

Together, they train, develop techniques and share secrets at their combined ages of 170 years old



THE 3 AMIGOS OF BJJ

Its Pass, Sweep and Submit at Clockwork
BJJ in NYC under Sensei Josh Griffiths

ALLEN SPENDEL
TOM FICAROTTA
ROGER LEE

Amigos Bjj Pass Submit Sweep

Allen Spindel



Amigos Bjj Pass Submit Sweep:

The 3 Amigos of BJJ Allen Spindel, 2015-11-27 Roger started training at Clockwork BJJ around April 2013 He was about 225 lbs For the first 3 months Roger used to get sick like car sick from being on the floor on his back and it was like vertigo For those that are not familiar with BJJ many defensive and offensive attacks are performed while on your back Roger claims that Tom influenced him to come and learn BJJ It was very hard in the beginning for Roger as he had no prior martial arts experience Since Allen was friends with and a training partner of Tom Tom asked Allen if he too would keep an eye on Roger by training with him Roger was a masters 4 competitor ages 45 50

Mastering the Guard Pass and Its Submissions

Pedro Sauer, Kid Peligro, 2013-08-05 Passing the Guard is a very difficult and technical skill to master in Gracie Jiu Jitsu

Master Pedro Sauer demonstrates and explains in great details his favorite passes and submissions

HowExpert Guide to Brazilian Jiu-Jitsu HowExpert, 2024-08-16 If you're looking to master Brazilian Jiu Jitsu develop winning strategies and embrace the BJJ lifestyle then HowExpert Guide to Brazilian Jiu Jitsu is your ultimate resource This comprehensive guide covers everything from the rich history of BJJ and foundational principles to advanced techniques and competition strategies

Chapter Descriptions

- 1 The Origins and Evolution of BJJ Discover the history and global impact of BJJ from Japanese jujutsu roots to the Gracie family
- 2 Core Principles and Philosophy Learn essential principles of leverage control and mindset in BJJ
- 3 Choosing the Right Academy and Gear Get practical advice on selecting the best BJJ academy gearing up and understanding key etiquette
- 4 Warm Up and Conditioning Explore effective warm up routines stretching exercises and strength conditioning
- 5 Basic Movements and Drills Master fundamental movements like shrimping bridging and breakfalls
- 6 Guard Positions and Variations Delve into closed guard open guard and half guard techniques
- 7 Top Control and Dominance Learn to maintain mount side control and knee on belly positions
- 8 Fundamental Submission Techniques Develop your submission game with chokes joint locks and leg locks
- 9 Effective Sweeps and Reversals Enhance your sweeps and reversals with techniques like the scissor sweep
- 10 Advanced Guard Techniques Advance your guard game with De La Riva spider guard and X guard
- 11 Guard Passing Techniques Master guard passes like the over under toreando and knee slice
- 12 Escapes and Defense Mechanisms Escape mount and side control and defend against submissions
- 13 Advanced Submission Techniques Explore advanced chokes joint locks and leg locks
- 14 Fluid Transitions and Flow Drills Improve fluidity with drills linking techniques and transitions
- 15 Competition Strategies and Tactics Prepare for tournaments with strategies for gi and no gi competition
- 16 Effective Training Methods Optimize training with solo and partner drills
- 17 Physical Conditioning for BJJ Enhance conditioning with strength flexibility and cardio exercises
- 18 Mental Preparation and Focus Develop mental toughness with goal setting and visualization
- 19 Real World Self Defense Applications Apply BJJ to real world self defense scenarios
- 20 BJJ for Law Enforcement and Military Explore techniques for control and non lethal force
- 21 Empowering Women Through BJJ Empower women with confidence building self defense techniques
- 22 The Culture and Community of BJJ Immerse in the BJJ

community understanding etiquette and the belt system 23 Nutrition and Diet for Practitioners Fuel training with nutritional advice and diet plans 24 Injury Prevention and Recovery Prevent and manage injuries with effective strategies 25 The Continuing Evolution of BJJ Stay updated on innovations and future trends in BJJ 26 BJJ in Popular Culture Discover BJJ's influence in media and the stories of famous practitioners 27 Glossary of BJJ Terms Reference essential BJJ terminology with a comprehensive glossary 28 Recommended Reading and Viewing Expand your knowledge with a curated list of books documentaries and online resources 29 BJJ Organizations and Competitions Connect with key BJJ organizations and major competitions 30 Conclusion Reflect on your BJJ journey and the importance of continuous learning and personal growth If you're ready to take your Brazilian Jiu Jitsu skills to the next level and embrace a transformative journey then access HowExpert Guide to Brazilian Jiu Jitsu today and start mastering the art of BJJ This essential handbook will help you become the best version of yourself on and off the mat HowExpert publishes how to guides on all topics from A to Z

I Pull, I Sweep. You Pull, I Pass. Jiu-Jitsu Bjj Training Partners Publishing, 2019-09-21 BJJ Training Planner ORGANIZE TO ACHIEVE YOUR BJJ GOALS Craft daily weekly and monthly training plans Record your training sessions track your competition results and much more INCREASE FOCUS DISCIPLINE IMPROVE PERFORMANCE Research has shown that note taking helps improve performance and memory JIU JITSU GAME IMPROVING INSIDE We want you to succeed and we want you to succeed now Get this great BJJ journal for friends family loved ones to improve their time on the mats NOW Great holiday birthday and anytime gift for the everyday practitioner Features Sized at 8x10 Perfect for Gi No Gi Training 100 Pages Perfect for women men and kids Great for gel pen ink or pencils It will make a great gift for any special occasion Christmas Secret Santa Birthday and Holidays

Passing the Guard Ed Beneville, Tim Cartmell, 2009-03 With over a thousand new photographs many of which are illustrated and an abundance of new techniques the second edition is a major revision of the highly popular original This second edition is a must have for owners of the first edition and fulfils the continuing demand for the out of print original Devoted exclusively to the range of skills needed for passing the guard the second edition includes over 60 guard passing techniques plus submissions submission counters and drills In the Grappling Arts Publications style that revolutionised the way martial arts books are made techniques are shown from multiple angles key points are illustrated and photo sequences are laid out in intuitive easy to follow patterns Text supplements the photos and provides insights on application timing and strategy

BJJ 101 the Guard: Retention, Sweeping and Passing Rob Biernacki, Rory van Vliet, Paul Kindzia, 2019-02-06 The print version of the BJJ 101 The Guard Retention Sweeping Passing module for the Rob Biernacki Online Academy BJJ Concepts is a comprehensive learning tool that enables jiu jitsu practitioners to learn and comprehend the foundations of successful jiu jitsu from a physical and scientific standpoint This student and instructor workbook is complete with pictures descriptions and review material so that practitioners can have a quick and available reference guide of the concepts covered within the course in a portable and easy to read format This

workbook is to supplement the actual video course and assists when the videos are not accessible while traveling or on the practice mats This workbook is a perfect resource to help both students and instructors learn comprehend and review the course material in an effective and efficient format The purpose is to expedite the mastery of jiu jitsu

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