

GRACIE

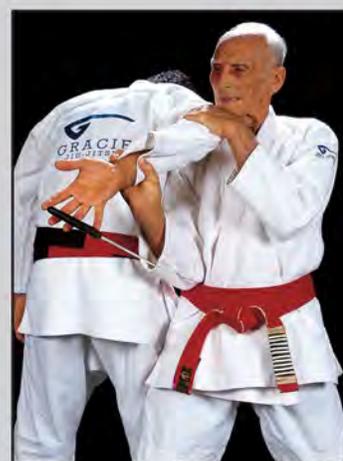
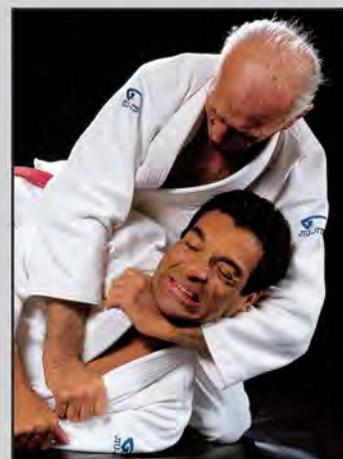
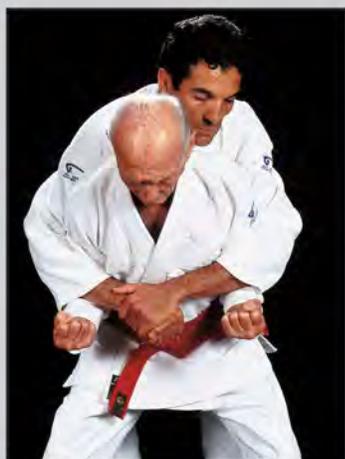
JIU-JITSU



Grand Master
Helio Gracie

Photography by Thomas De Soto

REVISED EDITION



For generations, dedicated practitioners of the martial arts believed their individual system was the best form of combat.

In 1993, Rorion Gracie created the “Ultimate Fighting Championship,” a no-holds-barred tournament that pitted one style against another. The revolutionary concept promoted fights with no rules and no time limit. It immediately became the most controversial event in martial arts history. Not only did this event destroy the illusion of effectiveness that surrounded the martial arts community, but also, more importantly, it established the undeniable superiority of one style – GRACIE JIU-JITSU.

With the fighting arts being around for centuries, it is very unlikely that one would have the opportunity to meet the creator of a martial art, let alone learn from him. This masterpiece brings together an unprecedented display of ancient knowledge by the creator of GRACIE JIU-JITSU – enhanced by modern photographic techniques.

For the benefit of people everywhere, Grand Master Helio Gracie presents the legacy of his incredible life. Through amazing images you will see him perform all the techniques step by step.

Additionally, you will be enlightened by his detailed description of every move. Finally, you will learn about his story, his teaching principles, the Gracie Diet®, and his life philosophy.



GRACIE PUBLICATIONS

GRACIE JIU-JITSU

by

Grand Master
Helio Gracie

REVISED EDITION

Gracie Publications
Torrance, California

DISCLAIMER

Please note that the author and publisher of this book are NOT RESPONSIBLE in any manner whatsoever for any injury that may result from practicing the techniques and/ or following the instructions given within. Since the physical activities described herein may be too strenuous in nature for some readers to engage in safely, it is essential that a physician be consulted prior to training.

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Gracie Publications

www.graciemuseum.com

www.graciediet.com

To teach those who don't know,
To remind those who do know,
To correct those who think they know.

– Helio Gracie

ACKNOWLEDGEMENTS

For many years I felt that Gracie Jiu-Jitsu, arguably the most revolutionary style in martial arts history, needed to be presented in its original form, in an organized fashion, for the benefit of future generations. I knew that no one could do a better job of demonstrating and teaching the techniques than Helio Gracie himself, the creator of Gracie Jiu-Jitsu.

In the summer of 2000, with my father scheduled to arrive in Los Angeles in a matter of weeks, I started asking around, looking for a photographer. One day, I received an unexpected phone call.

“Hey, Rorion,” the voice on the other end said, “look no further. I’m going to shoot your father’s book.”

“What makes you think that?” I asked, a little taken aback.

“Because I can’t take a bad picture,” the voice confidently replied.

He sounded like me when I say I can’t teach a bad class! I concluded this guy was either really crazy or really good, so we scheduled a meeting. The next day, an unassuming Thomas de Soto walked into my office. Tommy’s portfolio was extremely impressive. His lenses have captured everything from komodo dragons in Indonesia and alligators in Africa, to a Who’s Who list of celebrities and sports legends, covering everyone from Mick Jagger to Tiger Woods. Tommy’s photographic talents were the perfect complement for the book I’d been dreaming of.

After the usual small talk, I fired off the sixty-four-dollar question, “How much do you charge?”

With a small smile, he replied, “My going rate is \$\$\$\$ an hour.”

“It was nice meeting you,” I replied, standing up and reaching out to shake his hand, “but I can’t afford that.”

Tommy smiled again and said, “But I’m not going to charge you anything.”

For several moments I was speechless – which is unusual for me. Then I sat back down and managed to say, “Why is that?”

Tommy looked straight into my eyes with the utmost sincerity, “I want to be able to tell my grandchildren that I photographed Helio Gracie’s book.”

We made plans to improvise a photo studio at the Gracie Jiu-Jitsu Academy in Torrance, California, so shooting could begin immediately upon my father’s arrival. What I originally estimated would take a few days and consist of 700 photos took two weeks and resulted in 3500 images! Tommy’s 1000 best shots were selected and are presented in this book.

Besides Tommy, whom I can never thank enough, many friends put their helping hands to work and the whole project seemed to materialize out of thin air. Spiro Demetriadi provided the material for the photo set; Glenn Flojo made a special arrangement at a local hotel so Tommy did not have to drive back to San Diego every night. Julian M. Climaco supervised the film processing and had the slides ready at lightning speed so that Basilio R. Seixas could put them in order for my daily review. Also, Jose M. Fraguas gave me great advice on book structure and design; Eric Sherman was added to the team for his editing talent; and Pedro and Guilherme Valente provided valuable input.

I also want to acknowledge the contribution of the entire Gracie family for their continuous effort to preserve and honor the Gracie legacy.

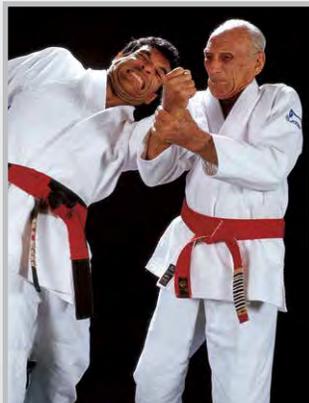
A special thanks goes out to all my children for giving me the wonderful joys and lessons of fatherhood, and to my wife, Silvia, for showing me the true meaning of love.

Most importantly, I want to express the deep gratitude and respect I have for my father, Helio Gracie, who has been a source of inspiration to me throughout my life, both on and off the mat.

Rorion Gracie

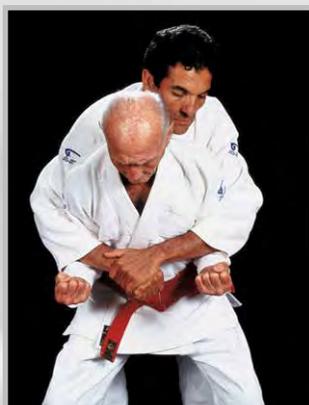
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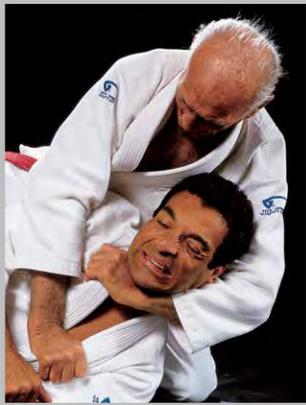
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THE HISTORY OF GRACIE JIU-JITSU

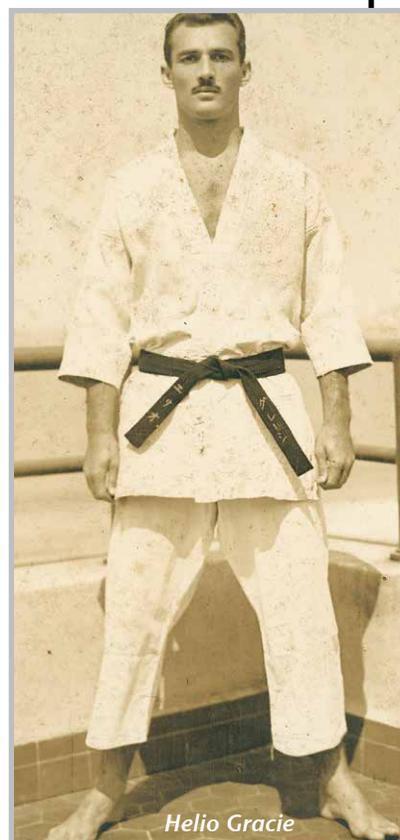
The roots of the jiu-jitsu tree were said to have originated in the mountains of India 2500 years ago. They supposedly stretched throughout China, and about 400 years ago settled in Japan where they found the soil to grow strong.

On or about 1801, George Gracie arrived in Brazil from Scotland. He came to the new land looking for adventure and opportunity. He had no idea that his descendants would one day form the largest fighting dynasty of all time. One of George's grandchildren, Gastão Gracie, was groomed to be a diplomat. He studied in Germany and spoke seven languages fluently. Eventually, however, he decided not to pursue a diplomatic career and became a businessman instead.

It wasn't until the early 1900s that a seed from the strong Japanese jiu-jitsu tree found its way to South America, more specifically, the Amazon region. Mistuyo Maeda was a jiu-jitsu teacher who was aiding a Japanese immigration colony in northern Brazil. Maeda was known to have participated in no-rules challenge matches where he demonstrated the effectiveness of jiu-jitsu.

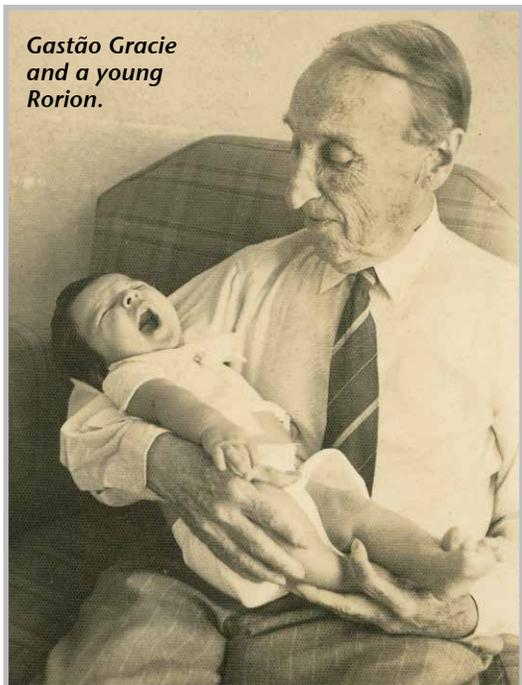
At that time, Gastão was living in the city of Belém, in the state of Pará, by the delta of the Amazon River. Fate would bring the two men together when Gastão helped Maeda get established in his new land. To express his gratitude, Maeda introduced Gastão's oldest son, Carlos Gracie, to the principles of Japanese jiu-jitsu. Carlos, who was in his early teens, fell in love with jiu-jitsu and dedicated all his energy to his newly-discovered passion. He continued practicing for the next few years until the family moved south to Rio de Janeiro. Carlos was the oldest of eight children, five of whom were boys. When the family settled in Rio, they faced some financial difficulties, which led young Carlos to look for additional sources of income. He took this opportunity to make money doing what he enjoyed – teaching jiu-jitsu. In order to establish credibility for his teachings, Carlos led his brothers in a series of challenges against all comers.

The youngest of the five Gracie brothers, Helio, was a physically frail child. He would run up a flight of stairs and have fainting spells. Nobody could figure out why. When he was about eight years old, after completing second grade, he convinced his mother, Cesalina, that he shouldn't go to school anymore.



Helio Gracie

Gastão Gracie and a young Rorion.



Some time later, while in his early teens, Helio moved in with his older brothers who lived and taught jiu-jitsu in a house in Botafogo, a borough of Rio de Janeiro. He spent the next few years watching his brothers teach, since doctors had recommended they keep Helio away from any physical activity, including jiu-jitsu training.

One day, when Helio was sixteen years old, a student showed up for his class with Carlos, who was not there. Helio, who had memorized all the moves of his older brother, offered to start the class, and the student accepted. When the class was over, Carlos showed up and was very apologetic for his delay. The student answered, “No problem. I enjoyed the class with Helio very much. If you don’t mind, I’d like to continue having classes with him from now on.” Carlos agreed. Ironically, Helio Gracie had just been promoted to instructor level by a student!

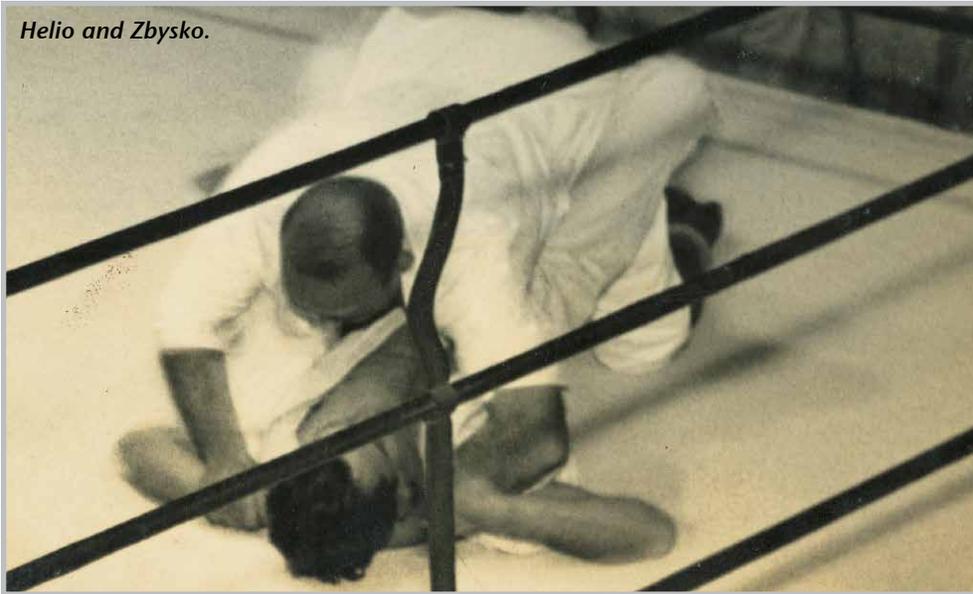
Helio soon realized that some of the techniques he had memorized from watching Carlos teach were not very easy for him to execute. In a relentless quest to find answers that would guarantee effectiveness for jiu-jitsu techniques, Helio dared to break away from the traditional jiu-jitsu his brothers had learned and taught. He started to adapt the moves so that he could execute them with ease. He did so through trial and error and by incorporating leverage, which reduced the amount of strength necessary for the execution of the techniques.

The Beginning of a Revolution

The Gracies had started building a reputation as effective fighters in their native Brazil. The huge weight disparities and adverse conditions in some of their fights sent shockwaves throughout the country. Helio, who from an early age saw Carlos not only as a brother but also as a father figure, would expand the family tradition of challenge

Helio teaching at his house.





matches to an unprecedented level under the guidance of his older brother.

Despite the popularity of the Gracies as a fighting family, it was Helio, weighing only 140 lbs., who stood out the most. He was the first national sports idol in the history of Brazil. His astounding performances, demonstrating feats of courage of epic proportions, associated with his flawless technique and a clean lifestyle, turned him into a symbol of hope for the whole nation. In fact, First Lady, Darcy Vargas, recognizing the tremendously positive image of this “small giant,” once invited Helio to the presidential palace and pleaded with him: “Save the Brazilian youth.”

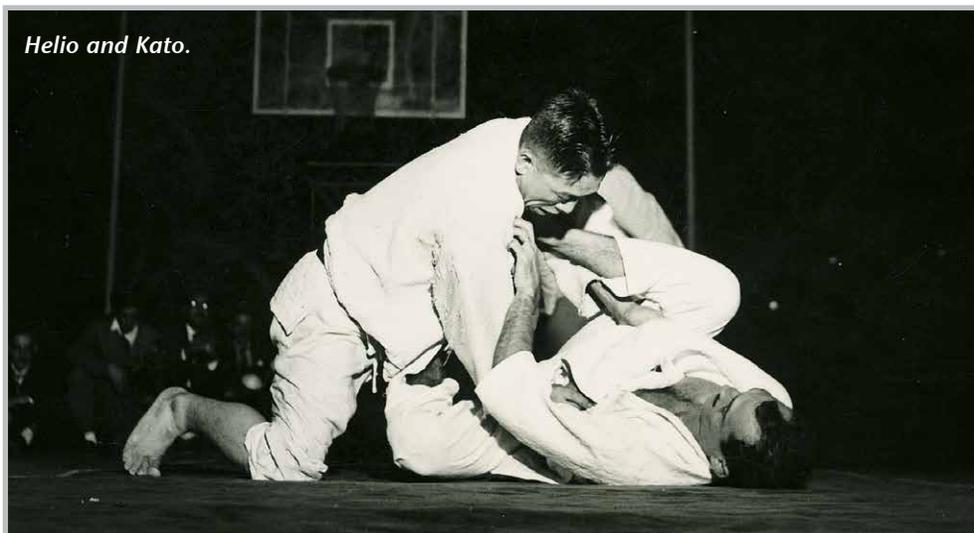
During his career Helio had seventeen fights, including matches against international wrestling champions Fred Ebert and Wladek Zbysko. Against Ebert, the match was scheduled for an unlimited number of 10-minute rounds. After 140 minutes of savage combat, at 2:00 a.m., the local police stopped the fight and sent Ebert to the hospital while Helio went home. Against Zbyszko, the fight ended after two scheduled rounds of 20 minutes each, when Zbyszko declined an offer for a third round. Helio also challenged boxing icons Primo Carnera and Ezzard Charles. They never responded. As for Joe Louis, he declined.

Outside the ring, always looking for a challenge, Helio enjoyed breaking wild horses and bulls. As if that was not enough, in an event worthy of a Hollywood movie, this Brazilian superman, in an amazing demonstration of solidarity for his fellow man, once jumped into shark-infested waters in the Atlantic Ocean to save a man from drowning. For that, Helio earned the Brazilian Medal of Honor.

The Great Kimura

When jiu-jitsu world champion Masahiko Kimura arrived in Brazil on tour, Helio saw an opportunity to test his techniques against the very best, and he challenged Kimura. To his surprise, the heavyweight champion declined, claiming that besides the almost eighty lb. weight difference, Helio was not ranked and was therefore an unworthy opponent. Kimura then stated that Kato, the number two jiu-jitsu fighter in

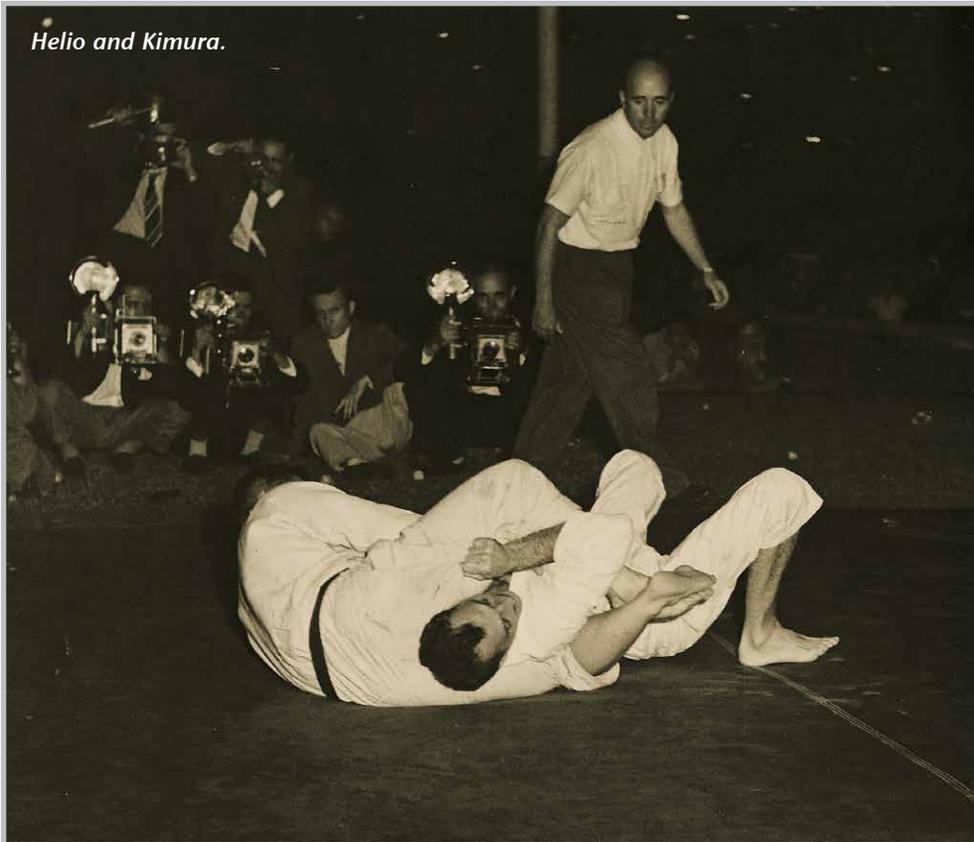
the world, who was almost forty lbs. heavier than Helio, could beat him just as easily. Helio seized that statement as an opportunity to get to Kimura. He offered to fight Kato in a qualifying match and ended-up actually fighting Kato twice. In their first match, Helio fought with a broken rib he received during training one week prior. In spite of the serious risk and against doctor's orders, Helio fought Kato to a draw. A month later,



during the rematch, in front of an enthusiastic crowd, Helio choked Kato unconscious in six minutes.

This surprise victory put pressure on the great Kimura, who now had the responsibility of defending Japanese honor. This would be the first time ever that a title match for the Jiu-Jitsu World Championship was staged outside of Japan. The match took place at Maracanã, the largest soccer stadium in the world. Among the screaming crowd, there was a mixed feeling of excitement and fear. Prior to the fight, the Japanese giant was so confident of victory that he declared in local newspapers that if Helio could resist him for just three minutes, he should be considered the winner. Helio knew that it would be impossible to defeat Kimura, given the size and strength difference, plus the fact that he was the current world champion. However, he was curious to see how good his techniques would fare when compared to the best jiu-jitsu fighter Japan had ever produced. Aware of his younger brother's mindset, Carlos made Helio promise that he would put his pride aside and tap out if the Japanese caught him in a good submission hold.

From the moment he stepped into the ring, Helio felt as if he was shoved inside a blender. Completely overwhelmed, the 140-pound Brazilian didn't know which side was up. Kimura was as unstoppable as a freight train, doing anything and everything he wanted – except win. Kimura finally secured one of his favorite holds, which although it did not cause any bones to break, prevented Helio from breathing. It consisted of having his feet crossed and his tree-trunk thighs squeezing Helio's chest, while pulling on his collar for extra discomfort. Helio, unable to inhale, flashed back on the promise he had made to his brother: "Tap out if you get caught in a good submission hold." Technically, Helio knew it was not a "good" submission hold, but he couldn't breathe, and that was



making him reconsider. While debating if he should tap, the crowd became silent and the lights faded to black. Helio had lost consciousness.

That was when one of the most bizarre incidents in sports history took place. Unaware that his opponent was unconscious, Kimura decided to try something else and jumped into the mount position, which allowed Helio to breathe again! The little big man, who had passed out with his eyes wide open, was awakened by a towering Kimura saying, “Good, very good!” while wiping the sweat off his brow. Amazingly, the fight had never stopped.

The match went on for thirteen minutes and eventually Kimura caught Helio in his famous “Kimura” lock. Carlos, fearing that Helio might not tap and would receive a serious injury, threw in the towel, forfeiting the match to the Japanese champion. Kimura was so impressed with Helio’s performance that the day after the match, he went to the Gracie Academy in Rio to invite Helio to teach in Japan.

The World’s Longest Fight

When he was forty-two years old, Helio came out of retirement for an epic no-holds-barred battle against a former top student, twenty-five-year-old Waldemar Santana. The match lasted for three hours and forty minutes and set the world record for the longest uninterrupted fight in history.

Helio took the fight on short notice and without any preparation, when Santana, influenced by a disgruntled reporter, made disrespectful comments towards Helio. The



Helio and Waldemar.

stronger and younger Santana struggled with Helio for over three hours. With his physical capabilities totally drained as a result of such inhuman effort, Helio took a kick that stunned him. His brother Carlos threw in the towel, forfeiting the match. The entire country was so moved by Helio's courageous performance, however, that his fame became even greater than before the match, the result was tremendous flood of new students eager to follow in the master's footsteps.

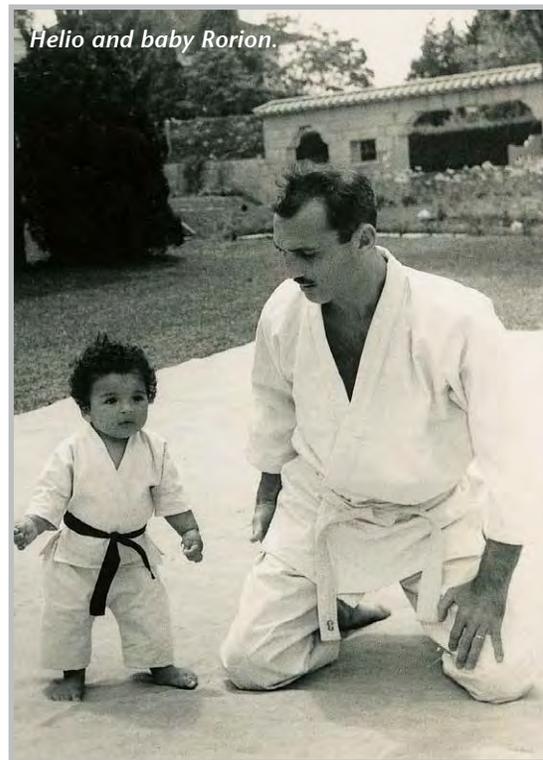
Afterwards, when asked why he didn't take longer to prepare for the fight, Helio responded with logical reasoning: "If a man insults you on the street, are you going to tell him to meet you in two months to settle the score? No, you do it right then. However, as a professional fighter, and being in the position I was at that time, I now realize that I should not have allowed my emotions to influence my decision."

Many years later, during a television show in Brazil, he was challenged by a "capoeira" instructor. A fight was scheduled for the following week. Helio, then fifty-five, choked out his much younger and stronger opponent in less than two minutes.

Helio Gracie and his brothers left a legacy that has been carried by several generations, establishing the Gracies as the most influential family in sports history.

To America and Beyond

Rorion Gracie, the oldest son of Helio Gracie, had a kimono on before he could walk. At two years old, Rorion was already doing public demonstrations. At a very early age, he grasped the intricate concepts of the art and learned to teach under the tutelage of his father. Around Christmas, 1969, Rorion came to the United States for a one month vacation. After visiting relatives in New York and Washington, DC, he moved on to California.



Helio and baby Rorion.

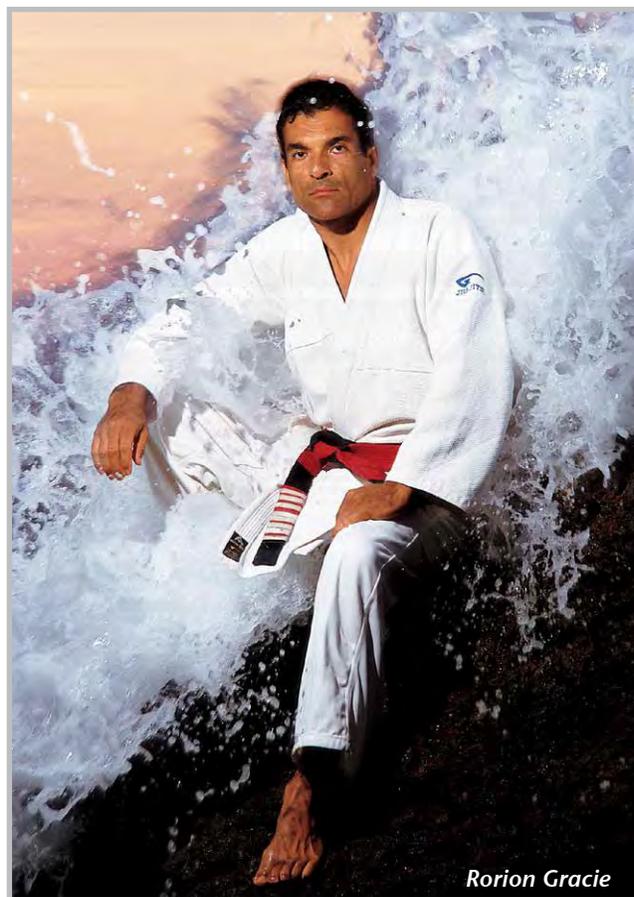


While staying at the YMCA in Hollywood, for security reasons he asked the receptionist to place his return airline ticket, along with his cash, in their safe. A few days later, when he went to get some spending money, he found out that a receptionist had stolen his money and his ticket. Not wanting to alarm his parents, he told them he had decided to stay longer in California. Through a friend, he got a job at a hamburger stand in the San Fernando Valley, just northwest of Los Angeles. Within a few days, he moved in with the family of a co-worker.

Those were the days of flower-power and rock-and-roll. Jimi Hendrix and Janis Joplin were at the top of the charts. After six months, Rorion started to get bored and was eager to return home to Brazil. Because he was so close, though, he decided to see Hawaii. It was wonderful – until the money ran out. Then, the tropical paradise changed dramatically. While looking for a job, he was so broke that he actually had to panhandle and sleep under newspapers on the streets. Eventually, by late 1970, he made his way back to Brazil.

In the summer of 1978, after achieving a Law degree from the Federal University of Rio de Janeiro, Rorion made the most important decision of his life – he would go back to America to make his family's jiu-jitsu known to the world.

Rorion made his way to Southern California, and through friends he met on his first trip, got jobs working as an extra in movies and television. At the same time, he put down some mats in his garage and invited every person he met to take a free introductory jiu-jitsu class. If they brought a friend along, they got another free class. Ten friends, ten free classes, and so on. Often, the visitors were not students but rather instructors of other martial arts who would come to challenge Rorion. To the surprise of both challengers and students, the Gracie style would invariably succeed. The word was quickly getting around.



Rorion Gracie



Rorion and Mel Gibson.



By then, brother Royce, who came to America at seventeen years old, was living and teaching with Rorion to help establish Gracie Jiu-Jitsu in the U.S. Through his contacts in Hollywood, Rorion started choreographing fight scenes for movies, including the “Lethal Weapon” series, where he worked with Mel Gibson and Rene Russo. *Playboy* Magazine and leading martial arts publications all over the world helped to spread the gospel of Gracie Jiu-Jitsu through articles profiling Rorion and his family’s fighting style.

In 1988, Rorion produced and released the first “Gracie Jiu-Jitsu In Action” videotape, which showcased footage of his family’s no-holds-barred fights. The martial arts community had heard about real fights, but not many people had actually witnessed them. All the styles that supposedly prepared students to defeat attackers with deadly moves were now being put to the test. The revolution had begun. By this time, some of the most prominent martial artists in the country were coming to Rorion’s garage in Torrance, California, to take classes. It seemed that everyone was beginning to recognize the importance of incorporating Gracie Jiu-Jitsu into their own martial arts style.

Classes were going on seven days a week from 7 a.m. to 9 p.m. The number of classes reached 630 per month, with an additional 87 people on a waiting list. With his brother Relson established in Hawaii, Rorion closed the garage and with the help of his brothers Rickson, Royler and Royce, opened the Gracie Jiu-Jitsu Academy in Torrance, California in the summer of 1989.

By 1993 Rorion and one of his students developed the concept for the most revolutionary martial arts event of all time: “The Ultimate Fighting Championship.” With the creative input of another student, writer/director John Milius, they also created a visually unique arena called “The Octagon.” Although at that time, Rickson was the champion of the family, Rorion chose Royce to step in the Octagon to represent the Gracie Family in the first UFC. He believed that the lighter and less intimidating Royce would be a more convincing example of the potential of their family’s techniques.

With the help of many other Gracie family members and their qualified students, Gracie Jiu-Jitsu has revolutionized the martial arts world. It is now an established fact



that in order to be truly prepared for the reality of a street fight, one must incorporate some version of the jiu-jitsu style perfected by Helio Gracie.

In fact, Gracie Jiu-Jitsu's humane approach, which enables its practitioners to control an attacker without hurting them, has a wide variety of specialized applications. These include:

Gracie Resisting Attack Procedures for Law Enforcement® (G.R.A.P.L.E.), now GST, which has reached every major federal law enforcement agency and military organization, as well as many state and local police departments in the U.S. In fact, the U.S. Army has rewritten their hand-to-hand combat manual to include the techniques of Gracie Jiu-Jitsu.

Women Empowered® was designed to enable virtually all women to avoid and escape a sexual assault. This unique program does not require strength, speed or coordination.

Gracie Bullyproof® is a specialized course developed to prepare children to defend themselves against bullies, without turning them into one.

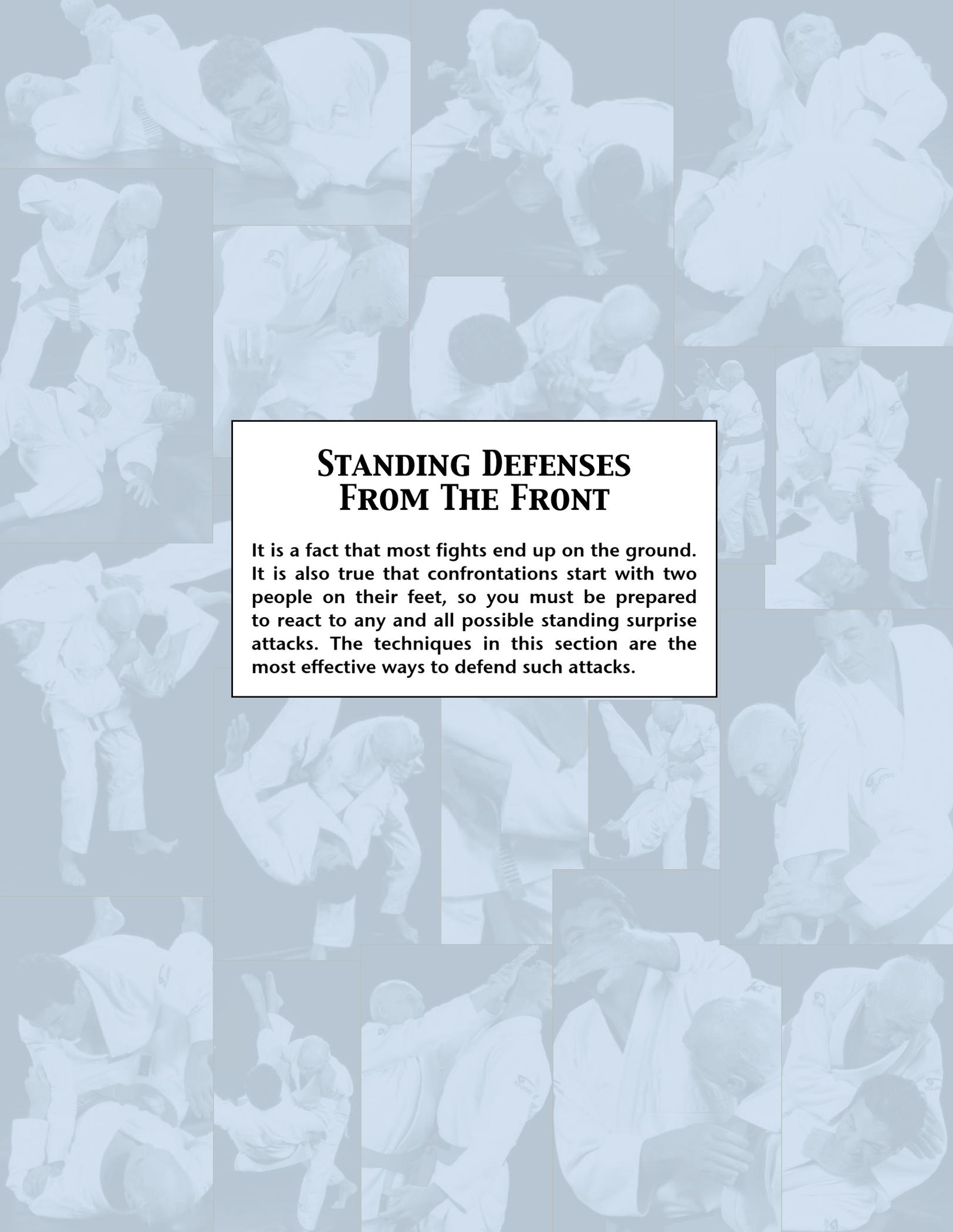
Today, the Gracie family tree is bigger than ever, with branches reaching every continent. Rorion, who lives in Southern California with his wife, Silvia, has assured the world that the Gracie legacy does not stop with him. On any given day, some of his ten children can be found teaching, training, and learning what it takes to uphold the Gracie tradition.



*The Immortal
Helio Gracie*



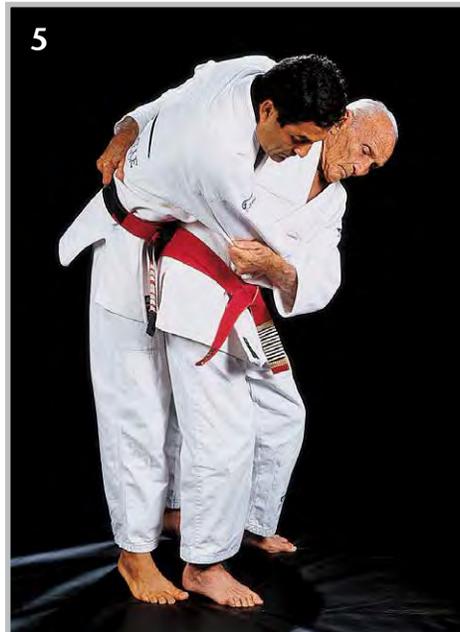
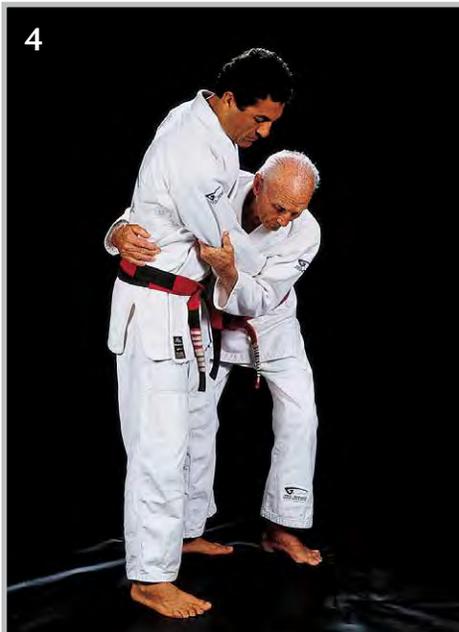
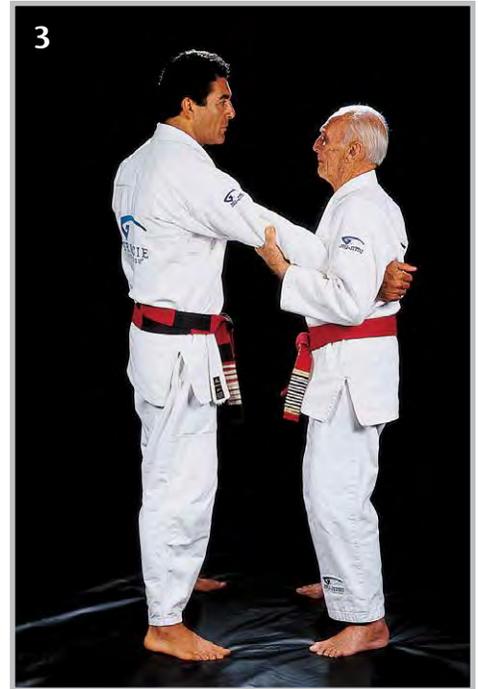
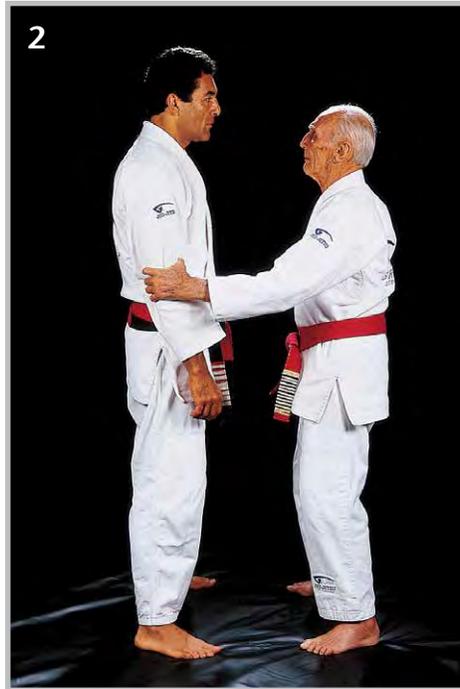
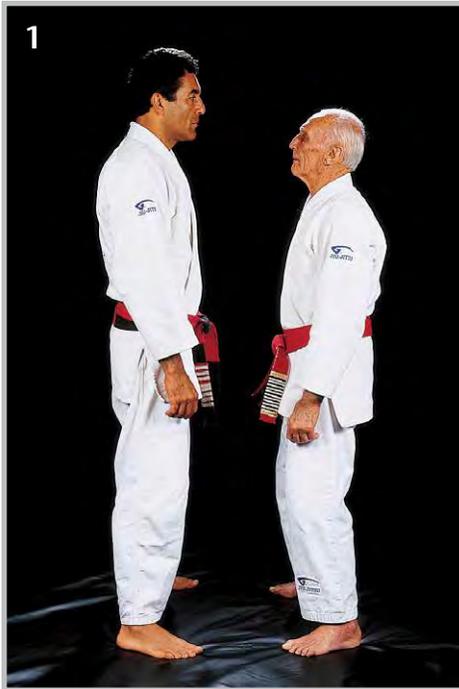




STANDING DEFENSES FROM THE FRONT

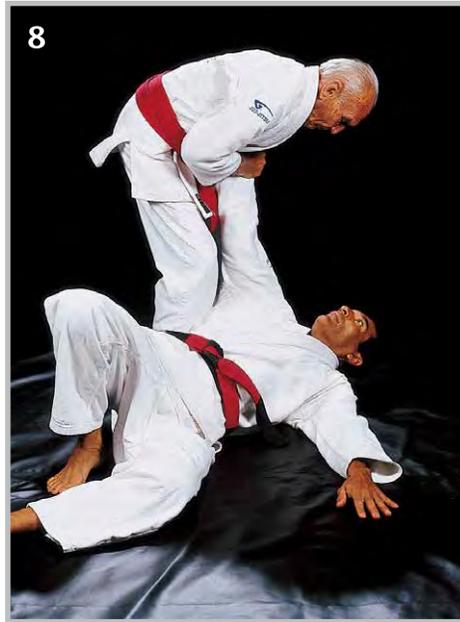
It is a fact that most fights end up on the ground. It is also true that confrontations start with two people on their feet, so you must be prepared to react to any and all possible standing surprise attacks. The techniques in this section are the most effective ways to defend such attacks.





HIP THROW

Helio reaches out and holds the back of Rorion's elbow [1, 2]. Lifting the arm and trapping the wrist under his armpit [3], Helio steps to the side, under Rorion's free arm, and holds the waist [4]. He then loosens the back hand, which allows him to step across and bring his hips directly in front of his opponent with knees slightly bent [5]. As he readjusts his back hand, pinning the opponent's hips to his own, he brings his head to his left knee while straightening his legs [6]



and throws the opponent to the ground [7, 8]. *Tip:* Lift your opponent with your hips, not with your arms.



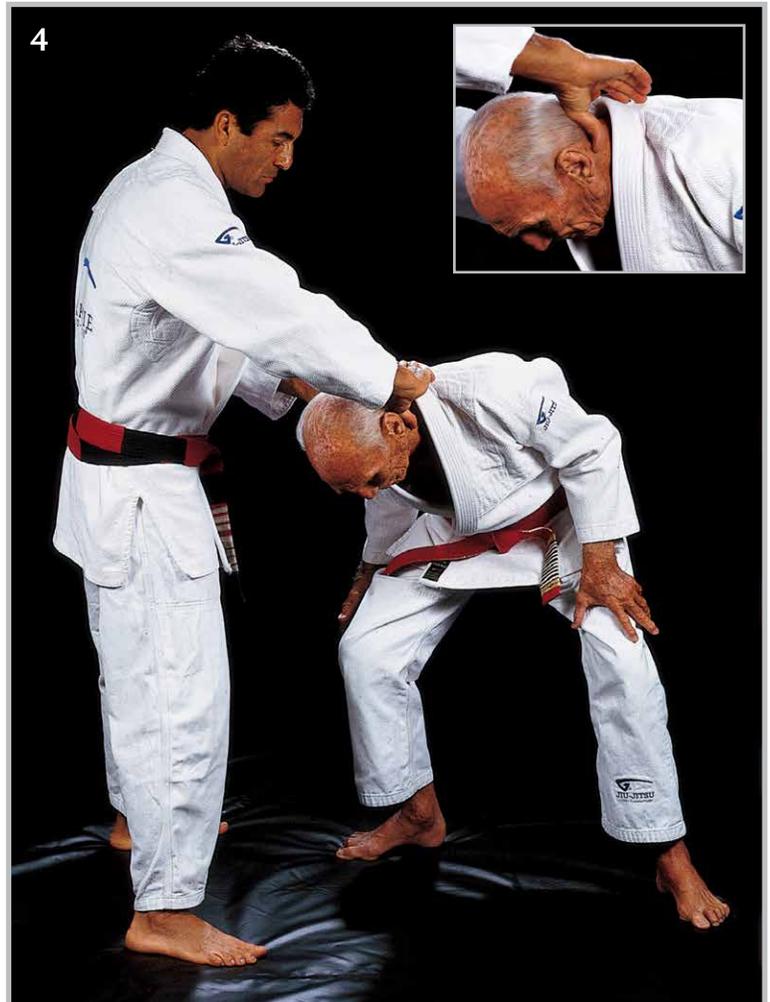
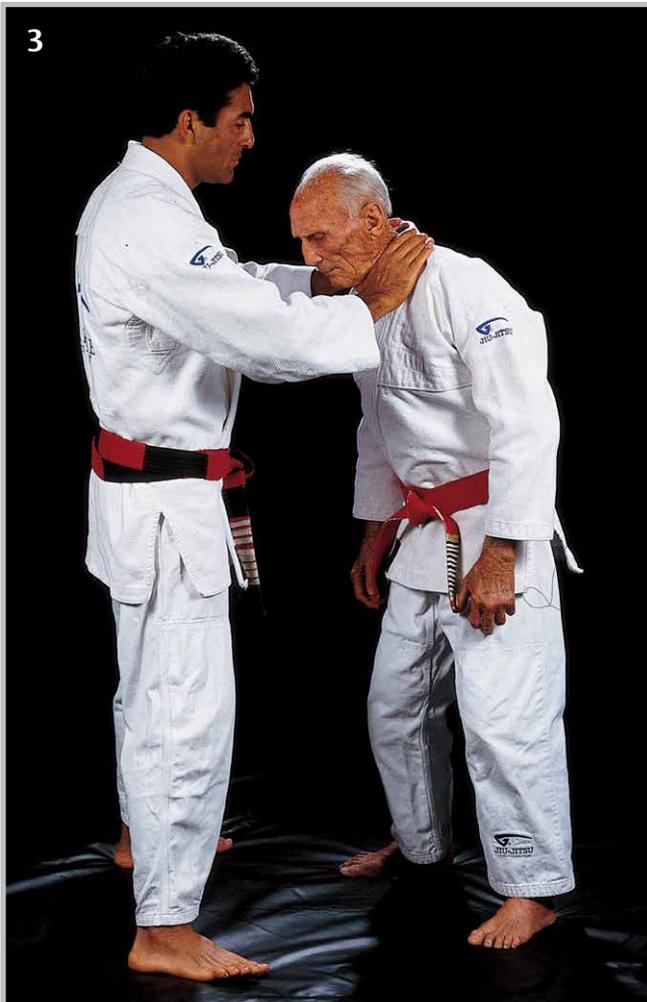
Details A and B:
The proper leg position.

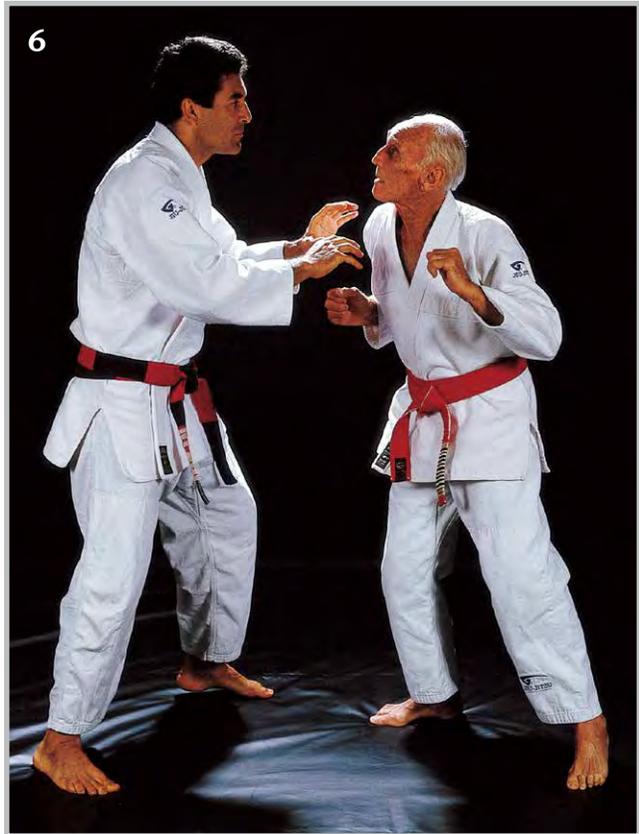
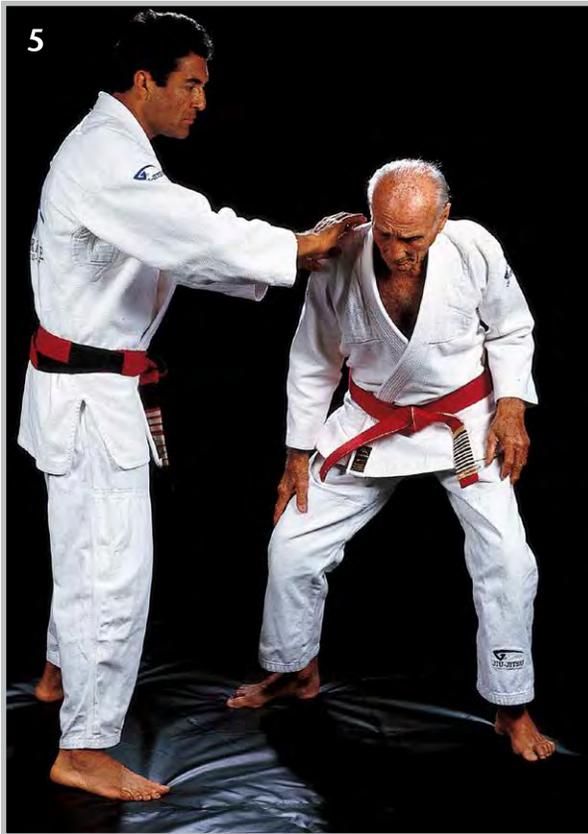
Detail C: Correct lift over the hips.
Detail D: Incorrect spin around the hips.



TWO-HAND FRONT CHOKE DEFENSE

As Rorion grabs his neck, Helio tightens his neck muscles [1, 2], bends forward at the waist [3], and steps back into base, bringing his head under the attacker's arm [Insert: Two thumbs cannot stop the leverage of the entire body going forward] [4].



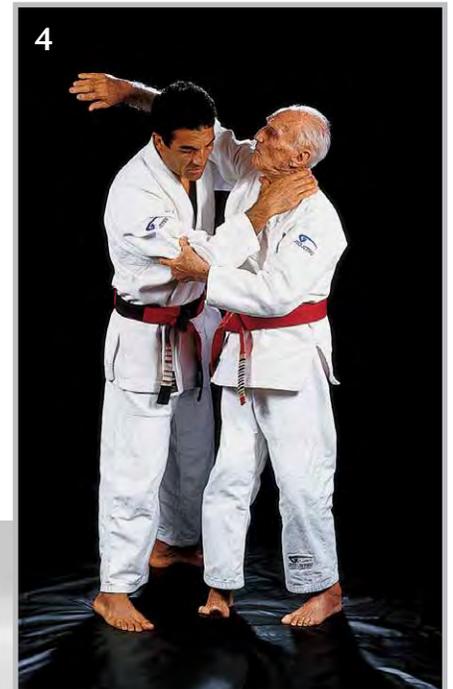
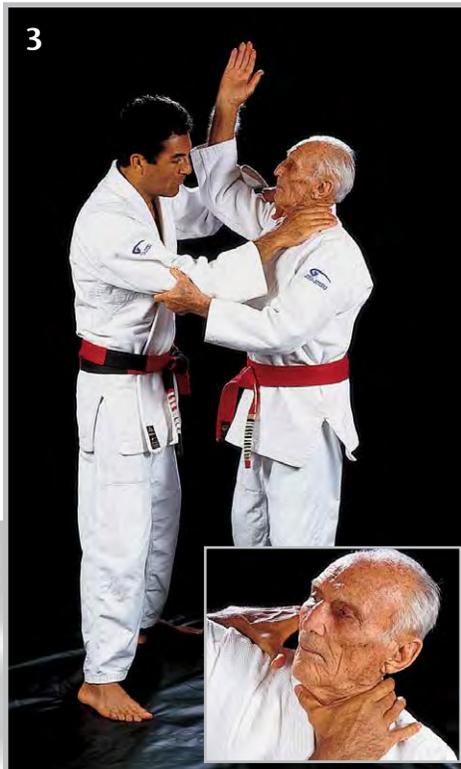
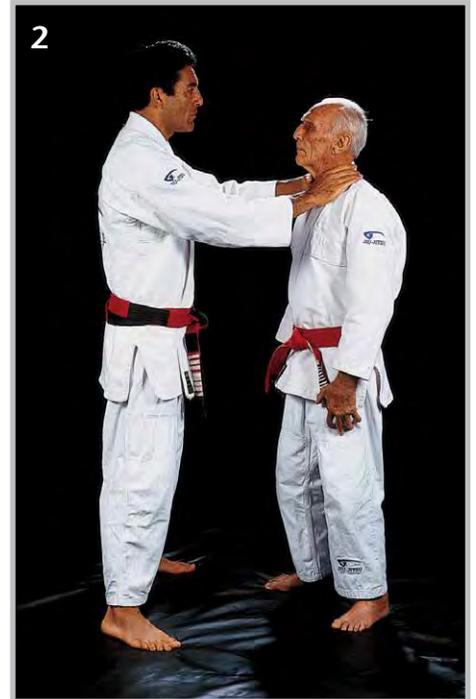
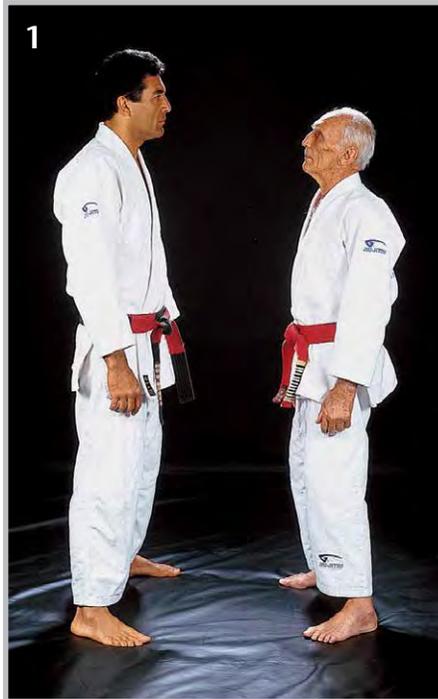


Helio raises up [5], and follows through with an elbow strike [6, 7]. *Tip:* In steps 3-5, bend at the waist as if drawing the letter “U” with your head.



TWO-HAND FRONT CHOKE DEFENSE (WITH HIP THROW)

When Rorion grabs him by the neck [1, 2], Helio holds the elbow with one hand, shoots the other hand straight up [Insert: Inside the arm] [3], and steps between the attacker's legs while clinching his neck [4, 5].



GRACIE JIU-JITSU

It is necessary not to confuse this martial art with sport competition jiu-jitsu as it is being done for strong, heavy, and trained athletes.

The world famous Gracie Jiu-jitsu was perfected by Helio to give greater protection to the less physically capable, executives, ladies and children, on a course of thirty-six (36) private lessons so they will not be physically humiliated by bad and cowardly troglodytes.

Competition has nothing to do with personal efficiency so be careful not to mix things up.

Helio Gracie



UNGRATEFULNESS

Although there are a thousand forms of ungratefulness, I consider this to be one of the worst character flaws “human beings” can have, and that can be shown even by those we love.

The seriousness of this issue is due to the fact that how can a person who has benefited morally, socially, financially, politically, or in any other way gained projection, have arguments that justify forgetting the reasons that led to their success, and many times try to justify by mistreating the one who gave him everything to get where he arrived.

I worry about those who have the terrible character flaw of ungratefulness.

Heliopraie