

4 Submission Escapes From Jean Jacques Machado

Brazilian Jiu-Jitsu Tactics for Escaping and Reversing

by Jean Jacques Machado



Photos by Rick Husted

Ever since the mixed-martial arts revolution began in the mid-1990s, more and more martial artists have seen the light and started learning the most common finishing techniques of the standard-bearer of grappling, Brazilian *jiu-jitsu*.

Many qualified instructors are ready, willing and able to teach their students the best ways to choke, armbar and leg-lock. But what if you're trapped? What do you do when you are seconds away from being submitted?

Learning flashy finishes can only get you so far. What you need to know is how to escape in a hold that could tap you out. For expert instruction in the fine art of escaping and reversing, we asked Jean Jacques Machado for his advise.

In this free guide, Jean Jacques Machado devised easy-to-learn escapes that will save you from bad situations and enable you to reverse the flow and finish your opponent.

—Editor

ESCAPE FROM A KIMURA



Jean Jacques Machado (top) tries to test his opponent's guard (1), and the opponent gains control of his arm long enough to begin a kimura (2-3). Machado ensures that the man doesn't place his right leg over Machado's left leg, which would make escape difficult. At the same time, he maneuvers his left leg out from between the opponent's legs (4). He then keeps his trapped arm close to his body to prevent the man from wrenching it behind his back and slides his right leg to the outside (5). As the man tries to reposition for the kimura, Machado follows the movement until he can swing his leg over his head (6). Once there, he turns his body (7) and sits, keeping his crotch close to his shoulder and his left leg flexed (8). He lies back and extends the limb for the armbar (9).

JEAN JACQUES MACHADO'S BJJ ESCAPE TECHNIQUES

My thought process in the beginning of my Brazilian jiu-jitsu training was to try and not get submitted. I had to survive every training session and I felt a small sense of victory when I would achieve this—especially against the better training partners in the school. Even though they were higher ranked, they had a hard time trying to submit me. These experiences made me believe that you can always find a way out.

ESCAPE FROM A COLLAR CHOKE



With his opponent mounted on him, Jean Jacques Machado uses his elbows to keep him low on his body, positioned over his hips to minimize his ability to control him (1). The opponent therefore opts to place his right hand on Machado's right collar (2) and his left on his right shoulder (3-4) with the goal of effecting a choke. Machado shifts his hands to the opponent's hips and swings his feet to his left to push him to the right while moving his own butt to the left (5). That action creates a gap between the adversary's legs, which Machado exploits by inserting his right knee (6). He immediately swings his left foot to the man's hip to block him (7). He then encircles the trapped heel with his left arm, locks his hands and twists to apply a heel hook (8).

Having strong defensive skills means you believe so much in your strategy that you will keep attacking. It does not matter whether your opponent counters your attack, you will be able to put him back in the position and attack again.

JEAN JACQUES MACHADO'S BJJ DEFENSE TACTICS

Eventually, I understood this and was able to combine these two principles. I became very comfortable defending myself from any position because not only did people put me in various bad spots, but I also would deliberately put myself there. I learned how to survive, and once I accomplished that part of my game, going after people was a lot easier.

ESCAPE FROM A KIMURA

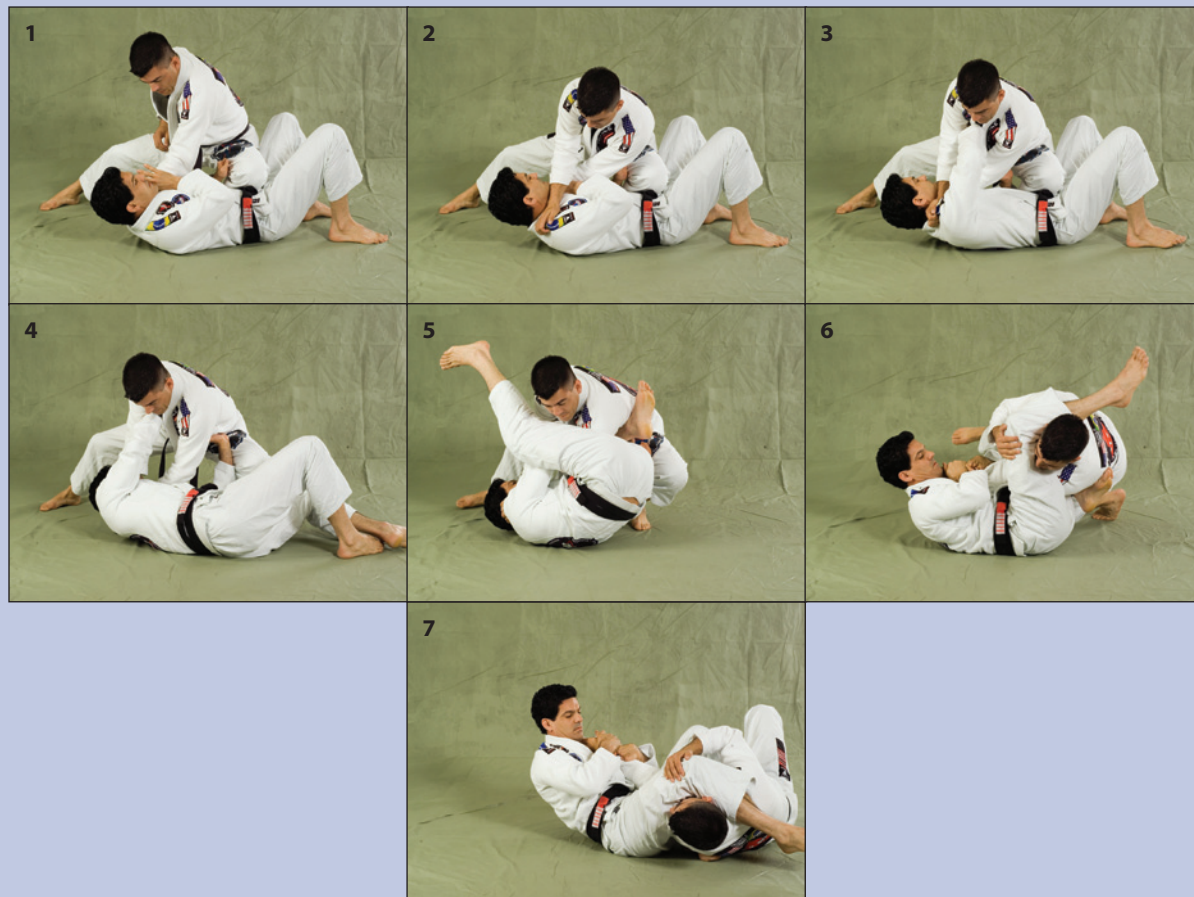


My goal for my students is to understand that every position in jiu-jitsu has a way out. It's in the timing, the momentum and how you react when people try to get control over you. As a beginner in jiu-jitsu defensive skill development, you're always working backward. You're always thinking about defending yourself AFTER someone gets a hold of you. As your skill set begins to develop, you move one step before that point, then another step before that one, then you jump three steps earlier.

JEAN JACQUES MACHADO'S BJJ SUBMISSION MOVES

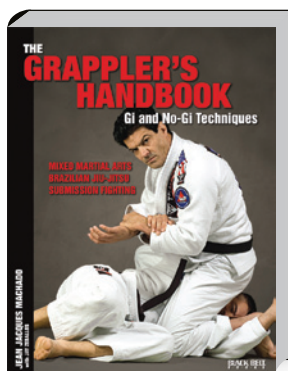
Eventually students discover that their defense is not at the last step – it's at the first step. The smallest movements, such as changing your head or arm position, will prevent your opponent from getting close or stop his attack altogether. Because you initiate your defense three steps prior, you will always be difficult to control and, as a result, submit.

ESCAPE FROM A KNEE-ON-STOMACH COLLAR CHOKE:



With much of his weight on Jean Jacques Machado's abdomen, the opponent slips his left hand inside Machado's collar and grasps it (1). As soon as the man enlists his other hand for the choke (2), Machado puts his left hand on the opponent's left arm and his right hand on his chest to momentarily stop the choke (3), then scoots his hips backward (4). Next, he places his left knee against the opponent's abdomen and swings his right leg across his face (5). Pushing with his legs, Machado flips him onto his back (6). The trapped arm is then extended for the armbar (7). If the technique is done quickly, the man will still be gripping the collar when his arm is hyper-extended, making the hold even tighter.

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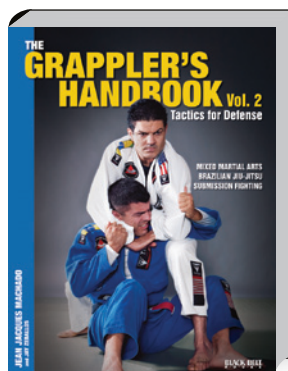
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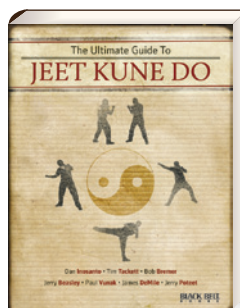
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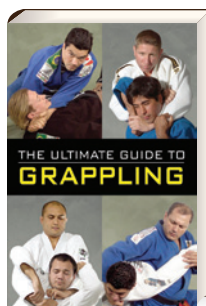
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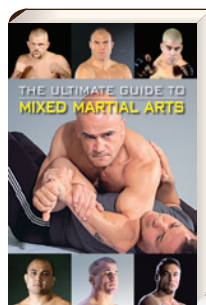
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