

# Techniques

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## DVD I

### BOTTOM POSITIONS

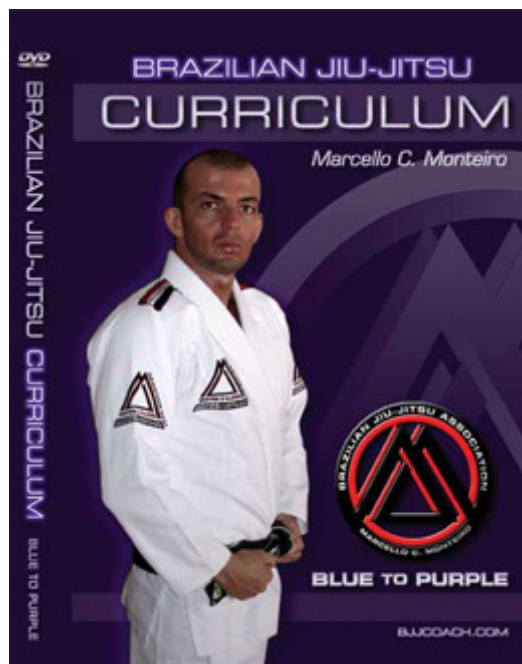
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(CONTROL POSITIONS, TRANSITIONS, SWEEPS, REVERSALS, COUNTERS AND SET UPS)  
ADVANCED DE LA RIVA HOOK CONTROL POSITION  
PULLING GUARD TO DE LA RIVA HOOK  
3RD VERSION OF DE LA RIVA HOOK BY MARCELLO C. MONTEIRO  
3RD VERSION OF DE LA RIVA HOOK SWEEP VARIATION 1  
DE LA RIVA HOOK TO THREE FEET SWEEP VARIATION 2  
BREAKING THE GRIPS DOWNWARD  
MONTEIRAO CLOSED GUARD CONTROL  
OPEN GUARD CONTROL POSITION VARIATION 3  
CROSS COLLAR CONTROL POSITION TO BUTTERFLY SWEEP  
COUNTERING THE DOUBLE UNDER HOOK TO BASIC OPEN GUARD CONTROL POSITION  
COUNTERING THE DOUBLE UNDERHOOK AND ATTACKING THE BACK  
HALF GUARD TO ARM DRAG THEN ATTACKING THE BACK  
SPIDER GUARD SWEEP KICKING THE OPPONENT'S BACKSIDE  
TURNING ON ALL FOUR'S THEN STEPPING THROUGH TO ATTACK OPPONENT'S BACK

### TOP POSITIONS

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(CONTROL POSITIONS, TRANSITIONS, GUARD PASSES, SIDE CONTROL, MOUNT POSITIONS, HALF GUARD, COUNTERS AND SET UPS)  
OPEN GUARD STANDING UP WITH CROSS GRIP  
OPEN GUARD STANDING UP WITH CROSS GRIP, VARIATION 1  
100 KILOS IMMOBILIZATION TO ZE GALO IMMOBILIZATION  
HALF GUARD ON THE TOP COUNTERING THE UNDERHOOK HUGGING THE LEG  
COUNTERING THE UNDERHOOK GOING FOR HALF GUARD AND HUGGING THE HEAD  
COUNTERING THE UNDERHOOK FROM HALF GUARD WHILE PASSING OPPONENT'S GUARD  
CROSSING THE KNEE GUARD PASS FROM HALF GUARD COUNTERING OPPONENT'S UNDERHOOK  
COUNTERING THE UNDERHOOK SIDE CONTROL ESCAPE ATTACKING THE BACK  
JUCA BACK ATTACK WITH THE STRETCHED CHICKEN  
COUNTERING BOTH LEGS TO GET THE MOUNT  
COUNTERING OPEN GUARD CONTROL TO STANDING POSITION  
BASIC PASSING GUARD FROM THE STANDING POSITION TO THE KNEE ON THE STOMACH  
COUNTERING BOTH LEGS THEN UNDERHOOKING ONE PASSING GUARD ENDING IN SIDE CONTROL  
COUNTERING THE DE LA RIVA HOOK AND PASSING GUARD FROM STANDING POSITION  
COUNTERING THE LEGS TO STANDING POSITION THEN ARRIVING IN HALF GUARD



## **SUBMISSIONS**

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(Back, Top and Bottom game)

### **ON THE BOTTOM**

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ARMBAR SETUP TO OMOPLATA COUNTERING OPPONENT ROLLING OVER SHOULDER TO ESCAPE  
KNEE UP COUNTER WITH SWEEP TO TRIANGLE CHOKE FROM OPEN GUARD CONTROL

### **ON THE TOP**

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REVERSE ARMBAR FROM THE MOUNT  
TRIPLE ATTACK ON THE MOUNT  
ZE GALO CHOKE  
ARMBAR SETUP STEPPING AGAINST THE OPPONENTS OTHER ARM TO BREAK THE GRIP  
ARMBAR SETUP STEPPING AGAINST THE COLLAR TO BREAK THE GRIP

## **ESCAPES**

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### **ON THE BOTTOM**

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ARMBAR ESCAPE FROM THE BOTTOM GRABBING YOUR OWN BICEP

### **ON THE TOP**

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ADVANCED CROSS COLLAR CHOKE ESCAPE TO STANDING POSITION

## **TAKE DOWNS**

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BASIC TOMONAGI TAKEDOWN  
DOUBLE LEG TAKEDOWN FROM STANDING POSITION  
COUNTER WITH TAKEDOWN AGAINST OPPONENT TRAPPING YOUR ARMS

## **DVD II**

### **BOTTOM POSITIONS**

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(CONTROL POSITIONS, TRANSITIONS, SWEEPS, REVERSALS, COUNTERS AND SET UPS)  
ADVANCED DE LA RIVA HOOK SWEEP  
ADVANCED DE LA RIVA CONTROL POSITION TO THE THREE FEET SWEEP FOR STANDING OPPONENT  
DE LA RIVA HOOK TO BASIC HELICOPTER SWEEP  
COUNTERING THE DOUBLE UNDERHOOK TO BASIC REVERSAL  
COUNTERING THE DOUBLE UNDERHOOK TO BASIC REVERSAL TRAPPING THE ARM  
CROSS COLLAR CONTROL POSITION TO REVERSAL SWEEP  
CROSS COLLAR CONTROL POSITION TO THE BUTTERFLY GUARD REVERSAL SWEEP  
HALF GUARD CONTROL GRABBING THE PANTS TO BUTTERFLY SWEEP ENDING IN SIDE CONTROL  
BUTTERFLY REVERSAL TAKEDOWN  
OMOPLATA REVERSAL ROLLING OVER THE STOMACH  
SPIDER GUARD TO BACKWARDS REVERSAL TAKEDOWN  
HALF GUARD SIT THROUGH TO ATTACKING THE OPPONENT'S BACK

## TOMONAGI ATTACK TO THE THREE FEET SWEEP

### TOP POSITIONS

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(CONTROL POSITIONS, TRANSITIONS, GUARD PASSES, SIDE CONTROL, MOUNT POSITIONS, HALF GUARD, COUNTERS AND SET UPS)

PASSING GUARD WHILE TRAPPING OPPONENT'S ARM

STEPPING BACK THEN SITTING DOWN TRAPPING OPPONENTS LEG

BREAKING CLOSED GUARD USING THE KNEE BETWEEN THE LEGS

GUARD PASS ATTACK TO CROSS KNEE GUARD PASS CONTROL POSITION

CROSSING THE KNEE OVER THE THIGH GUARD PASS TO SIDE CONTROL

CROSS KNEE GUARD PASS CONTROL POSITION

HALF GUARD ON THE TOP TO THE CROSS KNEE GUARD PASS CONTROL POSITION

CROSS KNEE CONTROL POSITION TO SIDE CONTROL APPLYING THE UNDERHOOKING

CROSS KNEE CONTROL POSITION TO SIDE CONTROL SPINNING TO KNEE ON THE STOMACH

CROSS KNEE CONTROL POSITION TO SIDE CONTROL SPINNING TO THE OTHER SIDE

CROSS KNEE CONTROL POSITION TO SIDE CONTROL SPINNING TO THE OTHER SIDE, VARIATION 1

GETTING THE MOUNT FROM THE HALF GUARD CONTROL POSITION

HALF GUARD SPRAWL PASS

DE LA RIVA HOOK COUNTER WITH UNDERHOOK PASSING GUARD TO THE OTHER SIDE

### SUBMISSIONS

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(Back, Top and Bottom game)

#### ON THE BOTTOM

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BASIC MONTEIRAO ARMBAR ATTACK

MONTEIRAO ATTACK TO OMOPLATA

HALF GUARD CONTROL TO TRIANGLE ATTACK

OPEN GUARD CONTROL POSITION TO OMOPLATA ATTACK VARIATION 1

COUNTERING THE DOUBLE UNDERHOOK TO THE TRIANGLE

#### ON THE TOP

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JUCA CHOKE ON THE MOUNT GRABBING THE CLOTH ON THE OPPONENT'S SHOULDER

#### ON THE BACK

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JUCA BACK ATTACK WITH DOUBLE ATTACK

### ESCAPES

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#### ON THE TOP

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TRIANGLE ESCAPE APPLYING THE MAL SAPAO STEPPING OVER OPPONENT

OMOPLATA ESCAPE STANDING UP

#### ON THE BACK

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CHOOSING ONE SIDE TO ESCAPE THE BACK CHOKE

ESCAPING THE CHOKE FROM YOUR BACK GOING INTO HALF GUARD

## **TAKE DOWNS**

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ARM PUSH CONTROL TO SINGLE LEG TAKEDOWN  
TAKEDOWN USING THE FOOT TO HOOK THE OPPONENT'S LEG  
COUNTER FOR THE SUPLEX TAKEDOWN TO TAKING DOWN THE OPPONENT

## **DVD III**

### **BOTTOM POSITIONS**

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(CONTROL POSITIONS, TRANSITIONS, SWEEPS, REVERSALS, COUNTERS AND SET UPS)  
ADVANCED DE LA RIVA HOOK TO HELICOPTER SWEEP  
ADVANCED DE LA RIVA HOOK SWEEP TO STANDING OPPONENT TO SIDE CONTROL  
DOUBLE THREE FEET ATTACK TO 3RD VERSION OF THE DE LA RIVA HOOK SWEEP  
(ADVANCED DE LA RIVA HOOK)  
HALF GUARD CONTROL TO DIVE BETWEEN OPPONENT'S LEGS FOR TAKEDOWN REVERSAL TRAPPING ONE FOOT  
HALF GUARD TO BUTTERFLY CONTROL GRABBING THE PANTS APPLYING THE REVERSAL  
HALF GUARD TO ARM DRAG AND BUTTERFLY SWEEP TRAPPING ONE ARM  
HUGGING THE LEG FOR OMOPLATA ATTACK TO REVERSAL COUNTERING THE STEP OVER ESCAPE  
COUNTERING THE DOUBLE UNDERHOOK CONTROLLING ONE SIDE TO BUTTERFLY SWEEP  
COUNTERING THE DOUBLE UNDERHOOK TO BASIC REVERSAL TRAPPING THE ARM  
TURNING ON ALL FOUR'S TRAPPING OPPONENT'S ARM STEPPING THROUGH TO SIDE CONTROL  
(KATAGARUMA REVERSAL)

### **TOP POSITIONS**

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(CONTROL POSITIONS, TRANSITIONS, GUARD PASSES, SIDE CONTROL, MOUNT POSITIONS, HALF GUARD, COUNTERS AND SET UPS)  
SCISSOR SIDE CONTROL USING THE HEADSTAND TO LAND ON THE OTHER SIDE OF THE OPPONENT  
OVERHOOK SIDE CONTROL DRILL  
BASIC DE LA RIVA HOOK COUNTER WITH UNDERHOOK APPLYING THE KNEE FOR GUARD PASS  
COUNTERING THE DE LA RIVA HOOK GRABBING THE SHIN AND PASSING OPPONENT'S GUARD  
CROSS KNEE CONTROL POSITION STEPPING BACKWARDS AND PASSING THE GUARD  
GRABBING OPPONENTS COLLAR PULLING HIM UP ARRIVING IN THE CROSS KNEE CONTROL POSITION  
HALF GUARD COUNTER TO THE UNDERHOOK HUGGING THE LEG AND PASSING GUARD  
COUNTERING OPPONENT TURNING ON ALL FOUR'S WHILE CONTROLLING THE LEGS  
COUNTERING GUARDO CONTROL STANDING UP GOING INTO ACHILLES CONTROL POSITION  
SPIDER GUARD COUNTER TO ACHILLES CONTROL POSITION  
SPRAWL COUNTER FOR THE UNDERHOOK REVERSAL

### **SUBMISSIONS**

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(Back, Top and Bottom game)

#### **ON THE BOTTOM**

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ARMBAR COUNTERING THE DEFENSE WITH SWEEP

CROSS COLLAR CONTROL POSITION TO BASIC LOOP CHOKE  
HALF GUARD CONTROL TO PUSHING THE KNEE SWEEP WITH TRIANGLE  
MONTEIRAO ATTACK TO TRIANGLE  
OPEN GUARD CONTROL POSITION TO TRIANGLE ATTACK AS OPPONENT STANDS UP

#### **ON THE TOP**

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EZEQUIEL CHOKE FROM HALF GUARD  
MOUNT CONTROL POSITION TO TRIANGLE  
TRIPLE ATTACK FROM SIDE CONTROL  
REVERSE TRIANGLE TO KIMURA FROM THE SIDE CONTROL  
ARMBAR SET UP TO ATTACK THE BACK  
ARMBAR SET UP TO CHOKE  
BREAKING THE GRIP APPLYING INTERLOCKED HANDS AGAINST THE OPPONENTS WRIST  
CROSSING THE KNEE OVER THE THIGH GUARD PASS TO LEG LOCK  
JUCA BACK ATTACK TO REVERSAL ARMBAR

#### **ESCAPES**

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#### **ON THE BOTTOM**

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ARMBAR ESCAPE FROM THE BOTTOM SLIDING HEAD OVER OPPONENT'S THIGH

#### **ON THE TOP**

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#### **ON THE BACK**

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ESCAPE FROM THE BACK CHOKE ATTACK FORCING THE OPPONENT'S ARM TO THE OPPOSITE SIDE  
ESCAPE FROM THE REAR NAKED CHOKE TO HALF GUARD

#### **TAKE DOWNS**

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BREAKING THE CROSS COLLAR GRIP TO ONE ARM PUSH CONTROL AND SINGLE LEG TAKEDOWN  
UNDERHOOKING THE LEG FOR THE SINGLE LEG TAKEDOWN  
TAKEDOWN BY HOOKING THE LEG AND GRABBING THE OPPONENT'S ANKLE

### **DVD IV**

#### **BOTTOM POSITIONS**

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(CONTROL POSITIONS, TRANSITIONS, SWEEPS, REVERSALS, COUNTERS AND SET UPS)  
CLOSED GUARD SWEEP COUNTERING THE BASIC ARMBAR DEFENSE  
BJ OPEN GUARD CONTROL  
DRIVING THE OPPONENT BACK AND REVERSING THE POSITION WITH THE DE LA RIVA HOOK  
HALF GUARD SPRAWL PASS COUNTER TO OPEN GUARD CONTROL POSITION  
HALF GUARD SPRAWL PASS COUNTER TO BUTTERFLY SWEEP TRAPPING THE ARM TO MOUNT POSITION  
HALF GUARD SPRAWL PASS COUNTER TO UNDERHOOK BUTTERFLY SWEEP TO SIDE CONTROL  
HALF GUARD CONTROL PUSHING THE KNEE TO ATTACK THE BACK

HALF GUARD CONTROL TO ROLLING BACKWARDS OVER THE SHOULDER SWEEP  
HALF GUARD TO ARM DRAG GRABBING THE LEG AND ATTACKING THE BACK  
HALF GUARD TO SIT THROUGH TO KATAGARUMA REVERSAL  
UNDERHOOK BUTTERFLY SWEEP TO X GUARD SWEEP WITH TAKEDOWN  
COUNTERING THE DOUBLE UNDERHOOK ROLLING BACKWARDS TO FACE THE OPPONENT  
TOMONAGI TO THE TRIPLE SWEEP ATTACK

## **TOP POSITIONS**

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(CONTROL POSITIONS, TRANSITIONS, GUARD PASSES, SIDE CONTROL, MOUNT POSITIONS, HALF GUARD, COUNTERS AND SET UPS)

COUNTERING OPPONENT'S ATTACK AND STEPPING OVER THE LEG TO PASS GUARD  
COUNTERING THE DE LA RIVA HOOK TRAPPING THE ARM AND GRABBING THE SHIN  
KICKING TO THE SIDE COUNTERING THE DE LA RIVA HOOK TO PASSING THE OPPONENT'S GUARD  
SPRAWL COUNTER FOR THE UNDERHOOK REVERSAL FROM STANDING POSITION  
NULLIFYING THE COUNTER FOR THE TAKEDOWN GRABBING OPPONENT'S ELBOW  
OPEN GUARD STANDING UP WITH CROSS GRIP UNDERHOOKING THE LEG AND PASSING GUARD  
STANDING UP TO ACHILLES CONTROL POSITION  
MOUNT POSITION TO KNEE ON THE STOMACH  
ALTERNATING KNEE ON THE STOMACH ATTACK FROM 100 KILOS SIDE CONTROL

## **SUBMISSIONS**

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(Back, Top and Bottom game)

### **ON THE BOTTOM**

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BJ OPEN GUARD CONTROL TO OMOPLATA  
COUNTERING THE DOUBLE UNDERHOOK TO CRUCIFIX  
MONTEIRAO ATTACK TO THE TRIANGLE ARMBAR CADIADO ATTACK  
MACARONE OPEN GUARD ATTACK TO OMOPLATA WITH TRIANGLE  
PULLING GUARD TO ARMBAR FROM STANDING POSITION  
FLYING ARMBAR  
BUTTERFLY SWEEP ATTACK TO LEG LOCK

### **ON THE TOP**

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PASSING OPPONENT'S GUARD ARRIVING IN KIMURA OR ARMBAR  
NORTH SOUTH SCISSOR CHOKE  
OVERHOOK CONTROL POSITION TO LEG LOCK AND FOOT LOCK  
REVERSE TRIANGLE TO KIMURA THEN TO ARMBAR FROM SIDE CONTROL  
JUCA TRIPLE ATTACK ON THE MOUNT  
KNEE ON THE STOMACH TO MONTEIRAO SPINNING BACKWARDS TO TRIANGLE ATTACK

### **ON THE BACK**

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BACK CHOKE PASSING THE CALF OVER THE OPPONENT'S ARM COUNTERING HIS DEFENSE

## **ESCAPES**

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**ON THE BOTTOM**

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ARMBAR ESCAPE GOING TO THE NORTH SOUTH ENDING IN SIDE CONTROL

**ON THE TOP**

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CRUXIFIX ESCAPE

OMOPLATA ESCAPE ROLLING UNDER THE OPPONENT TO REGARD OR ATTACK THE TRIANGLE

**TAKEDOWNS**

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COUNTER FOR THE HEADLOCK WITH TAKE DOWN GOING INTO THE ARMBAR

COUNTER FOR THE GUILLOTINE WITH THE TAKEDOWN AND GUARD PASS

TAKEDOWN THROWING THE OPPONENT OVER THE SHOULDER