



WORKBOOK

RENZO GRACIE TEACHES
MASTERING BRAZILIAN JIU-JITSU



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[01 - INTRODUCTION]

In this introductory part of the course, you will get to know renowned BJJ teacher Renzo Gracie. Renzo, who is the owner of one of the world's biggest gyms, in the heart of New York, will welcome you with all his charisma and humor. After a brief introduction to BJJ – as well as to this course and the main benefits this martial art can offer you, – Renzo goes over basic self-defense techniques, such as the mount escape. He also tells a great story regarding his black belt – something that took place in Rio de Janeiro decades ago and that illustrates how BJJ will become important to your life.



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- Welcome to Renzo Gracie Academy.
- Learn how to **ESCAPE THE MOUNT.**
- Understand the importance of the belt.

[02- BJJ SITUATIONS]

Renzo presents the chief positions of a BJJ fight. Standing; playing guard from the bottom; playing guard from the top; on top in side control; on top with the knee on the belly; the mount; and control over the back. Renzo demonstrates these essential positions with help from a sparring partner, and makes important conceptual observations about each one. It's worth listening to this module, because, however basic, it helps organize your knowledge so it can naturally flow through all other modules of the course.

- **Where you can find yourself in a fight.**
- **A difference between defending guard and passing it.**
- **What is the KNEE-ON-BELLY?**



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[03- THE GUARD]

From this point, Renzo starts getting technically deep into the teaching of each BJJ situation mentioned in the previous module. Not by accident, he picks the guard as the first theme. The guard, he says, is like a shield. You use your legs and hips to stay protected, save up energy, tire your foe, and attack in a strategical manner.

Renzo shows some valuable details from the basic situations of the guard game, both in the realm of self-defense – as in avoiding punches – and in the realm of attacks via sweeps, chokes and armlocks. He also discusses general notions of control. Pay attention to how you must control the hip movements of the guard passer, and to the importance of breaking a foe's posture at any moment.

- **Using the guard as your shield.**
- **Avoiding punches.**
- **Sweeps, chokes, ARMLOCKS.**



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[04- CLOSED GUARD]

Renzo talks about the specificities of the guard in the moment you manage to wrap your opponent's torso with your legs, closing a sort of padlock as you cross your feet, one over the other, on your opponent's back. This is called the closed guard.

You will also learn a series of key attacks: armbar, inverted armbar, sweep, triangle, omoplata, back control and more – all starting from the closed guard, perhaps the most emblematic position in the BJJ primer spread by the Gracie family. It is, after all, from this position that traps arise for light and small fighters to defeat big and heavy opponents.

- Closing one's legs on an opponent's waist.
- Attacks from closed guard.
- **THE CHOKE.**



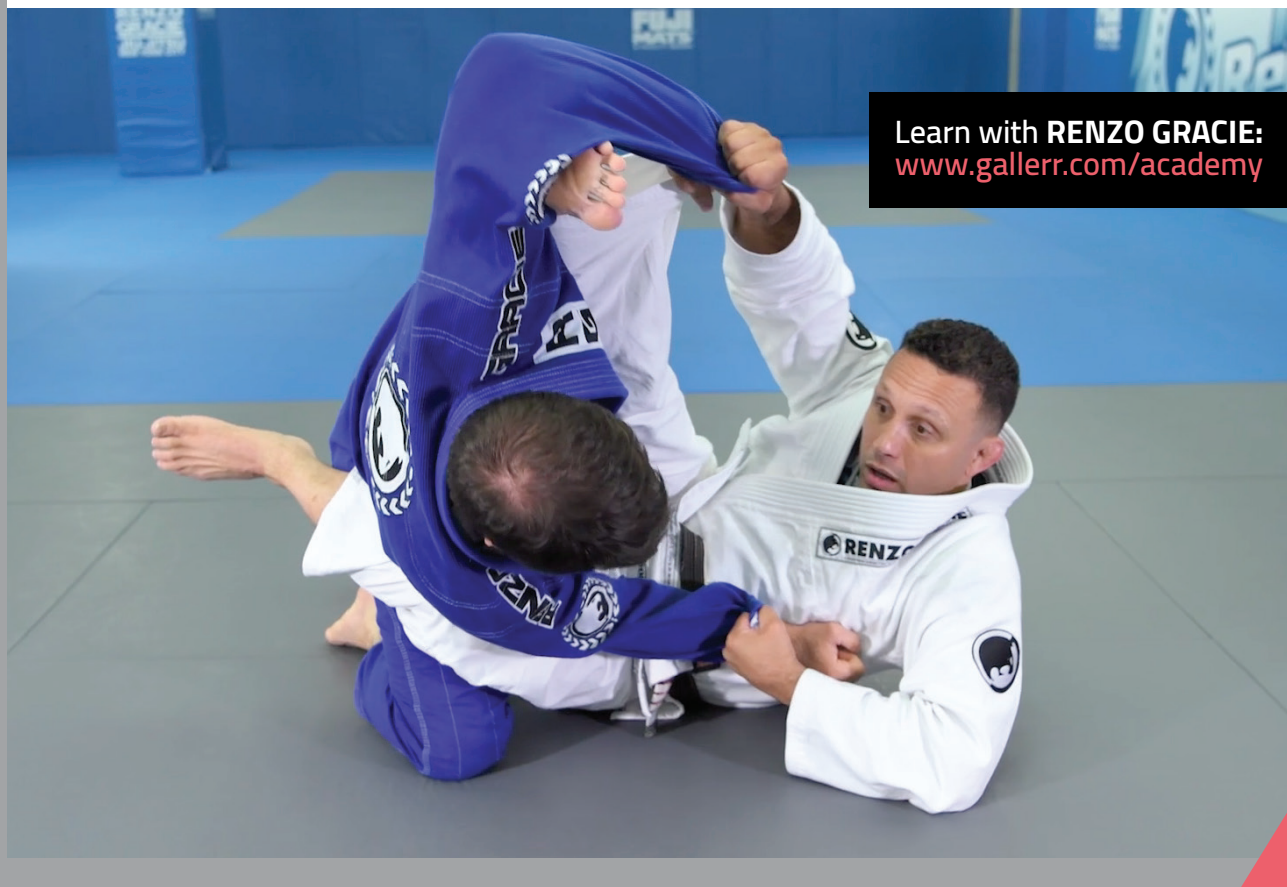
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[05- OPEN GUARD]

This module is a natural progression to the previous stage. You will continue with your back on the ground, but now your legs no longer wrap your foe's torso – the guard is open. Renzo shows that, even so, you can impose control over their movements.

Hip dynamics, the power of grips, legs coordinating like arms, and, above all, the self-confident typical of BJJ practitioners. These are the pillars that will keep you protected and dangerous at once, as you fight with your guard open, letting the game flow in the most diverse scenarios, from the butterfly guard to the de la Riva, to the lasso guard, among other positions that Renzo demonstrates throughout this module.

- **Maintaining the guard, with legs open.**
- **Hip dynamics.**
- **The importance of grips.**
- **Different TYPES OF OPEN GUARD.**



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[06- GUARD PASS]

Now you will learn how to fight from the perspective of someone who is on top in a fight that plays out on the ground. Your mission is to get past your opponent's guard, with the option to get to side control or go directly to the mount, all the while thinking of finishing.

Renzo teaches how to pass the closed guard – kneeling and standing – and how to pass various forms of open guard. He calls attention to the fact that, as soon as the passer gets past the opponent's knee line, the passer must no longer consider the possibility of retreating to the initial position; they must seek side control at all cost, or, if the guard player is about to neutralize the pass with the knee, the passer must opt to go straight to the north-south position.

See also several interesting tips from famous pupils of Renzo, like Rolles Gracie – who teaches a valuable detail regarding the closed guard pass – and Ricardo Almeida, who unveils a trick for surmounting the half-guard.

- **The passer's perspective.**
- **Goal: GETTING PAST THE KNEE LINE.**
- **Tips for making passing easier.**



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[07- THE GRIPS]

Grips are the secret to control, Renzo teaches. When you find the right places for putting your hands and the most efficient ways of grabbing the cloth, your life gets a hundred times better.

In this module, therefore, he shows several tips to turbocharge your BJJ through the way your hands control your opponents' armor. For example, you will learn details to efficiently gripping collars and performing chokes.

- **Learning control through grips.**
- **Using GRIPS TO CHOKE.**

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[08- HIPS]

It's no coincidence that one of the most important warmup exercises before BJJ lessons is the hip-escape dynamic. It's one of the pillars of an efficient game. A guard player, Renzo teaches, must not have their back flat on the ground, thus neutralizing the potential of their hips.

He demonstrates exercises for activating hip mobility. From observing his students train, Renzo shows conceptual errors, frequent flaws, and what one should avoid. Pay special attention when he goes over how he likes neutralizing guard players' hips when it's time to pass.

- **BJJ pillar: HIP-ESCAPING.**
- **Don't be flat on the ground.**
- **The best way to neutralize hips.**



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[09 - ATTACKS FROM ACROSS SIDE]

This module will teach you how to finish an opponent when you get past their guard and reach side control, often called “across side” by Renzo. Note how he extols compact positioning during side control as opposed to sprawling with one’s pelvis touching the ground.

Renzo believes that, with flexed legs, sitting on their own feet, forming a sort of box over their opponent, the passer is able to maintain a strong base at the same time they have mobility to adapt to their foe’s movements and reach efficient finishes.

Among side control attacks taught by Renzo in this module are the americana, the choke with knee on belly, and a choke with the leg passing over the opponent’s head – a technique that tends to catch fighters by surprise and get a tap-out.

. Side control: no sprawling.

. Balance for finishing.

. THE AMERICANA.

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[10- ATTACKS FROM THE MOUNT]

When you control an opponent from the mount, note that, when trying to escape, they will be forced to expose themselves in some way – whether it's turning their back or offering an arm or their neck. According to Renzo, this is the moment where you must seek a submission.

He teaches a repetition exercise for you to develop motor coordination and effectively apply the armbar from the mount. Besides, you will learn how to apply the americana lock and two chokes, all from the mount.

- **As your opponent attempts to escape the mount, they tend to become vulnerable.**
- **FINISH THE CHOKE by getting your head closer to the hand that is on top on the tourniquet.**



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[11- BACK-TAKE]

Like the mount, the back-take offers a big advantage to the attacking fighter. So, when you reach an opponent's back, never let this position slip. In this module, Renzo teaches several tips for you to handle the scenario of complete control over an opponent.

Renzo shows some types of submissions from the back, revealing efficient details for adjustments. And, in case you do let the position slip, he shows a simple way to quickly regain control.

- Don't rush once you reach the back.
- Worry about lining up your chest with your foe's back.
- Apply the **SPREAD-THE-CHICKEN** and stifle their reaction.



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[12- FOOT LOCKS]

When you are passing a guard, you can surprise your opponent by ditching the expected progression (seeking side control) and going for a blitz on their foot, like a straight foot lock.

More than just be an element of surprise, he teaches, foot locks can make up an arsenal of heavy artillery. Pay attention to the adjustment details and also the right points upon which to apply the pressure for each move. And don't forget: when you attack with a foot lock, always mind your own feet.

- Don't forget about your own feet.
- Tough guard to crack? **GO FOR THE FEET!**



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[13- UNUSUAL ATTACKS]

BJJ allows you to surprise opponents at critical junctures, when there is a feeling that all is lost for you. In this module, Renzo wants you to focus on that sort of scenario.

Has your opponent taken your back? Have they reached side control and started squeezing you? Is an aggressive clinch pushing you against the wall? Stay cool – Renzo shows you several antidotes.

- **Don't panic in situations of adversity.**
- **Leave the mount for the STRAIGHT FOOT LOCK.**
- **Don't worry about winning or losing. Worry about not giving up.**



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[14- THE DOUBLE ATTACK CONCEPT]

Not always can your attack succeed in a BJJ match. After all, your opponent might be able to defend. In these cases, you need a plan B up your sleeve. You may even have a plan C and a D. For each defense an opponent uses against your move, you must quickly come up with a response. That is the idea Renzo imparts in this module.

When an opponent uses their hand to protect against the choke from the mount, switch to an attack on their arm. The same dynamic can be applied to the back attack or finishes from inside the guard, and so forth. Invest in repeating these variations, and turn the concept of the double attack into something intuitive for you.

- **A choke can be completely connected to AN ARMBAR. And vice versa.**
- **Invest in repetition, and turn the double attack into an intuitive part of your game.**

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[15- SELF-DEFENSE]

Now you will learn how to apply BJJ techniques to protect yourself in real-life aggression scenarios. For example: how would you react if you were pushed at a party? Or if some thug attempted to choke you from the back to get you to pass out and then rob you? Renzo has the answers to these and many other questions.

Note how Renzo uses real MMA bouts all the time as reference to the moves he teaches in this module, which proves that these are indeed efficient techniques that can get you out of trouble in the streets.

Repeat these, a lot, so that your body can assimilate the motions and you can automatically react when necessary.

- **Know how to defend yourself in the streets.**
- **Fell down? Learn how to GET UP SAFELY.**
- **Renzo goes over episodes from his MMA career.**

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[16- TAKEDOWNS]

Fights tend to start with two fighters standing, which is why you cannot afford to neglect the study of takedowns. In this module, Renzo teaches the most basic aspects of stand-up combat, like the mechanic of the shoulder roll, which enables you to fall without getting hurt.

Renzo goes on to show famous ways of taking someone down in BJJ, like the baiana, the osotogari and the hip takedown. He is also aided by judo teacher Edgar Freitas Junior, who has long had fruitful exchanges with BJJ practitioners.

- **Shoulder-roll and don't get hurt when you fall.**
- **Basic takedowns can be the most effective.**
- **Don't just take down properly – learn how to PULL GUARD offensively.**



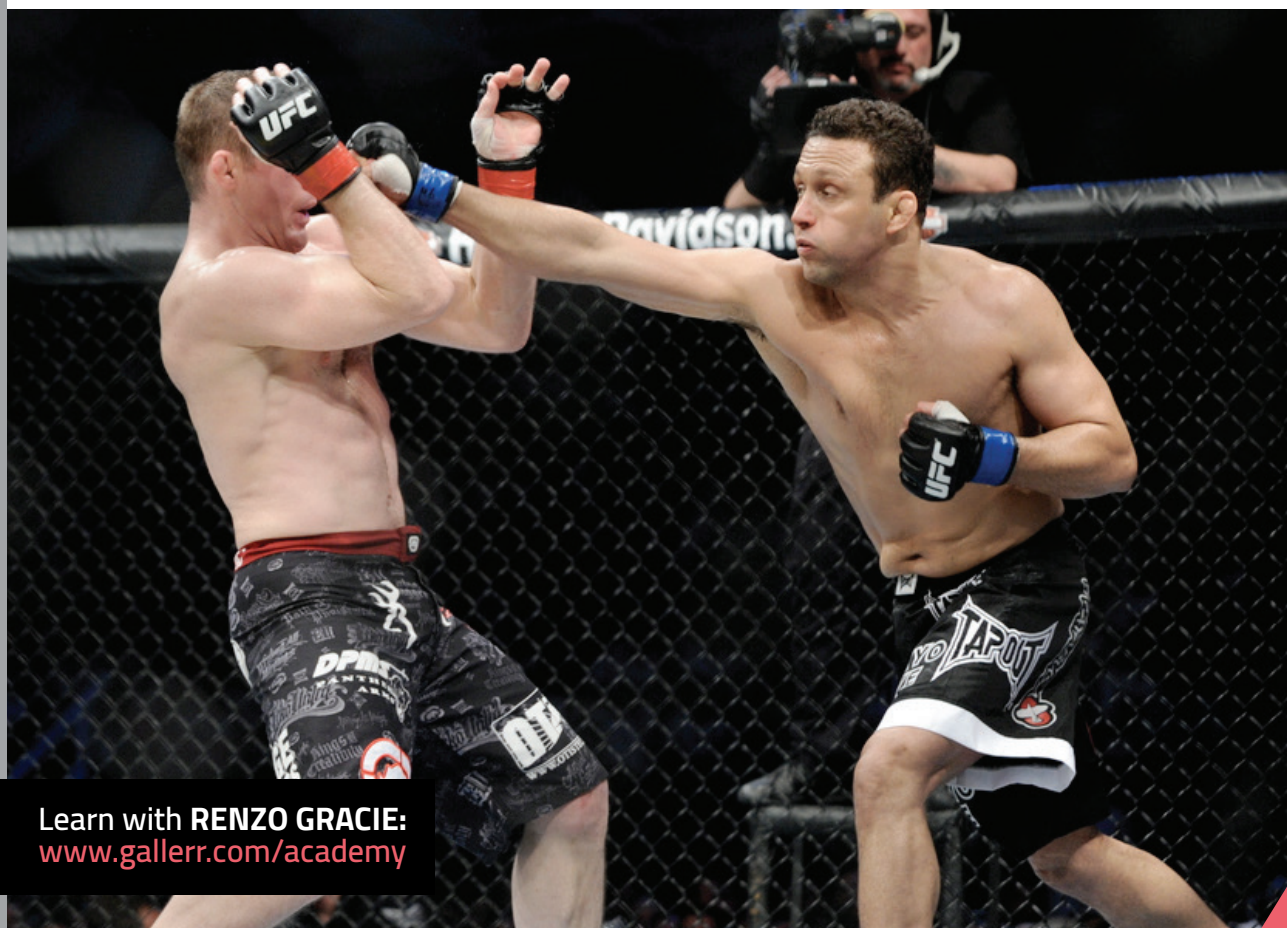
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[17- MMA]

The power of your mind, your capacity to withstand the pressure from a big challenge, and your self-confidence. These subjective aspects are responsible for the lion's share of your victories in MMA. Based on his experience in the rings, Renzo teaches what you must keep in mind in the decisive moments of your life and your trajectory as a fighter.

You will also learn valuable, refined tricks for MMA fights, like using the mesh to help your takedown shot, or the feint of flexing your knees to do a double-leg, forcing your opponent to lower their arms and leave their head vulnerable.

- Use the mesh in your favor.
- **YOUR MIND IS DECISIVE.**
- Learn to think like a champion.



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[18- ESCAPES]

Defense is the most important aspect of jiu-jitsu, Renzo teaches at the top of this module. Meaning it is time to go deep into the foundation of your game. Renzo starts alone on the mat, revealing the secrets to escaping to side control. Then, helped by sparring partners, he shows resources against the mount, attacks from inside the guard, the straight foot lock, the choke from the back and more. The more you practice these, the higher your reaction speed and blocking efficiency. Oh, and your ability to use defense as a starting point to a counter-attack.

- **KEEP CALM while defending, buck act quickly.**
- **After defending, counter-attack!**
- **Defense is the most important aspect of BJJ.**

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[19- HEADLOCK ESCAPES]

Renzo continues in the study of the defensive techniques from the BJJ primer, but now he dives deep into something specific: the antidote to headlocks applied when both fighters are lying down. He shows several types of adjustments to help you escape given minor changes in positioning your enemy can make. Note how you can use an adversary's pressure against them to reverse the position and land on top.

- How you deal with headlocks can save your life.
- When attacked, **ACT QUICKLY** and don't panic.
- Use a foe's strength against them.



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[20- SPRING MOTION]

Now Renzo calls attention to a frequent phenomenon seen in gi BJJ: the spring motion, by which he means that moment you and your opponent trade grips with opposite vectors, causing them to cancel each other out. You pull right, they pull left, and isometry makes it a pretty obstructed fight – a back-and-forth affair that burns a whole lot of energy without leading anywhere.

Renzo has some tips for you to break your adversary's grip and free yourself from that spring effect, whether it's time to finish an armbar or get past a lasso guard. You will learn how to think when opposite grips make it hard to move.

- Just as important as having good grips is knowing how to break them.
- Learn how to **GET PAST THE LASSO GUARD.**
- A much stronger opponent won't let you stretch their arm? Renzo to the rescue!



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[21- FAVORITES]

Renzo teaches his favorite techniques, with priceless details to help you make adjustments when it's time to finish. Moves include the guillotine, ezequiel, triangle, kata-gatame and more.

You will feel the enormous difference between finishing an ezequiel choke with a fist and doing it with the hand in the shape of a knife. And you will also know to think twice before getting perpendicular to your opponent when it's time to finish via triangle. Renzo will change the way you think about all the moves tackled in this module. Watch it over and over, and try to put it all to practice.

- **Make a fist when FINISHING UP AN EZEQUIEL.**
- **Don't sprawl when squeezing the kata-gatame.**
- **Uncover the secret of the ziplock choke.**



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[22- ADVANCED ESCAPES]

After refining techniques in the previous module, it is time to analyze the minutiae that make all the difference when playing defense. Renzo teaches, for instance, how you can escape the omoplata by counter-attacking with a foot lock.

He welcomes two special guests. Garry Tonon shows a clever defense against the kata-gatame – one he learned by watching Renzo train with Roger Gracie. Neiman Gracie, the other guest, teaches a simple, effective defense against the triangle.

- **Learn how to escape OMOPLATAS, TRIANGLES, KIMURAS AND KATA-GATAMES.**
- **Have more than one option to defend against each move.**



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[23- GO FOR THE KILL]

Renzo, just like BJJ itself, abhors stalling. In this module, you will learn some ways to stimulate your mind to always be on the lookout for a tap-out.

Among techniques looked at are a half-guard pass (demonstrated by Gregor Gracie), a surprising choke from the mount, a cervical lock starting from the open guard, and a kimura.

- **DON'T STALL. TRY TO FINISH.**
- **Surprise your adversary. Use different, daring techniques.**

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[24- FAREWELL]

With a frank, motivational talk, Renzo wraps up the course. He offers tips to convince you to respect consistency in training, and shows some benefits BJJ can bestow upon your life.

One of the big anchors you carry in life, he teaches, is fear. BJJ helps you destroy your fears and flourish. BJJ enables you to be yourself and reach your goals.

- **Go to the gym at least thrice a week.**
- **Always have your gi around you, visible throughout the day.**
- **Allow BJJ to destroy your fears.**
- **GO TRAIN!**



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