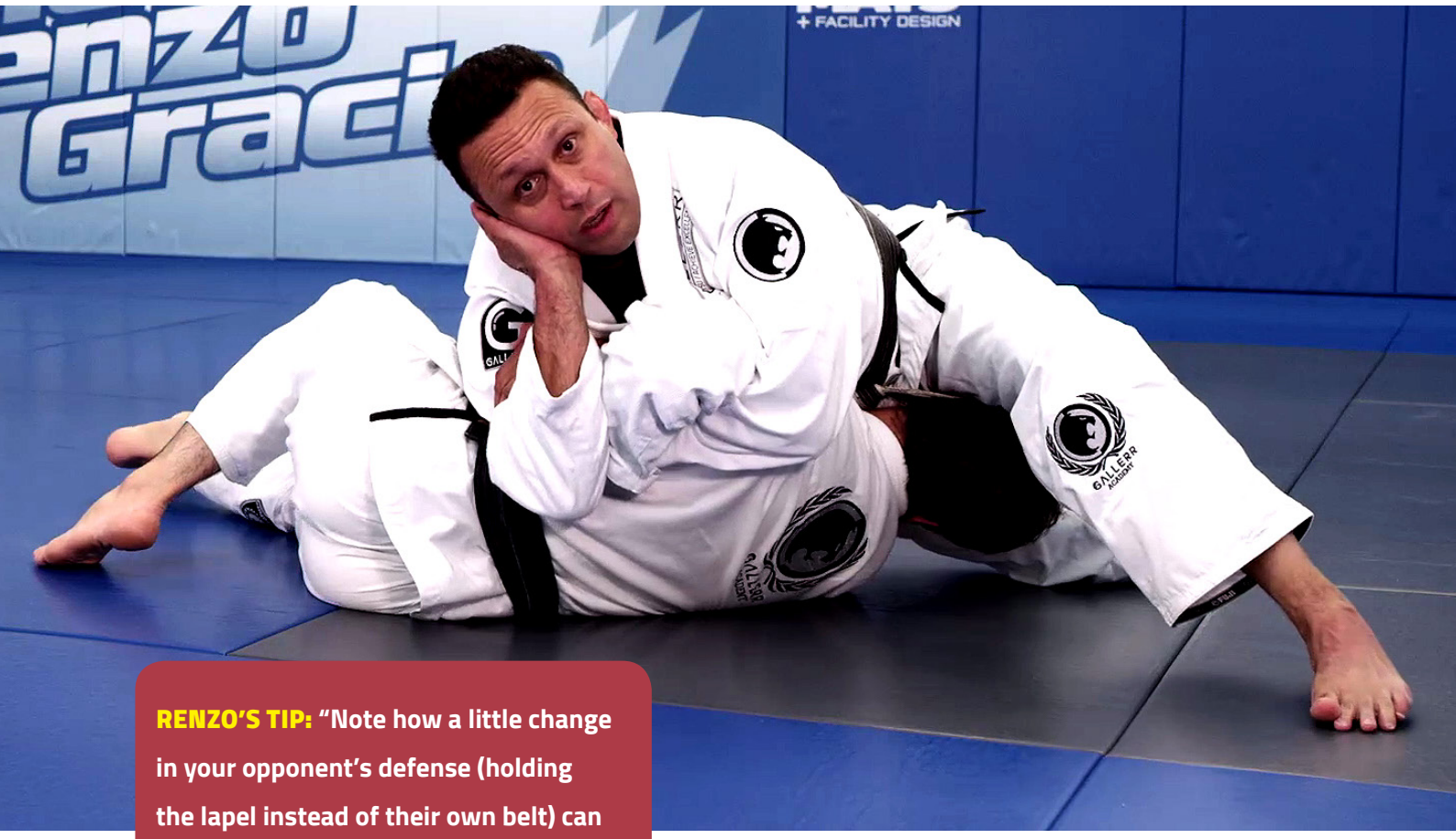
Renzo Gracie teaches a kimura attack you can use when your opponent tries to stack-pass your guard, passing both arms simultaneously under your legs. Note that he hip-escapes laterally and stretches one leg, opening up space to insert his arm next to the passer's armpit and control his arm. This is the move that broke Adilson Bita's 25-year streak of not tapping to a kimura.

RENZO'S TIP: "Jiu-jitsu is the art of leaving bait along the way to attract your opponent into your traps. Offer space for your opponent to seek the stacking pass. At the right, activate the trap I teach in this lesson."

SEE RENZO'S ENTIRE VIDEO LESSON ABOUT THE KIMURA AGAINST THE STACKING PASS: **WWW.GALLERR.COM/RENZOKIMURA**

13- KIMURA WHEN YOUR OPPONENT HOLDS OWN LAPEL

Although the belt is the most common support point for an opponent to hold to defend against a kimura, they can also resort to a grip on their own lapel. Renzo teaches a way to break this lapel grip and conclude the move. Note that he deems it important to articulate multiple types of kimura attacks depending on the opponent's reaction.



RENZO'S TIP: "Note how a little change in your opponent's defense (holding the lapel instead of their own belt) can affect the entirety of your attack. That's what we call the fine-tuning of the adjustment. For each defensive act, there must be a reaction to match it by the fighter wishing to finish by kimura."

RENZO SHOWS YOU THE DETAILS OF EACH KIMURA VARIATION, EACH ONE LEADING TO THE SUBMISSION. GO TO **WWW.GALLERR.COM/RENZOKIMURA**

14- FINAL KIMURA TIPS

Renzo shares his final considerations about this special kimura-focused training program. He stresses the importance of combining the several attack types, and the valuable adjustment details when it's time to finish via kimura.

RENZO'S TIP: It's useless to only study the theory. After reading this e-book, practice these positions at the gym. Don't be afraid to take risks."

NOW THAT YOU'VE READ THIS E-BOOK, LEARN ALL OF THE POSITIONS TAUGHT HERE IN DETAIL, INCLUDING THE ADJUSTMENTS LEARNED BY RENZO OVER THE DECADES. GO TO **WWW.GALLERR.COM/RENZOKIMURA**

CHECK OUT THE ENTIRE 'KIMURA: NEW CONCEPTS' PROGRAM AT
WWW.GALLERR.COM/RENZOKIMURA