

## INTERNATIONAL BRAZILIAN JIU-JITSU FEDERATION

### TECHNICAL DEPARTMENT OF REGULATIONS AND RULES OF JIU-JITSU

#### BRAZILIAN JIU-JITSU CONFEDERATION TECHNICAL DEPARTMENT OF REGULATIONS AND RULES OF JIU-JITSU

Jiu-jitsu is the most ancient martial art and is the most complete art of self defense. Its origin being quite controversial, it was first attributed to India, then China, Japan, and Brazil—where it became superior to all other styles of jiu-jitsu, making Brazil the world's center of this precious art. The sport of jiu-jitsu brings out a competitive side where the athlete demonstrates his physical & psychological conditions, techniques, and abilities with the objective of rendering his opponent into submission.

The valid moves are those which seek to neutralize, immobilize, strangle and apply any kind of pressure on the twisting joints, as well as knocking down one's opponent by take-down. But there are non-valid moves which are considered illegal: biting, hair pulling, sticking fingers in the eyes or nose of one's opponent, striking the opponents genitalia, finger twisting, and any other move that gains unfair advantage with use of one's fists, feet, elbows or head. Moreover, competitions are the lifeline of the sport; it is the most important aspect for all those directly or indirectly involved. (However, victory will not be granted at any cost; fair-play must be the main guideline).

Ethical behavior is what gives the sport credibility and security, which are indispensable factors to our sport. Only through this we have developed the sport in Brazil turning it into a spectacular sport. Therefore, because we hope to be part of the greatest show on earth, the Olympics, we must stay focused on jiu-jitsu as a viable modern sport.

These regulations are the sports charter. They contain the for those involved: athletes, coaches, teachers, directors, and even the assisting public. Because of this, we have the responsibility to fulfill and achieve the following regulations, and only by doing so we will be able to reach our goal of making Jiu-jitsu an Olympic sport.

#### **ARTICLE 1º - AREA OF COMPETITION:**

The stage on which the competition takes place will be composed of 2 or more fighting areas, surrounded by all the supporting assistants, referees, time keepers, inspectors, security personnel and a disciplinary department appointed by the coordinators, with the power to discipline any unethical conduct of coaches, teachers, referees, or other assistants that might interfere in the progress of the event.

**FIGHTING AREAS:** Each area (ring) must be composed of a minimum of 32 tatames (mats) a total of 51.84 square meters. This area will be divided into two areas: the inner area composed of at least 18 tatames(mats)of a green color. For example, and the outer area, the security area composed of 14 yellow tatames or any other color except green.

## **ARTICLE 2° - EQUIPMENTS**

**THE DIRECTING TABLE:** The table that coordinates and directs the tasks and positions at the competition, is the one at which the announcer controller of the event and the competent authority; it will be placed in front of each ring will remain. Parallel to the directing table are chairs for the referees and a note-taker, (only they may occupy these chairs). Besides the referees' chairs is a chair occupied by the inspector of the refereeing. It is the inspector's duty to make sure that the refereeing runs smoothly, as well as to inspect the credentials of the competing athletes.

### **A. Chairs, banners and tables:**

Are to be placed strategically to the side of the competition area for the best assessment of each match.

### **B. Score board:**

For each area of competition there are two scoreboards, indicating the score horizontally, situated on the outside of the table, easily viewed by the referee, commission and the spectators.

### **C. Stopwatches:**

Are mandatory for keeping track of the duration of the matches and the reserve time.

## **ARTICLE 3° - REFEREEING:**

The mat referee is the highest authority on the mat and has the authority to disqualify competitors during the match. No one can overturn his decision. In special cases the CBJJ Confederation can review and overturn a referee's decision if the decision is unjust. The referee is assisted by the time keeper in the matches. In cases where a referee shows himself incapable to continue refereeing because of obvious mistakes, the inspector of the event has the authority to replace him.

During the match the central referee is to always be directing the competitor to the center of the ring. In the event that the competitors move out of bounds during the match, the referee will call "PARE" and at the same time the referee will do the gesture according to the command, and the competitors must hold their position without movement. The same occurrence will happen when 2/3 of the competitor's body is outside the boundary. The referee may be assisted by the timekeeper in moving the athletes back to the center of the ring. In case the referee and the timekeeper are unable to move the athletes back to the center of the ring, the athletes will be asked to walk back to the center and continue from the same position.

The referee will not allow interference from outsiders during the match. Medical team or nurse will be allowed on the mat at the referee's discretion.

During the match, the referee or persons at the scoring table are not allowed to converse with the competitors, this will be strictly enforced.

Expiration of time will be determined by the timekeeper during the match. The timekeeper will notify the central referee immediately with an auditory and visual signal.

After the table gives the signal whistle, that the match is over, the referee can give an advantage point to the combatant for attempting a submission or for attempting to establish a dominant position without maintaining for the required time, except for take-downs because athletes don't need to establish a dominant position to award points.

The judges table will actualize the referee's gestures on a scorecard. The table will have two official scoreboards with green, yellow and white cards for scoring the points and advantages.

Notes taken are the responsibility of the scorekeepers. Notes may not be altered and must read exactly what the central referee dictates and cannot be altered.

Important: Any and every situation that can not be determined by the manual will be left up to the referees discretion.

## **Position and function of the Referee Central:**

The referee central is to remain in the area of combat. Directing the combat determines the results, certifying the correct decisions in registering placement.

The referee central to give the first athlete on the mat a green and yellow belt for identification and keep him on the right side, in case the athletes' kimonos are the same colors. The other athlete must remain on the left side, and after the compliments, the referee will start the fight by saying "Combate"!

The throwing techniques of the competitors, by order of the central referee, will be noted on the scoreboard or on the official score papers by the scorekeeper with only the corresponding points. In case of a draw in points and advantages the scorekeeper will raise the two flags together simultaneously. Then, the central referee will analyze who was the fighter with the better performance in accordance with the rules which award the victory to the fighter determined to be most aggressive in pursuing the victory during the fight. There will be no draws in any case. The central referee will decide who is the winner and his decision is absolute.

The central referee will oversee that everything is correct; for example: the ring, equipment, Gis, hygiene, officials, etc. before starting the fight.

The referee must certify that neither the public, photographers or anyone else is in any position that could interfere with, risk or harm the competitors.

## **Gi Checker**

The gi checker verifies before the fight that the competitors' nails are trimmed, the gi is correctly fitted by the official CBJJ measuring tool and assures that the color and the state of the belt is appropriate for the competitor.

## **ARTICLE 4° - GESTURES**

The central referee will make gestures indicated below, according with the actions:

For all gestures made, the central referee will raise his hand indicating the athlete receiving the score with his armband in accordance with the color of the athlete's colored gi or indicating belt.

**-Take downs, sweeps and knee on the belly:** The referee will raise his hand indicating the scoring athlete's color and the score of two points.

**-Passing the guard:** The referee will raise his hand indicating the scoring athletes color and the score of three points.

**-Front mount, back mount and back grab:** The referee will raise his hand indicating the scoring athletes' color and the score of four points.

**-Penalties:** The referee will turn his hands one over the other with both fists closed after signaling the color of the penalized competitor and give an advantage to the other fighter.

**-Advantages:** The referee signals advantages with arm extended sweeping outward on a horizontal plane level with the shoulder.

**-For the interruption of the fight:** The referee opens his arms together on a horizontal plane level with the shoulder.

**-For interruption of time during the fight:** The referee puts his hands one above the other forming a "T", signaling the timekeeper to stop the time.

**-For disqualification:** The referee lifts his arms and crosses them, after that, he points to the disqualified athlete.

**-To take off a awarded point:** The referee lifts the arm that he gave the point with and waves his hand.

## **ARTICLE 5° - FIGHTING CONCLUSIONS:**

There is never a draw. Bouts will be decided by:

1-SUBMISSION

2-DISQUALIFICATION

3-UNCONSCIOUSNESS

4-POINTS

5-ADVANTAGES

**1)- SUBMISSION:** Submission occurs when a technique forces an opponent into admitting defeat by:

- 1-) tapping with the palm against his opponent or the floor in a visible manner
- 2-) tapping with his feet on the ground (if he is unable to use his hands)
- 3-) requesting verbally to the referee that the fight be stopped (if he can neither tap with his hands or his feet)
- 4-) requesting that the fight be ended if the athlete gets injured or feel physically incapable or unprepared

Also:

- 5-) the referee may end the fight giving victory to the one that applied the lock if he sees a lock being properly applied and is certain that the Athlete is exposed to serious physical damage.
- 6-) a coach of one of the athletes may request that the fight be ended either by directing himself to the referee or by throwing the towel into the ring for any reason
- 7-) When an athlete is under a submission position and he screams or say "**Ai**" , will be the same as if he taps.

The referee may end the fight when one of the athletes is injured or the doctor's examination proves he is incapable to continue. If this occurs, the victory will be given to the opponent as long as the injury was not caused intentionally by conduct worthy of disqualification.

## **2)-DISQUALIFICATION**

### SERIOUS FOULS:

1)SERIOUS FOULS ARE THOSE THAT LEAD TO IMMEDIATE DISQUALIFICATION BY THE REFEREE.

A-) the use of foul language, cursing, or other immoral acts of disrespect towards the referee or any of the assisting public.

B-) biting, hair pulling, putting fingers into the eyes or nose of one's opponent, intentionally seeking to injure genitalia or the use of fists, feet, knees, elbows, or heads with the intention to hurt or gain unfair advantage.

C-) when the fighter has his kimono ripped during the fight, the referee will give him a set time to change it. If the fighter does not change it in time he will be disqualified.

D-) The fighter must wear shorts under the pants, keeping in mind the risk that the suit might get torn or unsowed, If this occurs, the athlete will be given a set time determined by the referee to find another pair of pants to wear. If the athlete can not change within the set time, he will be immediately disqualified.

E-) When an athlete has been submitted to a lock and to avoid tapping out he runs out of the ring, he will be immediately disqualified. In such cases when it is considered a technical foul, not a disciplinary foul, the offender may return to the competition to fight the absolute division or in case of a bracket of three.

F-) When the athlete breaks any rule of the article 6

### **FOULS NOT AS SERIOUS:**

#### **PENALTIES:**

On the first offence the offender will be given a verbal warning.

On the second offence the offender's opponent will be given an advantage.

On the third offence the offender's opponent will be given two points.

After the third offence the referee may disqualify the athlete for any further fouls.

A-) The athlete will only be allowed to kneel after having taken hold of his opponents kimono.

B-) When either of the athletes run to one of the extremities of the ring to avoid combat, or while ground fighting flee by crawling or rolling out of the ring or by standing up avoiding engaging or purposely stepping out of the ring to gain time.

C-) When the athlete avoids engaging by taking off his kimono or by allowing it to be taken off with the intention of stopping the fight to allow himself rest or to avoid the attacks of his opponent.

D-) When the athlete inserts his fingers inside the sleeves or pants, or with both his hands on his opponent's belt.

E-) When the athlete stalls the fight, holding his adversary and, not seeking to engage or gain submissions when in the guard, on top, or on the bottom. Holding the opponent, standing up, or any position designed to stall. Noticing this the referee will request that 30 seconds be marked. At the end of the 30 seconds if the athlete hasn't changed his position or shown visible signs of engagement, the same will lose 2 points and both athletes will return to their feet at neutral positions. The same will happen on the 2<sup>nd</sup> offence, with the possibility of disqualification on the 3<sup>rd</sup> offence

F-) NOTE: A penalty with immediate loss of 2 points occurs when an athlete runs from the ring in order to avoid a sweep that the referee considers would be completed, or when the athlete flees the ring in order to avoid a lock that has not yet been completed and not engaging in the article "E" for disqualification.

### **3)-UNCONSCIOUSNESS**

One of the 2 opponents is defeated after losing consciousness by any of the valid moves: strangling, pressuring, or take downs, or accidents in which the adversary has not committed any foul worthy of disqualification.

#### **4-) POINTS:**

##### **1° POSITIVE POINTS**

The competition through its nature makes the athletes use their technical abilities attempting to finish or neutralize their opponents. The point is the superior technique displayed during the match by putting the positions and negative points on the adversary.

##### **IMPORTANT**

The athlete cannot have score new points when he is in a position where he received points previously, changes position intentionally and returns to the same position. Example: For knee on the belly and switching sides, there will be no new points awarded.

The fight can be an ascending condition for technique, looking to dominate the adversary, working to finish the opponent.

No points will be marked for the athlete who is attaining a position while in a submission. Points will only be awarded after the submission is completely defended. Example: When one athlete is mounted on his opponent but is in a guilotine the points of the mount will be awarded only when the submission is defended.

##### **The order of the referee**

The positions sought technically and which are presented with importance in terms of strategy of the fighter and the finishing technique. If there is no finish the positions established will be translated into points to determine the winner.

**Positioning:** (Ordered by the referee) Positions are achieved through proper technique. If there is no submission at the end of a match, the athlete gains victory by scoring more position points than his opponent.

**A-) TAKE DOWNS:** Any kind of knocking down the opponent or being taken down on his back side, **2 points**. If the athlete is thrown to the ground and does not land on his back, the thrower must pin him to the ground in the same position for at least 3 seconds to gain the points of the take down.

**Observation 1:** the take down that lands outside of the fighting area and on to the security area will be valid as long as the athlete that applied it stood with both feet in the fighting area while making the take down.

**Observation 2:** If the athlete has one of his knees on the ground and is taken down, whoever applied the take down will be awarded 2 points as long as he has both his feet on the ground. If the athlete has both his knees on the ground and is knocked down the standing athlete will have to pass to his side and maintain this position to receive an advantage.

**Observation 3:** When the athlete attempts the double leg and the opponent sits on the floor and executes a sweep, the athlete who attempted the takedown will not receive points, but the one who executed the sweep will.

**Observation 4:** When a competitor throws his opponent and ends up in a bottom position the competitor throwing will receive 2 points and the opponent on top will

receive an advantage. If the competitor executing the throw lands in his opponents guard and is swept, both will receive 2 points.

**B-) PASSING THE GUARD:** Is when the athlete that is above his adversary or in between his legs, moves to his opponent's side, establishing a perpendicular or longitudinal position over his adversary's trunk, dominating him and leaving him no space to move or to escape the position—if even is on his side, back, or facing down. **3 points** NOTE: if the athlete that is underneath avoids the move by getting to his knees or standing up, the initiative will not be awarded 3 points but will be awarded an advantage.

**C-) KNEE ON THE BELLY:** When the athlete on top puts his knee on his adversary's stomach, holding his collar or sleeve and belt with his other leg towards his adversary's head: **2 POINTS**.

**OBS:** if the athlete that is underneath does not allow his adversary to put his knee down onto his belly and if the one on top does not establish the position completely, it will not be awarded 2 points but an advantage.

**D-) THE MOUNT:** is when the athlete sits on his opponent's torso; the opponent can be lying on his stomach, side or back. The one mounted can be on top of one of his opponent's arms, but never on both. It will also be considered a mount if he has one knee and one foot on the ground, **4 POINTS**.

**OBS:** no points will be awarded if his feet or knees are on his opponent's leg. Also if an athlete applies a triangle while in the guard and in so doing lands mounted on his opponent, it will be considered a sweep, not a mount. (See the Guard)

**E-) THE BACK GRAB:** Is when the athlete grabs his adversary's back, taking hold of his neck and wrapping his legs around his opponent's waist, with his heels leaning on the inner side of his opponent's thighs, not allowing him to leave the position. **4 POINTS**. NOTE: the points will not be awarded if both heels are not properly positioned on the inner part of the adversary's thighs. Also will be considered a back grab if the athlete has the leg over one arm of the opponent but never over both arms, in this case no points will be awarded.

**F-) THE SWEEP:** is when the athlete that is underneath has his opponent in his guard (in between his legs ) or the half guard (having one of his adversary's legs between his) and is able to get on top of his adversary by inverting his position. **2 POINTS**.

**Observation 1:** it will not be considered a sweep if the move does not begin from inside the guard or half guard.

**Observation 2:** When the athlete sweeping advances his position to the back of his opponent during the attempted sweep, he is awarded 2 points.

**Observation 3:** If starting in a guard position, an athlete attempts a sweep and both athletes return to their feet and the competitor attempting the sweep executes a takedown remaining on top, he will be awarded 2 points.

## **2° – NEGATIVE POINTS: (PENALTIES)**

Are penalties given to the athlete after committing a third offence .i.e. avoiding engaging, staling or not seeking ways to finalize the fight.

Stalling: In case the athlete make the classic nstalling on the crosside or North South position without seeking ways to submit

As soon as the referee perceives that a competitor is stalling, the referee will begin a 30 second countdown and simultaneously warn the athlete. At the end of the thirty seconds the referee will punish the athlete, giving his opponnet an advantage if the athlete keeps stalling, the referee will give another penalty restarting the fight standing up, and he will award 2 points to other athlete.

## **V- ADVANTAGES:**

It is considered an advantage when the athlete attempts but does not complete any of the fundamental moves of the fight; i.e. sweep, take down, submission, etc.;.

- Advantages through takedowns: When there is a visible loss of balance in which the adversary nearly completes the takedown. A visible loss of balance durring an attempted throw will also result in an advantage.
- During closed guard (when the athlete on the bottom has his legs wrapped around his opponent's waist):

A-) The one on top will earn the advantage by being on the offensive, trying to dominate his adversary's guard (pass the guard). For the referee to consider it an advantage, the athlete that is on top must come close to passing the guard, forcing his adversary to exert energy to regain position e.g. half guard, almost immobilizing, etc.

B-) The one underneath will earn the advantage if he almost sweeps his opponent, putting him in a dangerous position, as well as when he attempts a lock that forces his opponent to defend. NOTE: for the sweep attempt to be considered worthy of an advantage the athlete underneath must open his legs.

**When there is a tie situation on the scoreboard, it is up to the referee to decide if he will award an advantage, using the following judgments:**

- Advantages will be awarded during standing fights or on the ground if the athlete attempts a technique with more aggressiveness and initiative, trying takedowns , other finalizing moves during the fight. Or showing that he dominate the fight most of the time by putting the opponent on the defensive
- Advantages through takedowns: When there is a visible loss of balance in which the adversary nearly completes the takedown. A visible loss of balance durring an attempted throw will also result in an advantage.
- Advantages will be awarded during ground fighting if the athlete attempts a technique and puts his adversary on the defensive.

ARTICLE 6° - RESTRICTIONS

- In all categories the central referee has the authority to stop a match when either of the competitors is in danger of serious bodily harm as a result of a submission and award the victory to competitor applying the submission.
- Cervical locks or neck cranks are not allowed in any category except for chokes in the juveniles or adult divisions. And for brown and black belts is not allowed when there is a double nelson classic situation. Competitors attempting a cervical lock will be immediately disqualified with no prior warnings.
- Athletes under 18 (Juveniles) are only allowed to compete in the open class if they are middle weight or heavier.
- Wrestling shoes or any type of shoes, head gear, shirts under the gi (except for girls) and any kind of protectors that can alter the outcome of the match in any way are not allowed in competition.
- In childrens divisions between 4-15years, when a competitor is executing a triangle and the opponent stands up it is the referees obligation to stand in a position to protect both athletes, specifically to reduce the risk of cervical damage.
- **FROM 04 THROUGH 12:**

SLAM FROM THE GUARD

BICEPS LOCK

WRIST LOCK

TRIANGLE PULLING THE HEAD

FOOT LOCKS OF ANY KIND

KNEE LOCK, LEG LOCK

CERVICAL LOCK (ANY KIND)

FRONTAL NECK CRANK

EZEQUIEL

CALF LOCK

OMOPLATA ( SHOULDER LOCK)

FRONTAL GUILLOTINE

SCISSORS TAKEDOWN

HEEL HOOK

**FROM THE AGES OF 13 THROUGH 15:**

SLAM FROM THE GUARD

BICEPS LOCK

WRIST LOCK

TRIANGLE PULLING THE HEAD

FOOT LOCK S(ANY KIND)

KNEE LOCK, LEG LOCK

CERVICAL LOCK(ANY KIND)

FRONTAL NECK CRANK

EZEKIEL

CALF LOCK

SCISSORS TAKEDOWN

HEEL HOOK

### **AGES 16 TO 17**

SLAM FROM THE GUARD

LEG LOCKS

CERVICAL

BICEPS LOCK

CALF LOCK

WRIST LOCK

MATA LEAO WITH FOOT

SCISSORS TAKEDOWN

HEEL HOOK

### **FROM ADULT THROUGH SENIOR (BLUE & PURPLE BELT)**

MATA LEO WITH FOOT

SLAM FROM THE GUARD

LEG LOCKS

CERVICAL

BICEPS LOCK

CALF LOCK

SCISSORS TAKEDOWN

HEEL HOOK

**FROM ADULT THROUGH SENIOR (BROWN AND BLACKBELT)**

SLAM FROM THE GUARD

CERVICAL LOCK

SCISSORS TAKEDOWN

HEEL HOOK

**ARTICLE 7° - HYGIENE**

- A. The kimono must be washed and dried with no unpleasant odors.
- B. Toe and fingernails must be cut short and clean.
- C. People with long hair must keep their hair from interfering with there opponent or themself during the match.
- D. Athletes are not permitted to paint there hair with spray and may be disqualified by the referee by doing so.

**ARTICLE 8° - KIMONO**

COMPETITORS ARE REQUIRED TO USE KIMONOS UNDER THE FOLLOWING SPECIFICATIONS

- A. Constructed of cotton or similar material and in good condition. The material may not be excessivly thick or hard to the point where it will obstruct the opponent.
- B. Colours may be black, white or blue, no combined colors (white kimono with blue pants, etc.)
- C. The jacket is to be of suficient length down to the thighs, sleeves must reach the wrist with arms extended in front of the body. The sleeve should follow the ofical measures according to CBJJ, and IBJJF.From the shoulder to the wrist.
- D. Belt width 4-5cm, with colour corresponding to rank tied around the waist with a double knot , tight enough to secure the kimono closed.
- E. Athletes are not permitted to compete with torn kimonos, sleeves or pants that are not of proper length or with t-shirts underneath the kimono (except in the female divisions).

Competitors must abide by the hygiene and kimono specifications in order to compete, otherwise the opponent will be considered the winner.

**ARTICLE 9° - FIGHT DURATIONSCHAMPIONSHIP TIMES:**

-PRE-MIRIM ( 4, 5 and 6 years old) – 2MIN

-MIRIM ( 7, 8 and 9 years old)– 3MIN

- INFANTIL ( 10, 11 and 12 years old) – 4MIN-

- INFANTIL-JUVENIL ( 13, 14 and 15 years old)– 4MIN

- JUVENIL( 16 and 17 years old) – 5MIN

**ADULT: (18 – 29)**

A. WHITE- 5MIN

B. BLUE- 6MIN

C. PURPLE -7MIN

D. BROWN- 8MIN

E. BLACK- 10MIN

**MASTER:(30-35)**

A. BLUE -5MIN

B. PURPLE -6MIN

C. BROWN- 6MIN

D. BLACK- 6MIN

**SENIOR:(over 35 according to the tournament)**

A. BLUE -5MIN

B. PURPLE- 5MIN

C. BROWN- 5MIN

D. BLACK- 5MIN

**TIMES FOR 5X5 TEAM CHAMPIONSHIPS ARE AS FOLLOWS:**

1. **MEN:**

BLUE – 6MIN

PURPLE – 7MIN

BROWN AND BLACK – 10MIN

2. **WOMEN:**

BLUE – 6MIN

PURPLE, BROWN AND BLACK – 7 MIN

**ARTICLE 10°- Awarded points according to the athletes classification**

- a-) First place: 9 points
- b-) Second place: 3 points
- c-) Third place: 1 point

**ARTICLE 11°- When there is a tie situation between teams in a tournament**

- a-) Larger number of gold medals
- b-) Larger number of silver medals
- c-) Higher rank champion
- d-) Heavier champion

**ARTICLE 12°- DIRECTION AND DECISION**

1. All those that will be in an official function in the competition such as: technicians; professors; directors; time keepers; or other officials. Other unofficial people giving instructions from inside the dedicated area of competition will warrant disqualification of the competitor.
2. In case the two athletes are accidentally injured and unable to continue during the final match the result will be :
  - A. If points or advantages are confirmed they will determine the winner.
  - B. If no points or advantages exist the result will be a draw.
3. If the two athletes stand from a position on the ground in any situation the judgement will be equal to that if standing.
4. For the final matches there will be a maximum of twice the rest period for the athletes.
5. For the final match the competitors will be allowed two opportunities to make weight.

6. In case of only two athletes on the bracket and one of the competitors does not show up for the final match the athlete present will be awarded the win and the competitor not present will not receive a medal or classification.

7) In case the athlete is attempting to pass the guard and attempts a footlock without success with the adversary sitting up, the competitor on top will receive 2 points after he defends the attack and keeps the position for at least three seconds. In addition if the competitor attempting the submission, puts the opponent in visible danger he will receive an advantage point.

#### **SPECIAL THANKS:**

We would like to thank all the people that gave a hand with this manual, which is nothing more than a modern adaptation of the one created 20 years ago by the teachers and Great Masters Carlos Gracie and Helio Gracie when they founded the Jiu-Jitsu federation of the state of Guanabara.

Many contributed with this manual, whom we can name; such as: Dr. Ecio Leal and Master Pedro Hemeterio. We have as contributors to this new version Master Alvaro Barreto, Master Mansor, Master Carlos Robson Gracie, Master Osvaldo Alves, Master Flavio Behering, Prof. Jose Henrique Leao Teixeira, Assed Naked Hadad, Master Royler Gracie, Fernando Guimaraes, Mr. President of the LERJJI Silvio Pereira, Prof. Carlos Gracie Jr. and Professor Alvaro Mansor Guarconi.