

Gracie Philosophy Lesson 26

D.E.C.S. (Defend, Escape, Control, Submit)

How you think about jiu-jitsu determines how you do jiu-jitsu, and how you do jiu-jitsu determines how long you enjoy jiu-jitsu. In this insightful video, Ryron breaks down the four elements of Gracie Jiu-Jitsu in a way that will make you reconsider everything.

Here are some critical considerations to keep in mind:

- 1. Defend
 - a. Big Avoid/defend the positions and moves where the attack can begin.
 - **b. Small** Keep your opponent from completing what they have started.
 - c. Deep Defensive options for when you are in a deep submission.
- 2. Escape
 - a. Accept Escape when the opportunity is perfect.
 - b. Create Use a combination of techniques to escape.
 - c. Force Use a combination of technique, surprise, speed and explosiveness to create space.
- 3. Control
 - a. Closed A control that is more fixed focusing on grips and tightness.
 - b. Open Connected but not attached, focused on balance, pressure and using gravity.
 - c. Dynamic Using the threat of submissions and strikes to control.
- 4. Submit
 - a. Accept When you accept the mistake that your opponent makes.
 - b. Create Using technique to create an over-reaction from your opponent.
 - c. Force Making your opponent submit by any means necessary.

For a more enjoyable and sustainable jiu-jitsu journey, focus on the "As" and "Bs" under each element for the first 3-4 years, and then begin to explore the "Cs."

Invest more time learning to defend big and small positions and escaping will come more naturally.

Spend more time controlling and submissions will appear more often.

Do more of what you don't want to get more of what you do want.

Notes: