# PARA JIU-JITSU. magazine

JAN-MAR 2018 • ISSUE 001

# JAMIE LEON Heart of a Lion

pjjmag



FREE PDF ALL OF 2018

Page 14

WHATIS JIU JITSU?

EDITIBLE LIFESTYLE





# ORDER YOURS

only at PJJmag@gmail.com



BELT LEGGINGS



MANY MORE STYLES & DESIGNS

coming soon



# WHATIS JIJ JITSU?





# PJJmagazine TABLE OF CONTENTS

Page 6: Editorial

PAGE 12: WHAT IS PARA JIU JITSU?

PAGE 14: COVER STORY, HEART OF A LEON

PAGE 20: WITHOUT LIMITATIONS™ BREAKDOWN

PAGE 30: TRAINING WITH MUSCULAR DYSTROPHY

Page 32: Para Jiu Jitsu Competition

Page 46: Jiu Jitsu Changed My Life®

PAGE 48: RILION GRACIE JJ W/O LIMITATIONS

Page 56: Techniques Without Limitations

Page 60: Family Affair by Abby Freeman

Page 64: Editible Lifestyle™

Page 70: Para Jiu Jitsu Backgrounds

PJJ Magazine™

Director/ Horrible Editor; o)

Maximiliano Ulloa York t-5 spinal cord injury

Editor Starting on Issue 002

Kaylee Adams
muscular dystrophy

### **DESIGNED BY**



Technical Graphics for a Technical Lifestyle

### **PJJ MAGAZINE 2018**

PJJ or better known as Para Jiu Jitsu has graced many headlines and news feeds last year, and for good cause too. Last year we saw many opportunities for the Limited grappler. Starting the year off with the 3rd annual Para JJ only tournament called Grapplers Heart held in New York this year, the birth of the first Para Jiu Jitsu Federation, and a huge spike in venues hosting Parallel Brackets for the grappler with limitations.

All these options have uncovered many grapplers around the world. When I fell into this community over 5 years ago there weren't many of us out there, or so we thought. I can remember googling "disabled" Jiu jitsu, or wheelchair Jiu jitsu, and nothing showed up. Today I'm not the only one, there are so many women, men & kids out there training with some kind of so called disability.

Para Jiu Jitsu is on the main stage now, and will only continue to grow, as more and more realize that they aren't handicap and a disability is only in our minds. Work with what we have left, show up and give 100%

### "Jiu Jitsu Makes Us Equal"

### **Switching Gears Now**

I want to thank the very few who helped me put this together. It's hard to get people to volunteer without money these days. I tried all year to get people involved; I found most are tierd, pre occupied, or just not interested. I had to write most of this magazine on my own in just a 2 mo span; so I apologies for any typos, or bad grammar. English was my second language and I struggled with it my whole life. But I didn't want the mag to be forgotten from my desk. Me an editor of a Magazine... HA, I would have never put money on that.

What I do know is how to coordinat, market and I'm a graphic designer, I went to school for this stuff. I did my best with what I have. Anything is possible if you just start. Time will mold it into perfection. In my search for stories I went back into my messages.

I'm happy to say that I found someone willing to sacrifice a bit of her life to make this come true. I'm very happy to say Kaylee Adams will be the new Editor going forward. She helped a little on this mag but it was mostly finished, when she joined the team. I don't want her taking the fall for all my grammar and spelling mistakes.; o) I also found a great person that is just as excited as me to get the story! Jen, but I only new her for the longest time as Snow Lilly.. haha She can cover the west while I explore the east.. i'm excited for whats coming in 2018.

~ Maximiliano Ulloa





# **SHARE YOUR STORY**

EMAIL US AT: PJJMAG@GMAIL.COM

PJJ<u>magazine</u>



# Products Answers Fun

**Abilities Expo Checks All the Boxes:** 



Access to community experts

✓ Informative workshops

 ✓ Tools for seniors

Adaptive sports

✓ Inclusive dance

Assistance animals

✓ Facts about therapeutic cannabis

✓ Fun activities for kids of all ages

# www.AbilitiesExpo.com

Register online today. It's free!



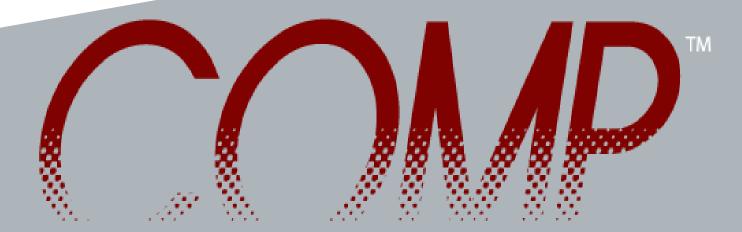
New York Metro May 4-6, 2018 Chicago June 29-July 1, 2018

Houston August 3-5, 2018

#Abilities Expo

**Boston** September 21-23, 2018 San Mateo October 26-28, 2018 **Toronto** April 5-7, 2019





PINAL SACKGROUNDS

Missed Opportunity Advertise Here

PJJmag@gmail.com

Missed Opportunity Advertise Here

PJJmag@gmail.com

Missed Opportunity
Advertise Here

PJJmag@gmail.com

Missed Opportunity
Advertise Here

PJJmag@gmail.com

Missed Opportunity Advertise Here

PJJmag@gmail.com

### WHAT IS PARA JIU JITSU?

### par·al·lel·ism

'perəlel izəm noun

the state of being parallel or of corresponding in some way.

Jitsu is.

Jitsu and is practiced all over know how to fight. the world as a form of Self Defense. Allowing a smaller strucof the human body.

them to the ground to control niques to their own abilities. the situation using grappling. You can compare it to wrestling, but in Jiu Jitsu you learn how to about several individuals with

Normally when you see the defend yourself by controlling different limitations using Jiu word Para before another you their movements or manipu- Jitsu to take control of their associate it as an adaptive ver- lating your opponents joints lives and how it helps in so sion of a structured system or you can even apply chokes if many ways. sport. With Jiu Jitsu it's a bit dif- needed. The point is to have ferent. Before we get into that; control of the fight the whole it's important to understand a time. It sounds scary but if you more about this topic. But when basic explanation of what Jiu think of it like this, a person that thinking more about it, I think its has been training for at least 6 best if we spend the year sharmonths on a regular basis will ing the stories of those whose Jiu Jitsu is a martial art also gain enough knowledge to de- lives it has already helped, and known as The Gentle Art. Today fend themselves in the street we revisit this topic at the end its more commonly known as against someone who does not of the year when we get a better Brazilian Jiu Jitsu, or Gracie Jiu train. Most people actually don't understanding of what exactly

The beauty of this Gentle art tured person to control their is most independent individuals attacker by using leverage and can do it. Weather your male, feunderstanding the movements male, tall, short, heavy or skinny, its effective.

Most people associate mar- This is why it works so well for tial arts with punching or kick- those with limitations. It doesn't ing, in Jiu Jitsu you learn how matter if you're a fully able body to anticipate your opponent's or using a portion of your body, movements in order to take everyone has to adapt the tech-

In this Magazine you will read

Originally I wanted to write Para Jiu Jitsu is.

~ PJJmag

Missed Opportunity Advertise Here

PJJmag@gmail.com

Missed Opportunity Advertise Here

PJJmag@gmail.com

Missed Opportunity
Advertise Here

PJJmag@gmail.com

Missed Opportunity
Advertise Here

PJJmag@gmail.com





COVER STORY

# Jamie Leon HEART OF A LION

Wounded Warrior to Mat Warrior:

A former combat medic and family man offers six tips on how to train with injuries and shares how BJJ has improved his life.

By: Ben Rodrigue

Is Jiu-Jitsu really "for everyone"? The stars that we all know of in the BJJ community are exceptional athletes that have been training since a very young age. They are the champions of the sport and, in many cases, they are who the average BJJ hobbyist looks up to. But, what if you are not an incredible athlete or you have a physical or mental challenge to overcome? Is BJJ still for you?

We sat down with a family man and former US Army Combat Medic, Jaime (Jay) Leon to discuss how BJJ has impacted his life and the strategies he uses to keep rolling.

Jay sustained injuries on multiple occasions during his tour in Afghanistan and subsequently medically retired from the Army. He has had multiple surgeries on his back, hips, and shoulder in attempts to correct his injuries and moderate his pain. In addition to his ongoing physical challenges, Jay has PTSD and Traumatic Brain Injuries (TBI). These express themselves through depression, mood swings and memory loss.







ay is fortunate; he has a background in medicine and a very supportive family. His wife, Angela, is his full-time caretaker, he has four wonderful kids and a service dog named Shadow. However, following his medical retirement, his injuries and medications were taking a toll on his health and his family. After Jay was medically retired, he was bedridden and depressed. He gained over 30lbs and, at one point, he was on 17 different medications to manage his pain. "When I got out, I couldn't pick up my kids. That was hard." Jay says, "The older kids would talk about how the younger kids didn't get a chance to experience the same things with their dad that they did."

Jay knew he needed to make a change and he began a journey to heal himself. He journaled how the medications made him feel and took an active role when working with his doctors. He was able to wean himself down to 9 medications and dropped 10 pounds before starting training at Gracie Barra San Antonio under Professor Fabiana Borges.

After training Jiu-Jitsu for a year, Jay has lost another 20 lbs and has weaned himself down to only three medications. Jay helps teach the kids class now that his children are training. So, mat time has become quality family time with his children. He says that teaching the kids class helps get him to get warmed up for his class and helps him with his TBI related memory challenges, "If you can explain it to a child, you can explain it to an adult." And doing so solidifies the movement in his mind. One common theme we hear from veterans is that they miss the tight bonds they built with their fellow soldiers. Jay says that Jiu-Jitsu has not only given him mental relief by keeping his mind and body active and giving him something to work for but it has given him a new brotherhood of supportive friends.

While many people look to the star athletes and the Gracie family as the foundations of Jiu-Jitsu due to the attention that they garner, the truth is, Jay and the men and women like him are the foundations. The people that have physical challenges or demanding careers and families but still find time to come to class and better themselves. Those people are the bedrock and silent majority of the Jiu-Jitsu community and the people that we should all strive to support, learn from, and welcome into the BJJ family.



### 7 BJJ strategies that Jay uses to get the most from his training

1) Tap Tap Tap: Tap early and often.

Since Jay has so many injured areas of his body, he takes ownership of his ego and taps quickly so he can roll more and get injured less.

2) Adjust the way you roll:

If something hurts more on a given day, change your BJJ style to stay off that body part. Jay says he works more from his back and sometimes gives up positions but, in doing so, he improves other areas of his game. For example, closed guard hurts Jay so we works more butterfly guard and half guard to compensate.

3) Roll Smart:

Mentally stay one step ahead of your partner. Jay will bait his partner into positions that are more comfortable for him and he has built attacks and sweeps from those positions.

4) Don't over train:

If your body can only do 2-3 classes a week. That is more classes than you would do if you quit. When Jay started, he was going five days a week because he was in love with BJJ. He learned to listen to his body and scale back his training. Now he gets more from the classes he does attend.

5) Prep before class:

Do your own warmup and stretches. The basic warmup is for everyone else but if you have unique challenges, you should do a unique warmup.

6) Avoid inflammation:

After training, Jay takes a shower and finishes with cold water and he applies ice packs to injured areas and applies Lidocaine patches to his unusually sore areas.

7) Take evening classes:

This allows his body to warm up throughout the day. Also, after class, he can apply ice and heat while lying in bed without losing quality time with his kids.

Writen by **Ben Rodrigue**Ben is a freelance writer, marketer and founder of PowerTrain Tape.



## Finger Tape by Athletes, for Athletes

WWW.POWERTRAINTAPE.COM



GracieBarraSanAntonio.com

**Without Limitations Certified PJJ Academy** 

"Not at all, he is able to do anything that I and other coaches teach him. He is able to pass on and support the team as well"







1) Can you tell us how you work with a student with Limitations?

Fabi: I love working with people that challenge me to be a better professor. Jay has inspired me a lot, seeing him coming and pushing in each class, even knowing that he is in pain.

2) Does his Limitations effect how you teach him Jiu jitsu?

**Fabi:** Not at all, he is able to do anything that I and other coaches teach him. He is able to pass on and support the team as well.

3) What do you think about Jiu jitsu and so called disabilities?

**Fabi:** I believe everyone is able (medical approval preferably), there is always a way of adapting a technique.









A BRAZILIAN JIU JITSU & SURF RETREAT IN NICARAGUA

**WITH PROFESSOR FABIANA BORGES** 

APRIL 18-22, 2018

- 6 NIGHTS AT MAGNIFIC ROCK HOTEL
- RIDES TO/FROM AIRPORT (MGA)
- (3) MEALS DAILY
- UNLIMITED TEA, COFFEE, AND WATER REFILLS
- (2) SURF LESSONS (OPTIONAL)
- (1) 1-HOUR MASSAGE PER GUEST FROM ONSITE MASSAGE THERAPIST
- UNLIMITED SURFBOARD RENTALS
- (5) BRAZILIAN JIU JITSU TRAINING SESSIONS
- BBQ FINALE FIESTA

LEARN MORE AT NICASURFBJJ.COM



**Future Programs** 









LEARN MORE AT IJJWLF.COM





coming soon



HEN I FELL INTO
THIS CHAIR OVER
5 YEARS AGO, I
WAS INSTANTLY
LABELED. THE
ONLY PROBLEM

IS NONE OF THE LABELS RELATED TO THE PERSON I AM. I WAS A ROCK CLIMBING EXPLORER, I HAD EXPERT KNIFE SKILLS IN THE KITCHEN, I HAD A CONTRACTORS LICENSE, I'M A GRAPHIC DESIGNER, AND I WAS TYING ON A BLUE KNOT. IT JUST NEVER REGISTERED IN MY HEAD THAT I WOULDN'T BE ABLE TO CONTINUE THE LIFE I WAS LIVING.

### **DISABLE:**

1 : IMPAIRED OR LIMITED BY A PHYSICAL, MENTAL, COGNITIVE, OR DEVELOPMENTAL CONDITION : AFFECTED BY DISABILITY

2) OF A DEVICE OR MECHANISM: RENDERED INOPERATIVE (AS BY BEING DAMAGED OR DELIBERATELY ALTERED) A DISABLED ALARM

I UNDERSTAND THE WORD DISABLED HAS A MEDICAL MEANING, BUT ALL I HEAR IS THE 2ND DEFINITION, WHEN I HEARD THIS WORD. IF THAT'S MY FRESH MIND IN THIS WORLD THINKING, THEN MOST PEOPLE MAY THINK THIS WAY TOO?

THE LAST THING I WANTED WAS TO BE LABELED FOR SOMETHING I'M NOT? I REFUSE TO PUT A CAP ON HOW HANDY I CAN BE. SO I JUST STARTED CORRECTING EVERYONE I SPOKE WITH. THOSE WORDS WHERE TO BE REMOVED FROM MY VOCABULARY UNLESS NEEDED FOR OFFICIAL PAPERWORK OR CONVERSATIONS. BUT IN MY EVERYDAY LIFE I'M NOT USING THEM.

LIMITED, WITH A LIMITATION, MY LIMITATIONS, THEY ALL SOUNDED BETTER TO ME, THEY JUST NEED A LITTLE EXTRA VOCABULARY TO USE. BEFORE I LEFT THE HOSPITAL I WAS ALREADY LIVING THIS HABIT. MY NEXT GOAL WAS TO SEE HOW I DO AT ALL THE THINGS I DID WELL JUST A SHORT BUT EXTREMELY LONG 2 MONTHS BEFORE.

I HAD A RUFF START IN THE BEGINNING, I HAD TO GO HOME COMPLETELY ALONE FOR THE FIRST 2 MONTHS. MY YOUNGER BROTHER THOMAS ALREADY COMMITTED TO PACKING UP HIS LIFE IN VIRGINIA TO RELOCATE IN SAN DIEGO TO TAKE CARE OF ME. ONLY HE HAD A BIG JOB HE WAS ON, AND WOULDN'T FINISH FOR ANOTHER 8-9 WEEKS. I LET LIFE CARRY ME AND MENTALLY, SAID TO MYSELF, LET'S SEE WHAT HAPPENS.

NOW. WASN'T COMPLETELY ALONE I HAD A FEW GIRLS FROM JIU JITSU STOPPING IN ONCE AND AWHI-LE AND ALWAYS CALLING TO HEAR ME SAY I'M OK, WHEN I WASN'T.. MY LIFE SOURCE WAS THE MAINTENAN-CE MAN THAT TOOK MY CLOTHS OUT OF THE STACKABLE W/D, HE TOOK MY TRASH OUT AND BROUGHT ME RAMEN NOODLES, MILK, AND CE-REAL EACH WEEK. THOSE WHERE THE ONLY THINGS I HAD STRENGTH TO PREPARE ON MY OWN. AFTER AWHILE I HAD TO SPLIT THE TASK OF COOKING, EATING, AND CLEANING ONE POT, INTO 3 TRIPS.

I WAS GETTING WEAKER.

"THE LAST THING I WANTED WAS TO BE LABELED"







OMICALLY IT SEAMED LIKE EVERYTHING I DID WAS AGAINST ME. THE MAIL BOX WAS A SHORT WAYS AWAY FROM MY APARTMENT, BUT THE RAMP CUT OUT WAS ON THE BACKSIDE OF THE BLOCK OF BUILDINGS. I HAD TO GO ALL THE WAY AROUND TO COME BACK.. IT WAS TO MUCH AT TIMES. BUT 2-3 MONTHS I THOUGHT WASN'T THAT LONG IN MY LIFE. TJ WILL HELP ME GET STRONGER..

WELL IT TURNED INTO 2 MONTHS OF TORTURE.. MY EYES WATER NOW AS I WRITE THIS.. NOT OUT OF SADNESS FOR ME, IT'S JUST THAT WHEN YOU ENDURE THOSE LEVELS OF PAIN YOU QUESTION EVERYTHING YOU DID TO DESERVE IT. I DIDN'T WATCH TV, ONLY NETFLIX SO THAT GOT OLD QUICK. I WAS FORTUNATE TO HAVE THAT PERIOD IN MY LIFE. I LEARNED A LOT ABOUT MYSELF, PAIN AND THE ROAD I TRAVELED. AS PROMISED MY **BROTHER THINGS** ARRIVED AND EASIER, I STARTED EATING FOOD, BUT I WAS SO DRUGGED THAT IT WAS HARD TO COMMUNICATE WITH HIM.

HE SORTA HAD TO FIGURE THINGS OUT ON HIS OWN. I THINK IT WAS THE LACK OF NUTRITION AND THE PAST 2 MONTHS TAKING PILLS & PAIN KILLERS ON AN EMPTY STOMACH MOSTLY, AFRAID TO DRINK ANYTHING SO I DON'T HAVE TO CLEAN UP THE BED LATER.

AFTER AWHILE I GOT MY STRENGTH UP AND STARTED BEING MORE ACTIVE. IT WAS GOOD TO HAVE THOMAS AROUND. HIM AND MY DAD ARE THE ONLY ONES I COULD HAVE LONG CONVERSATIONS WITH. I HAD A SPARK OF LIFE BACK IN THE ROOM. WE MOVED AROUND A COUPLE



TIMES TO SAVE MONEY, THOMAS EVEN LET ME SLEEP IN A SMALL STUDIO WHILE HE SLEPT IN HIS TRUCK.

IT WAS TIME FOR SOME REAL CHANGE. STRONGER AND DRIVING NOW, I NEEDED TO GET BACK TO MY OLD LIFE. NATURALLY I HAD TO START WITH JIU JITSU. A LOT HAS CHANGED SENSE MY ABSENCE FROM THE MATS. LETICIA LEFT FIT IN DOWNTOWN SAN DIEGO AND OPENED HER OWN ACADEMY: GRACIE SOUTH BAY. ANOTHER GRACIE HUMÁITA ACADEMY

I WAS FORTUNATE ENOUGH TO BE STRONG ENOUGH TO ATTEND THE GRAND OPENING. IT WAS GOOD TO BE ON THE MATS AGAIN. I STARTED WITH ONE DAY A WEEK, THEN TWO BUT MY MOTIVATION STARTED DIMINISHING, IT WAS FAR FOR ME, 40 MIN IN THE CAR TOOK A LOT OF ENERGY FROM ME. ENERGY I COULD USE TO WORKOUT WITH.

VICTORY MMA WAS IN POINT LOMA AND NEXT TO THE BEACH. I STARTED MY WHOLE JIU JIT-SU JOURNEY THERE FROM THE THROWDOWN DOORS OPENING,

TO BRIEFLY BEING A GRACIE HUMÁITA JIU JITSU PROGRAM. IT WAS ONLY A 20 MIN DRIVE, AND I COULD GET THE BEACH AIR AFTER TRAINING.

I SPOKE TO MY FRIEND RUDY AND TOLD HIM MY PLAN. HE TOLD ME THE GYM IS MINE, I DON'T HAVE TO WORRY ABOUT PAYING. JUST GET STRONGER. IN THIS FACILITY THE MATS AND WEIGHTS WHERE UPSTAIRS. THAT WASN'T A PROBLEM THO, ALL MY FRIENDS STILL TRAINED THERE. I WOULD YELL UP, TO JEFF, DEAN OR GREG AND THEY WOULD SEND TWO PEOPLE TO CARRY ME UP AND DROP ME ON THE MATS.

TRAINING AND LIFTING A FEW WEIGHTS IN THE CROSSFIT ROOM PLUS GOING DOWN TO SOUTH BAY ONCE A WEEK WAS WORKING.

THIS IS WHEN MY PARA JIU JITSU LIFESTYLE EMERGED I STARTED WORKING TOWARDS ORGANIZED COMPETITIONS AND WITHOUT LIMITATIONS WAS BORN.

MY GOAL WAS TO FIND THOSE WHO WHERE NOT GIVING UP AT WHAT THEY LOVED TO DO, AND SHARE THEIR STORY TO INSPIRE OTHERS.

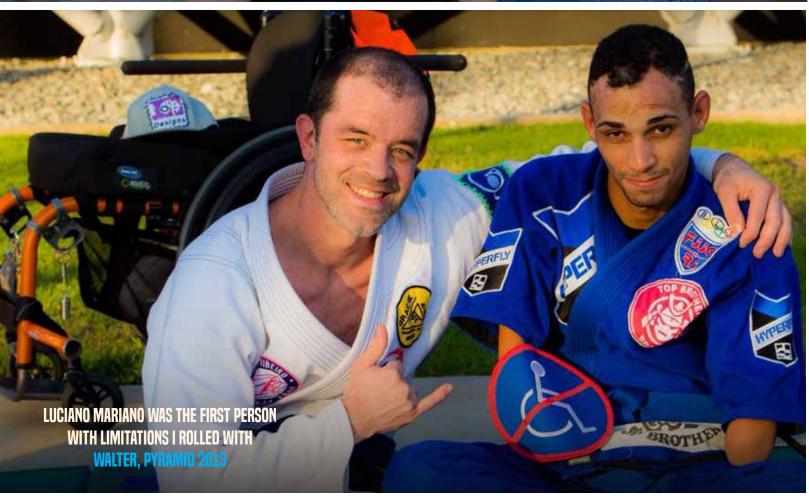
I DIDNT WANT ANYONE GOING THROUGH THE STRUGGLE I HAD TO ENDURE, MY MIND WAS SET, I'M HERE TO EASE THE PAIN FOR OTHERS BY USING JIU JITSU.

Find out more about the
Without Limitations Programs and
how you can help at:

IJJWLF.com







Luciano "Frango" Mariano believes in the power of jiu-jitsu to change lives. As a young boy he was too shy and insecure about being an amputee to try jiu-jitsu. Fortunately his friends wouldn't take "no" for an answer and eventually got him into the gym.

It was during training that Luciano realized the mats are a great equalizer and he was hooked. Today Luciano is a purple belt and active competitor. He has competed in both Para-BJJ and BJJ events in Brazil.

In 2014 with the help of some non-profit supporters, he traveled to the United States and competed at Worlds in Long Beach, CA. Luciano continues to train and has championship aspirations. He gives back to his community by volunteering to teach BJJ to children. He is perpetually positive and would like to return to the US to train and compete.



Luciano Mariano







**USA** Hostel

aslami

Hostelling

# Be My Eyes

### WHAT IS BE MY EYES?

BE MY EYES IS A FREE MOBILE APP DESIGNED TO BRING SIGHT TO THE BLIND AND VISUALLY IMPAIRED. WITH THE PRESS OF A BUTTON, THE APP ESTABLISHES A LIVE VIDEO CONNECTION BETWEEN BLIND AND VISUALLY IMPAIRED USERS AND SIGHTED VOLUNTEERS. EVERY DAY, VOLUNTEERS ARE LENDING THEIR EYES TO SOLVE CHALLENGES BOTH BIG AND SMALL IN THE LIVES OF THE BLIND AND VISUALLY IMPAIRED. WITH OVER HALF A MILLION USERS ACROSS 150 COUNTRIES, BE MY EYES HAS GROWN TO BECOME THE LARGEST ONLINE COMMUNITY FOR THE BLIND AND VISUALLY IMPAIRED. THE APP HARNESSES THE POWER OF GENEROSITY, TECHNOLOGY AND HUMAN CONNECTION TO HELP BLIND AND VISUALLY IMPAIRED INDIVIDUALS LEAD MORE INDEPENDENT LIVES.

### Get The Free APP

Learn More At BeMyEyes.com

Albertson

East

# Training with Muscular Dystrophy

I will have a normal life span, but every day there is a degree of pain/discomfort in my body from damaged nerves and atrophied muscles. I cannot run, I have severe weakness in my ankles and legs, as well as general weakness well below the average person, in my hands and arms. I trip and fall over my own feet often. Muscular Dystrophy can be a butt whooper.

### May 2016, I found Brazilian jiu-jitsu.

My old coworker, Jason, a purple belt at the time, spent a year trying to convince me to show up to class. Every day he left work to go train, he would be pesky about me just giving it a try. Finally, I opened up and asked if I could do BJJ with all those issues I have. He sent me a video of a man, I believe he had Cerebral Palsy, competing. Jason said "just show up and try it, it might change your life."

With all this anxiety, I showed up and stepped on the mats. I was exposed to all these strangers in a way that I have only allowed to my closest friends and family. Little did I know, Manchester Brazilian Jiu-Jitsu would be my new home.

Jason, and another coach, Jerry, spent an hour introducing me to BJJ. I had never even thought of doing something



**Kaylee Adams** 





like it, but there I was. I walked away with the biggest smile on my face (and my first bruise from Jerry!). I showed up a few more times to Jason's classes, and then finally decided to commit and sign up. When I told Jason one day I was going to class, he said "you know I won't be there, right?" And I responded "I know! I'll be okay!"

When I was first meeting new coaches, I would fill them in on my limitations before class. They just told me to adapt what I can. When they run for warm ups, I do a light jog on the spring mats, or I am off on the side doing crunches, things like that. My game as continued to improve in ways I never thought it could, by pushing and exploring new limits.

If my academy did not have the community it does, I do not think I would

have stuck with training. Rob Magao, owner of Manchester Brazilian Jiu-Jitsu, has created an inclusive team and environment. As a female with alimitations, I have never once felt unsafe, uncomfortable, or unwelcome. Every coach and teammate displays honest patience and encouragement to each other. We push each other for continuous self-improvement on and off the mats. I found the family I needed, and we all have each other's backs.

After about a year and a half of classes, seminars, and open mats, in December 2017 I received my blue belt from Rob. If all my brothers and sisters were not looking, I probably would have shed more than the one tear I did. For the experiences I have had, and whatever the future holds, I am thankful for Jason poking at me to try training because he was right – jiu-jit-

su changes your life.

Not only has BJJ helped me discover and develop my physical capabilities, but I have made so many friends within the community that is across this country. I travel to train with them and to attend seminars.

I have found my place as an Ambassador for Mission 22, My Bruises Are From, and Josei Heishi. This journey is my own, and I encourage those of any ability to step, roll, crawl, or climb onto the mats to start your journey. Do not limit the possibilities of what good can come to your life – the blood, sweat, and tears are worth it. Jiu-jitsu can change your life.







rapplers Heart, as far as I know was the one that started it all. in the States. Its a smaller venue hosted at a different academy each year. They Started 3 years ago It has been growing strong and growing

ago. It has been growing strong and growing each year. Last Year the event was held in New York City and had a good turnout. We came from all parts of the states and even from Canada to battle each other.

These events are for persons with Limitations only.

**GRAPPLERS HEART 2018** 

SUNDAY APRIL 29<sup>TH</sup>
NEW YORK CITY

FOR MORE INFO

Grappler's Heart is a one of a kind opportunity for grapplers with Limitations to compete against one another. There are a number of different divisions and matches for all.

Last year's Grappler's Heart was my first para BJJ experience, and my first time in New York. I was one of three people in my bracket, and the only female at GH. There was a high level of competition, but comradery was not far behind. It was clear that although we were all there to fight, it was also a chance to see old friends and meet new faces. It is still one of my all-time favorite tournament experiences.

~ Michaela Smith





All eyes were on the main stage last year. The UAEJJF added Para Jiu Jitsu Brackets to the Abu Dhabi Grand Slam Tour. Stopping in multiple countries to find the best in the world.

Last year the para Jiu jitsu community got a chance to compete for the gold eagle, Only one more chance left scheduled in London this March. Check out the website listed below for more information or to register for the London event. **Events.uaejjf.org** 



# UAEJJF Abu Dhabi Grand Slam World Tour Los Angelas, CA

The Abu Dhabi Grand Slam in LA is by far my favorite tournament I've ever competed in. The UAEJJF welcomed us Para athletes with open arms.

I was grateful enough to not only compete in both the Para and non-Para divisions, but I ended up submitting all of my opponents when I was behind by points. I took home two gold medals that I presented to my coach and teammates at Spartan Martial Arts in Oakdale, Minnesota.

Tom Schmitz is our professor and he and my teammates deserved those medals more than I did. The Abu Dhabi Grand Slam LA was one of the best experiences of my life.

~ Nick Palmer















"Para Jiu Jitsu shows the true meaning behind Jiu Jitsu and that anyone can train in the Art of Jiu Jitsu. Jiu Jitsu is for everyone and Para Jiu Jitsu proves t hat point time after time."



" I WILL DEFINITELY BE COMPETING IN MORE PARA TOURNAMENTS TO FURTHER TEST MY SKILLS WITH OTHERS LIKE MYSELF."





#### SJJIF Para Jiu Jitsu Brackets

**JESSICA MUNTER** 

**ACADEMY: IMPERIAL JITZ** 

**RANK: BLUE** 

LIMITATIONS: BRACHIAL PLEXUS INJURY TO THE LEFT ARM (NERVE DAMAGE)

YEARS TRAINING: TWO AN A HALF YEARS

PARA JIU JITSU ISN'T JUST THE OPPORTUNITY TO COMPETE WITH OTHER ADAPTIVE ATHLETES, IT'S A COMMUNITY. IT'S A PLACE TO COME TOGE-THER TO MEET KNEW PEOPLE, SHARE TECHNI-QUES AND TRAINING METHODS.

I RECENTLY COMPETED IN THE SJJIF PARA JIU JITSU CHAMPIONSHIP AND I HAD A BLAST! I MET MANY KNEW PEOPLE WHO BECAME MY FRIENDS. THIS WAS MY VERY FIRST PARA TOURNAMENT AND I DIDN'T FULLY KNOW WHAT TO EXPECT. THIS WAS ACTUALLY THE FIRST PARA TOURNAMENT I HAVE EVER HEARD OF SO I WAS VERY EXCITED TO ATTEND AND TO LEARN MORE ABOUT IT. THE WHOLE EVEN WAS NICELY ORGANIZED AND RAN SMOOTHLY, AND THEY DID A GREAT JOB AT PAIRING THE ATHLETES BASED ON DISABILITY FIRST FOR A FAIR MATCH.

IT WASN'T VERY DIFFERENT FROM ANY OTHER MATCH, BUT I FELT MUCH MORE COMFORTABLE THAN OTHER TOURNAMENTS I'VE COMPLETED IN. I BASICALLY FELT SAFER BECAUSE I KNOW MY OPPONENTS KNOW AND UNDERSTAND HOW DANGEROUS ROLLING/COMPETING WITH THESE KIND OF INJURIES/LIMITATIONS CAN BE. IT WAS ALSO VERY EXCITING HAVING THE OPPORTUNITY TO HAVE A MATCH AGAINST SOMEONE ELSE WHO EXPERIENCES THE SAME LIMITATIONS.

~ JESSICA MUNTER



CONGRATULATIONS ON YOUR NEW BLUE BELT!!



MONKEYSPORTSTAPE.COM

15% off code PJJmag15

#### DO YOU HAVE A SPARE GI?



#### **DONATE AT:**

16915 SE 272ND ST, SUITE 100 BOX 101, COVINGTON, WA 98042

GIVE THE GIFT OF A GI" IS A NON-PROFIT ORGANIZATION ASSOCIATED WITH JAMMINBJJ AND THE CARLY STOWELL FOUNDATION. WE COLLECT AND DISTRIBUTE USED GIS, NO-GI GEAR AND MONETARY DONATIONS TO PEOPLE WITH LIMITED RESOURCES INTERNATIONALLY. WE HAVE HELPED CLOSE TO 500 GIS FIND NEW HOMES IN BRAZIL, PHILIPPINES, NICARAGUA, COSTA RICA, ST. CROIX AND THROUGHOUT THE US.

LIKE US ON FACEBOOK.

#### COMP 2018

yler Brey, a Brown Belt with Spina Bifida is no stranger to competing against fully able bodies both in wrestling and in Jiu Jitsu. Earliar this year he competed on the big stage in a Jiu Jitsu competition called Fight To Win Pro 58. We followed up with him after the event and asked him a few question about his experience.

#### 1) HOW DID IT FEEL BEING ON THE BIG STAGE?

I LOVED IT! I HAVE WANTED TO BE ON A FIGHT TO WIN CARD FOR A LONG TIME NOW, AND IT REALLY MEANT A LOT TO ME WHEN I FOUND OUT I WAS THE FIRST PARA JIU JITSU ATHLETE TO COMPETE ON THE FIGHT TO WIN STAGE. I LEFT EVERYTHING ON THE MAT AND DID ALL THAT I COULD TO DISPLAY MY SKILLS AND SHOW EVERYONE HOW ADAPTABLE JIU JITSU CAN BE.

#### 2) WHAT IS PARA JIU JITSU TO YOU?

TO ME PARA JIU JITSU REPRESENTS HOW ADAPTABLE **JUJITSU IS. THERE ARE PLENTY OF TRADITIONAL MOVES** THAT ARE TAUGHT IN EACH POSITION, BUT THAT DOES NOT MEAN THOSE ARE THE ONLY OPTIONS AVAILABLE. PARA JIU JITSU ATHLETES NEED TO THINK OUTSIDE THE BOX AND DISCOVER TECHNIQUES THAT ARE UN-TRADITIONAL BUT JUST AS EFFECTIVE. WHEN I WAS **NEW, I DIDN'T KNOW IF IT WAS POSSIBLE. BUT NOW AS A BROWN BELT, I HAVE NO DOUBT THAT THERE IS ALWAYS A WAY THAT I CAN FIGURE OUT HOW TO DOMINATE EVERY** POSITION EFFECTIVELY. REGARDLESS OF IF I AM USING TRADITIONAL TECHNIQUES OR COMPLETELY UNTRADI-TIONAL TECHNIQUES TO PROBLEM SOLVE EACH POSI-TION. I AM ABOUT 10 YEARS INTO MY JIU JITSU CAREER AND I AM EXCITED FOR WHAT TECHNIQUES AND STRATE-GIES I WILL DISCOVER OVER THE NEXT 10 YEARS.

#### 3) WHAT'S NEXT FOR YOU?

THE NEXT STEP FOR ME IS TO COMPETE IN AS MANY BIG STAGE SUBMISSION ONLY COMPETITIONS AS POSSIBLE AND TO GET MY BLACK BELT FROM MY GREAT INSTRUC-TOR CASSIO WERNECK





#### We asked the same question to these Monsters

1) HOW DID IT FEEL BEING ON THE BIG STAGE?

I HAVE HAD MANY PJJ MATCHES IN THE PAST, BUT THIS ONE FELT ELECTRIC! AN AMAZING HIGH I'LL NEVER STOP CHASING.

2) WHAT IS PARA JIU JITSU TO YOU?

PARA JIU JITSU TO ME MEANS FAIR OR AS CLOSE TO FAIR AS POSSIBLE DUE TO LIMITATIONS. ALTHOUGH I LIKE COMPETING IN ABLE BODY TOURNEYS I FIND THE PARA TOURNEYS THE TOUGHEST CAUSE WE ALL HAVE A SPECIAL KIND OF WARRIOR IN US.

3) WHAT'S NEXT FOR YOU?

**GRAPPLERS HEART IN NY IS NEXT FOR ME** 

**Shannon Kitchen** 

#### 1) HOW DID IT FEEL BEING ON THE BIG STAGE?

FEELING ON THE BIG STAGE WAS INCREDIBLE. I HAVE COMPETED AT IBJJF WORKDS TWICE AND THOSE WAS WERE NOT COMPARABLE TO FIGHT TO WIN PRO60. TO BE IN YOUR HOMETOWN IN FRONT OF YOUR FAMILY AND FRIENDS WAS AMAZING AND WOULDN'T TRADE IT FOR ANYTHING. YOU CANNOT REPLICATE THE ADRENALINE THAT A MATCH LIKE THIS CAN PROVIDE.

#### 2) WHAT IS PARA JIU JITSU TO YOU?

SHANNON KITCHEN IS THE FIRST PARA THAT I HAVE EVER GRAPPLED. IT WAS INTERESTING TO SAY THE LEAST. PARA JITZ MEANS TO ME THAT REGARDLESS OF A PERSONS DISABILITY THIS ART CAN BE ADAPTED TO ANYONE. THAT IS THE BEAUTIFUL THING JIUJITSU.

#### 3) WHAT'S NEXT FOR YOU?

I JUST RECEIVED MY PURPLE BELT FROM KOMAINU GYM AND CHARLES GRACIE JIU-JITSU. THE NEXT PART OF MY JITZ JOURNEY WILL BE TO COMPETE EITHER IN IBJJF WORLDS GI IN LAS VEGAS IN AUGUST OR WORLDS NO GI IN DECEMBER OF 2018. I WILL ALSO BE STARTING A BOOK THAT CHRONICLES MY LIFE STORY AS WELL AS MY JIUJITSU JOURNEY. IT WILL HAVE A MOTIVATIONAL THEME.

**David Talent** 







#### AROUND THE WORLD

JAN 27 & 28 2018

### NATIONAL PRO IN BRAZIL Guarapari, Espírito Santo State.

PARA JIU JITSU competitors had a second chance to compete to qualify to be part of the Abu Dhabi Grand Slam this April.

Its great to see so many grapplers with limitations dedicating themselves to what thy love doing. Brazil has of 100 registered grapplers training with all diffrent kinds of limitations.



### 5 Tips to Better Your Competitive Edge

NAME: WILSON SGAI

RANK: **RYAN GRACIE BLACK BELT** ///

ACADEMY: **RGA MIAMI LAKES**YEARS TRAINING: **TWENTY TWO** 

YEARS COMPETING: TWENTY YEARS

#### 1) KNOW YOUR GAME

Its important to know what you are good at when you enter a competition. Never try something you just learned. It's better to only use what you know works well every time.

#### 2) KNOW YOUR DIVISION & RULES

This is important so you can prepare for that competition. Maybe you see the same people all the time, you need to know their game. Plus most competitions have different rules, and that can effect your strategy.

#### 3) KNOW YOUR BODY

Listen to your body, If your cardio is great but your elbow is hurt it can throw off your Spider Guard. Be honest with yourself, your going to compete anyway, Its better to use what is working at the time.

#### **4) KNOW YOUR STRATEGY**

After you know your game and body, you can adjust the strategy you have been working on. For example, you have been training to use a spider guard, but 2 weeks before you hurt your wrist or fingers really bad.. You now need to adjust your strategy to play a different part of your game based on your division and the rules..

#### 5) CREATE A CONNECTION WITH YOUR COACH

Most of time in a match you may not have time to remember the points or even look at the clock. Having a clear communication with the person coaching you will help you as you compete.

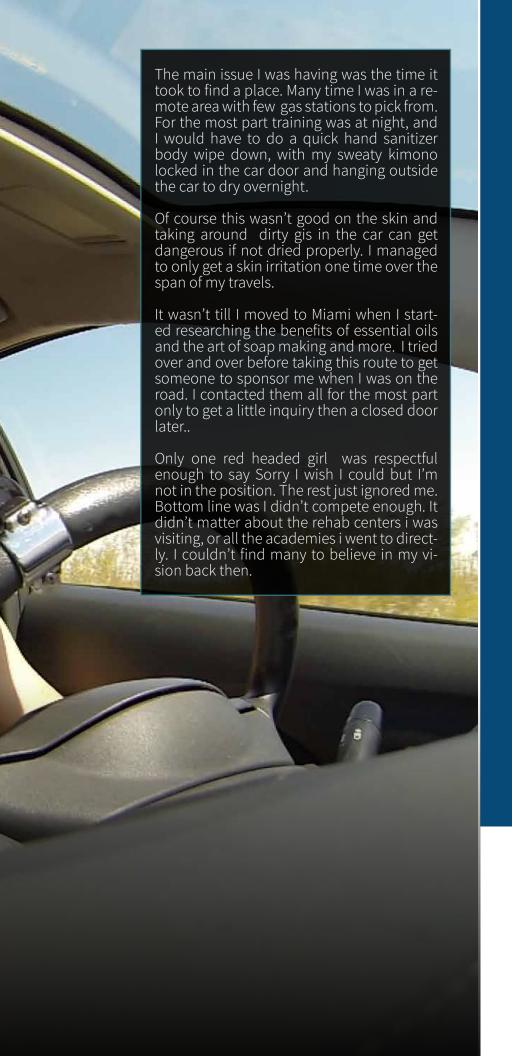


WIlson & Mestre Rilion









ow living in my own room with my brother and his family, I am in the position now to explore some of the ideas I have been developing. One was to provide all natural Skin and Surface Protection products at an affordable price. Including the opportunity for Athletes to raise funds and support themselves just for sharing their # and training hard.

Win or Lose in competition they receive 70% of the profit from their discount code.. They are the only reason people are buying it. Support over Sponsoring is my belief.

Plus it only brings popularity to the brand and we have our regular sales too. The best part is all of Guards profits are split between two projects: 2XchromoZone™& Without Limitations™ with only 20% going to building the brand, instead of the other way around.

I want everything affordable, I don't want someone not training or traveling because they cant shower after, or worse get a skin irritation, blame it on the mats and quit Jiu Jitsu. I know what it feels like to have that door shut in my face and want to provide an opportunity for all to explore to their fullest Without Limitation.

For more information on wholesale options email PJJmag@gmail.com for detail on our first released product, a Safe for Skin & Surface spray that kills most mat born bacterias, you can use it on your Body, Kimono, Gym Bag & Gear, Yoga Mat, Car & more.



natural skin & surface protection products





#### **REFLECTIONS**

BY THOMAS GWYNN

ANG AROUND BRAZI-LIAN JIU JITSU LONG ENOUGH AND YOU **WILL CERTAINLY HEAR** MORE THAN A FAIR SHARE OF CLICHÉS. THE MOST COMMON AMONG PEO-PLE JUST STARTING OUT IS SOME VERSION OF "JIU JITSU CHANGED MY LIFE!" HOW DO I KNOW THIS? BECAUSE I MYSELF HAVE BEEN KNOWN TO SPOUT SUCH LIFE-AF-FIRMING CLICHÉS FROM TIME TO TIME. WHAT I NEVER REALLY THOU-**GHT ABOUT UNTIL I WAS ASKED TO** WRITE THIS WAS EXACTLY HOW BRA-ZILIAN JIU JITSU CHANGED MY LIFE.

I MEAN SURE, I WAKE UP SORE MOST DAYS, TAKE A FEW MORE IBUPROFEN THAN I USUALLY DO, BUT THAT COULD JUST BE THAT I'M NOT GETTING ANY YOUNGER. I MEAN, I LITERALLY HAVE TO PUT MYSELF BACK TOGETHER EACH MORNING. BEING AN AMPUTEE ISN'T AS EASY AND GLAMOROUS AS I HAVE A TENDENCY OF MAKING IT LOOK.

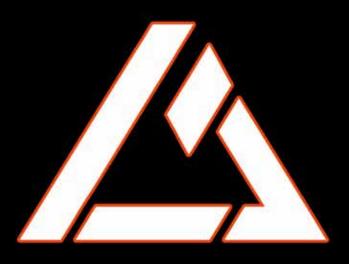
MY NAME IS TOMMY, I'M A BELOW KNEE AMPUTEE. I'M A BLUE BELT UNDERNEATH PROFESSOR RICARDO TUBBS OUT OF DA FIRMA TRAINING CENTER IN CHESAPEAKE, VA. I'VE BEEN TRAINING FOR JUST UNDER TWO YEARS NOW.

WISH I COULD TELL YOU THAT I'M A HARD CORE JIUJITEIRO, THAT SPEND 8 HOURS A DAY, SEVEN DAYS A WEEK ON THE MATS AND AM A COMPETITION BEAST. BUT THAT'D BE A LIE. I'M 36 YEARS OLD, A FATHER OF TWO, AND A HUS-BAND, I'VE GOT TIMES WHERE I TRAIN LIKE CRAZY AND THEN I'VE GOT TI-MES LIKE NOW WHERE A MILLION AND ONE REASONS SEEM TO KEEP ME OFF THE MATS ON WEEKLY BASIS. BUT THAT'S ALL GOOD, BECAUSE I DON'T TRAIN FOR ANYONE'S SAKE BUT MY OWN. SO WHILE I DON'T HAVE ANY GOLD MEDALS HANGING ON A "GO ME" WALL IN MY HOUSE, I CAN TELL YOU EXACTLY WHAT THE ART OF BJJ HAS DONE FOR ME.

I CAME TO BJJ NEARLY THREE YEARS AFTER LOSING MY RIGHT FOOT DUE TO A WORK RELATED ACCIDENT. WHI-LE RECOVERING FROM MY AMPU-TATION AND DUE TO SOME MINOR MOBILITY SETBACKS, I HAD GAINED ABOUT SEVENTY POUNDS, TOPPING THE SCALE AT AROUND 265 POUNDS. I WAS FEELING LIKE ABSOLUTE GAR-BAGE, BOTH PHYSICALLY AND EMO-TIONALLY. I KNEW SOMETHING HAD TO CHANGE. EVEN THOUGH I HAD NE-VER TRIED JIU JITSU, I KNEW ENOU-GH ABOUT IT TO KNOW THAT IT WOU-LD BE A PERFECT FIT FOR ME. I HAD A HARD TIME WALKING AND BALAN-CING, AND THIS STUFF WAS DONE ON THE FLOOR.

THROUGH BJJ, I HAVE REGAINED MY STRENGTH AND MOBILITY. PROBABLY THE GREATEST GIFT IT'S GIVEN ME IS THE ABILITY AND THE DESIRE TO GET UP AND CHASE MY TWO YOUNG SONS AROUND THE HOUSE AND YARD, WHEREAS PREVIOUSLY I SELF-DEFEATED MYSELF INTO SIMPLY WATCHING MY KIDS AS THEY PLAYED. I'VE LOST RIGHT AROUND FIFTY POUNDS. AND NOW I AM CAPABLE OF DOING 100% OF THE LIFE ACTIVITIES I USED TO DO BEFORE MY INJURY. I





### RILIONGRACIE

JIU-JITSU ACADEMY





JIU JITSU WITHOUT LIMITATIONS
CERTIFIED ACADEMIES

RGA HQ

**2100 CORAL WAY, MIAMI, FL 33145** 

**RGA MIAMI LAKES** 

7337 MIAMI LAKES DR, MIAMI LAKES, FL 33014

#### **Rilion Gracie**

ilion Gracie is the youngest son of *Grand Master Carlos Gracie*. Just like all his sons, Rilion was born into Jiu Jitsu. Living a Lifetime on the mats, and being the youngest of his siblings and cousins, he has trained with the best his whole life.

Today he resides in Miami and still teaches everyday at his academy. He believes in an open door policy and welcomes everyone to come visit and train on his mats. Including anyone with a Limitation.

I've been working with Mester Rilion, his son Roggan and two of his Black Belts from the RGA Miami Lakes academy to develop a couple programs for the limited grappler.

rappling with a Limitation can be challenging. At first. Both for the new student and the instructor. Common concerns like "Can she get hurt? Will he be able to shrimp, or bridge?" are normal for an Instructor to have when dealing with a new student with a Limitation. This doesn't take away from his or her Jiu Jitsu. Most practitioners try to escape from bad positions. Jiu jitsu Without Limitations focuses on traditional techniques as well as adapting them for any students needs.

fter my accident I tried my best to continue the Jiu jitsu path I spent 3 years developing. I wasn't new to Jiu Jitsu, I was new to this body. I was a Blue Belt in a White Belts Body. But I believed in LEVERAGE. My journey into Para Jiu Jitsu started with defending. I was weak and in the shark tank again.

**Continued on page: 54** 







#### FEATURED TECHNIQUE

#### Master Rilion Gracie

LINIAGE
GRAND MASTER CARLOS GRACIE
MASTER RILION GRACIE







I grab my opponant collar, when he breaks my grip, I grab his sleeve and pull it across my body. at the same time I grab the same collar with the other hand

keeping good control of his arm and collar to throw off his base.



Next I kick out his knee to collapse his base towards me.



keeping control of his sleeve I take his back.









When I take the back I grab the far side lapel from behind, and keep control of his sleeve and thigh with my foot.



#### Next I get my Hook



I let go of the lapel and grab his wrist to start going for the arm bar.





place your shin on the back of his neck

With my other hand I place it on the ground to keep from falling over when I pull his arm to his chest.





At the same time I secure the arm and grab my own lapel



I drop my weight down and roll towards his head



EXIT

Controlling the arm bar, while pinching my knees together for the submission.



15

If he rolls over to defend, I go with him and finish in a regular arm har.

## IJJW

INTERNATIONAL JIU-JITSU WITH

## "JIU JITSU MA



OUT LIMITATIONS FEDERATION™

## KES US EQUAL"





#### Maximiliano Ulloa-York

with out

Low Single Leg takedowns can be tricky at times, when you have

a limitation it can increase. In

the picture you can see the grip

I use in the past, only the follow

through wasnt always guareenteed. The

bubble shows the New grip I'm having

sucsess with now. I learned if you place their heel under the inside of your elbow and grab your lapel, they have less of a

chance to escape. and it gives you more

time to grab your own elbow with your

other hand.

LINIAGE
GRAND MASTER CARLOS GRACIE
MESTER RILION GRACIE
MAXIMILIANO ULLOA - YORK

It didn't take long to relieze my body will not be able to keep up with my mind. But something cool happened. I had been defending so much that everything started slowing down, I was able to see things clear.

We often have to think outside of the box to be effected on the mats or streets. RGA HQ is also the first Without Limitations Jiu-Jitsu™ certified academy.

Under the supervision of Master Rilion & Roggan Gracie we have developed systems and techniques to help those with limitations wanting to try the growing art of Para Jiu Jitsu.

We offer a beginners class for those new to their injury, as well as a fundamentals class for those who are comfortable with their bodies. If your in Miami or just visiting take the time to stop by and try a free class. On the mats we are Without Limitations.

"Jiu Jitsu Makes Us Equal"

All academies are welcome to join our programs. Limitations are found everywhere. Our goal is to help all who want to learn. We even have an instructors program designed to help those wanting to know how to approach the different kinds of Limitations and how they relate to Jiu Jitsu.

For more info Contact IJJWLF.@gmailcom



Next drive your shoulder forward into their shin, and pull both arms towards your chest, forcing them to fall backwards.

Before you give them time to react and move their hip away, grab a grip at the knee, while maintaining your hold on your lapel, keeping your elbow pressure towards your chest; and your head as low to the mats as possible.



Notice the four finger grip detail at the knee. Your opponant will try to shrimp away and recover his guard. With your left arm pull in the oppisite direction to keep tention on the leg.

Be sure to drive your shoulder down the whole time keeping the leg as straight as possible the whole time.

With your right hand grip the end of the pant leg and pull it towards his foot, keeping your elbow locked onto your body. Use your head to apply pressure to his knee to keep it straight while your left hand grips the pants at the hip. Pull both arms away from his leg and drive your head into the knee keeping it straight.







When you release your right grip, he will bend his knee to recover guard. Reach under the leg and grip the other pant leg at the knee. Drive your head towards his thigh to keep presure on the leg.

Gripping the knee tight with a four finger grip, load his colsest leg unto your shoulder, with your head tight to his thigh. Preventing his knee from sliding in between the two of you.



and keeping his hip from shrim- with both hands. ping away from you.



Pull your elbows towards your Keep your head pressure on his Without moving your body, bringing his legs together, thigh, and grip the pants at the hip



head, release your left grip and grab the Gi at his arm pit to control his shoulder, Applying pressure away from you.



allowing any space, maintaining that four finger fist grip.



thigh and your head down, not mat and bring your elbow over his thigh to free your head presure.



Keep your right arm against his Drive your right fist grip into the With your left hand reach around his head and cup his neck towards you using your fingers to apply pressure on hiss carated artery.



With the fist grip in the mat you can adjust yourself closer to him if needed. Be sure stay on this side of the body, or he can sweep you over.



When you feel ready, pull your left When you have this position drive grip to control his left bicep.



elbow towards your waist while con- your left shoulder towards his face, tinuing your grip on his neck. at the with your chin into his chest. keep it same time you can release the fist tight to prevent him from moving his head to the left.



Keeping your chin presure in his chest, release your left grip from his neck and grab the left pec muscle. pull it towards his head. If you grab the Kimono it allows slack for him to move inside the Gi.



This grip allows you to free up your When you have the lapel it important Remember to always be driving your bring it towards his arm pit. left shoulder presure into his head.



right arm so you can find his lapel. to pull all the slack out of it as you



This next step is most crutial for this control to work. Pull all slack out of the lapel, your left hand must be part of his body in order to have control of his left shoulder for the crucifix.



now pull your left elbow toards your With his torso skewed you can conbody again and keep your left shoulder presure into his neck. Your right arm can now base of the mat to allow you to pull his shoulders & head closer towards you.



trol his bicep again. Be sure to control it closer to the elbow so you can move the arm easy. Remember to always keep your weight back on his right side to prevent the sweep.





For the submission control the wrist with a clasic two on one grip, pushing the wrist to the ground and towards his own shoulder.



Next grip his head with your hand and forearm to have more leverage to move his right ear to his right shoulder.



Keeping your weight back rotate your arm, being sure never to lose contact with his head, transfering the control from your hand to your elbow. Keeping his ear pinned to his shoulder the whole time.



Go back to the two on one grip with your elbow pinning his head and your weight back.



Reach around his arm with your right hand and grip his bicep and pull your own elbow toards your belt, moving his elbow towards his sternum. Finish the submission by rotating his wrist away from your face. You should only need to move it a few inches for the tap.



#### ABBY FREEMAN



here are moments in time that define us, or rather redefine us. Times that his us with such force as to be almost catastrophic - more than the human heart can bear. On November 7, 2007 I was working as usual, as a registered nurse. I had momentarily stopped by my office to collect supplies for a Home Health patient I was caring for when I received the call.

"There's good news but there's bad news too. The good news is that he came through the surgery well, but .... the bad news is that he can't move his legs."

My world began to crumble and shatter standing there with the phone in a numbed hand as my worst fears were realized. My son Brian who had walked into this hospital for a "simple" procedure to relieve unrelenting pain in his mid back would now roll out weeks later in a wheelchair?

Despite the anguish I felt I was more worried about what Brian must be feeling and that I could not be there in that moment to comfort or reassure him.

Continued on page 64



## Missed Advertising Opportunity

PJJmag@gmail.com



## GRACIE Amazon

A HEALTHY FOOD SOURCE CO.

Missed Advertising Opportunity

PJJmag@gmail.com

Missed Advertising Opportunity

PJJmag@gmail.com

Missed Advertising Opportunity

PJJmag@gmail.com

Missed Advertising Opportunity

PJJmag@gmail.com



#### HEALTHY HABITS FORM A HEALTHY LIFE

### QUINOA & VEGGIES FABIANA BORGES

ou ever wonder what the high level athletes eat to stay fueled for the week? We asked Fabiana Borges what she eats and she shared a tasty and easy quinoa recipe, with three meal prep options, so you don't get bored of eating the same thing every day. If your not familiar with quinoa, it has a mild nutty flavor and cooks just like your rice would. Its high in protein so its no wonder why Fabi adds it to her weekly routine.

She explained to us that training, teaching, and running a business can get busy at times. Having Something nutritious in the fridge to eat important when everything in San Antonio closes early. Lets get started.

#### Ingredients:

4c of Vegetable Broth
2c of White Quinoa
2 Garlic Cloves
I Small Onion
I Medium Zucchini
I Medium Yellow Squash
I tbsp of Coconut Oil
I tsp of salt and pepper





#### **DIRECTIONS**

First you want to dice the ZUCCHINI, SQUASH, & ONION into bite size pieces. Over medium high heat add the oil then the onions to the pot.

After you start to hear the ONIONS sizzle, saute them for 3 min then add your GAR-LIC. Mix and cook for 3 more minutes.

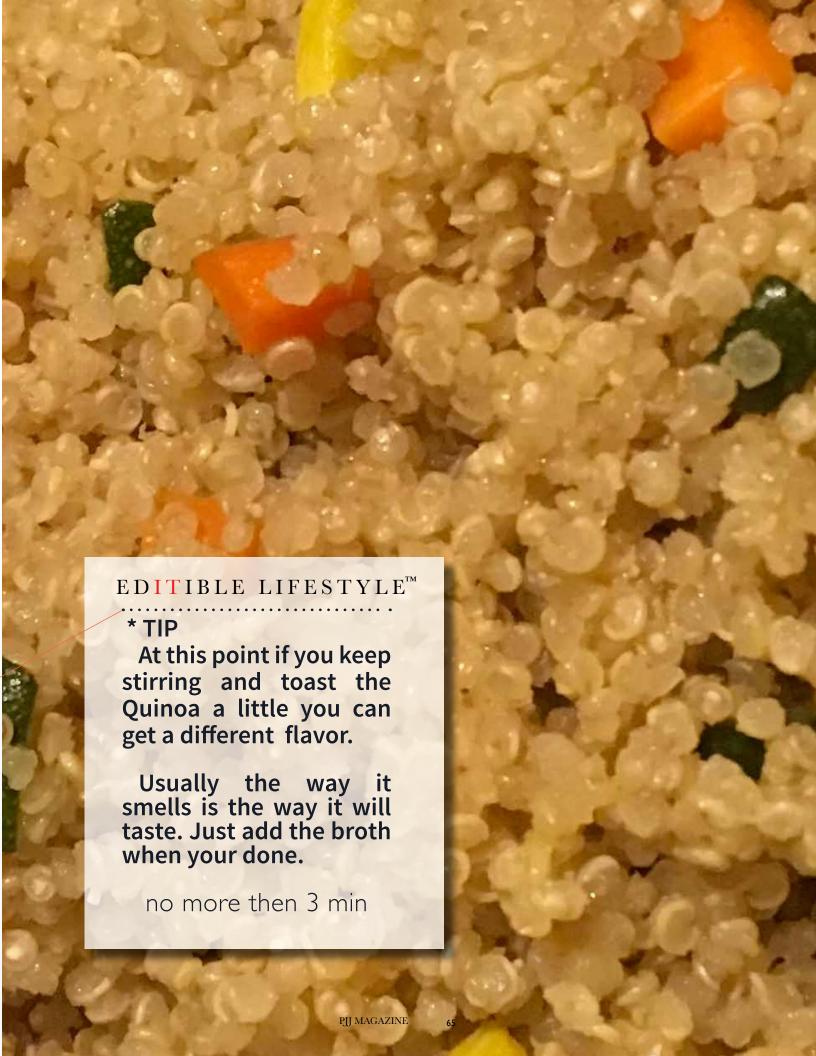
After the ONIONS are translucent add the ZUCCHI-NI and SQUASH. Continue to saute the vegetable mixture for 5 more minutes.

Add the QUINOA, SALT & PEPPER mix well and saute for I min \* Lastly add the VEGETABLE BROTH and bring it to a boil.

Stir, Cover, and LOWER the heat to SIMMER. Set a timer for 20 minutes.

Fluff with a fork into your container(s) and let sit for 5 min before covering.

ENJOY:)



#### **ABBY FREEMAN**

he two hour journey to him felt like it million. All I could do was pray, to ask God to be where I could not be and to take care of my son.

He, who had always been so in control; active, athletic, independent and loving. Father of Katie who was his beloved two year old daughter. I found him lying helpless in a hospital bed, legs motionless; even when willed to move, with a chest tube in his side and fighting a totally different pain emotionally and physically.

In the days that followed I sat by his bedside except for short breaks when other family members where there. Brian was so sick and in pain. Most was surgical pain but there was always that dark shadow of unspent emotion that crossed his face; a prison that he could not escape as a grim reality began to seep in. I felt many times that I was intruding into his privacy. No moments that he could even be alone with his thoughts and his tears. No escape unless I chose to leave the room for a few minutes to allow Brian some time for himself.





The day came to transfer from the hospital to rehab. Years of working with patient care in a home based setting had begun to prepare me for this.

One of the hardest things I've ever had to do in my life was to leave my son alone that day, broken and helpless, miles away from home in the care of strangers that would now be teaching him a new way of life and adapting to his current physical state. It really helped that his doctor was also a paraplegic. The staff who greeted us was so amazing and, although it crushed my heart, I knew that he was in good hands. This was a singular journey that Brian must take in order to regain his life.

Always one to figure out things out in his own unique way, He progressed well. Also always being the fearless one he advanced to the level of even teaching classes on how to best

pop wheelies in his wheelchair. His physical therapist who worked the closest with him also put him through a series of scenarios that she had not done with other patients before. Stuff like simulating being thrown from a wheelchair.

Brian, with his determination and adaptability, succeeded in all the tasks they threw his way.





is biggest fear was how life would be daughter his Katie. How would he do all the things that he perceived other fathers did with their kids? Soccer? Running? Even tossing a Frisbee? Despite the reassurances of everything he was grasping already, he still was torn and afraid of being limited. Katie was his most powerful driving force, both then and now.

At some point after a lengthy recovery Brian had thought because of his limitations he wanted Katie to be able to defend herself if need be. Safety for her was a prime concern so he enrolled her in martial art classes. Eventually she decided to try Tae Kwon Do & Brazilian Jiu Jitsu with the latter being her greatest love.

She convinced her dad that he could and should do Jiu Jitsu. Never taking no for an answer. She saw him as being capable of anything. Brian decided to at least try it. At first initially through private lessons only, adapting to compensate for his paralysis.

From there he finally transitioned eventually into regular classes, and through this amazing BJJ family he finally found freedom.

" He found a sense of self that knew no limits.

An acceptanceof who was as a person, he athlete, and an not someone paralyzed in a wheelchair. "



much this has helped him, restored him and challenged him. Literally, Brazilian jiu-jitsu has changed his life, given him that incredible sharing of athleticism and support with Katie. It has truly been the answer to prayers and opened so many doors to make new friends and inspire others.

The journey hasn't been an easy one nor is it now. Things that he makes seem simple often aren't. There's still the terrible nerve pain and spasms that are equally painful. Some days he can't even muster the energy to get out of bed to eat. Those are the dark days where he steals himself away till it passes.

I call it his "regrouping" time. It passes after a day or so and then he's back full force.

This summer he began kayaking with Katie. Tomorrow who even knows what his newest venture will be! One thing is for sure. It will be interesting and his paralysis won't slow him down.

I am so grateful for jiu jitsu. It has Words from a Loving Mother, given him hope, purpose and a way

cannot begin to tell you how of life that he thrives on with people who support and encourage him every stride of the way. A foundation that never fails for Brian who is my son, my larger than life hero. dispite having paralysis, he has a long list of accomplishments.

> Spreading his message story through podcasts, competitions, both at home and abroad, collecting sponsors and ing a strong preseance in social media.

> His message of al and recovery of a life once thought to be lost, reach others worldwide to inspire them to know that anything is possible. You just have to get up and try. A simple philosophy born out of ments of despair with profoundly positive impacts.

> Thank you Brian for not only being my son but for your soaring spirit that touches and lifts so many others in it's flight.

~ Abbey Freeman







VITAMINS • SPORTS NUTRITION • WEIGHT LOSS

Southern Pines

#### PARA JIU JITSU BACKGROUNDS

### Tony Welker Purple // Kids Class Instructor Foster Jiu Jitsu, Kent, WA

Tony Welker is a perfect example of how the art of Jiu jItsu will never leave you. Tony is a two stripe Purple Belt and continues to live the Jiu Jitsu Lifestyle. After his accident, he was left with very little mobility. But that doesn't stop his will and determination to better what he has left. Using the mindset of Jiu Jitsu in his recovery, Tony puts in 100% into his new path.

Jiu Jitsu isn't just about Competitions and rolling, its about bettering yourself and those around you. Tony taught the kids class and could have gave up on them and disappeared from the mats forever; but Jiu Jitsu doesn't create quitters. Everything in life is a challenge, plus Tony understands this art. He doesn't get to physically train anymore, but he can still explain it to his kids. He continues to teach the kids class at Foster Jiu Jitsu in Kent, Washington.

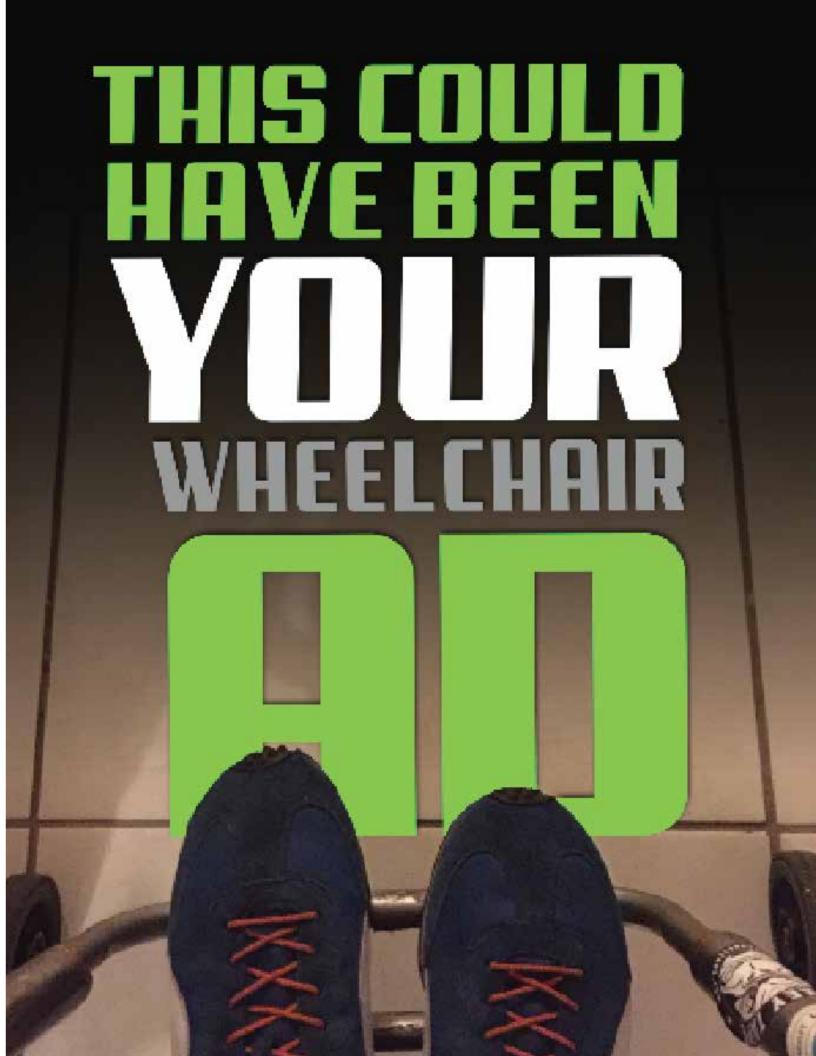
A true roll model never giving up and sharing his knowledge of Jiu Jitsu with the next generation. He is a great inspiration and person all around, I'm glad to call him my friend.



#### Tony Welker







# ULLORK

Designs · Builds · Seasons · Gives · 2 More