

# PARA JIU - JITSU. magazine™

Special Tribute  
**EDITION**

## *Temporary Limitations*

*with Xande Ribeiro*

*Remembering*  
**RONALD  
MANN**

**Abilities**

EXPO BOOTH

Jiu Jitsu  
**without**™  
LIMITATIONS  
*w/ Xande Ribeiro*

**COVID19**  
SOCIAL DISTANCING  
**2020**



Issue 001  
May/June 2020

# Ronald *Mann*

January 6, 1972 - September 10, 2019



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May/June 2020



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after Covid19

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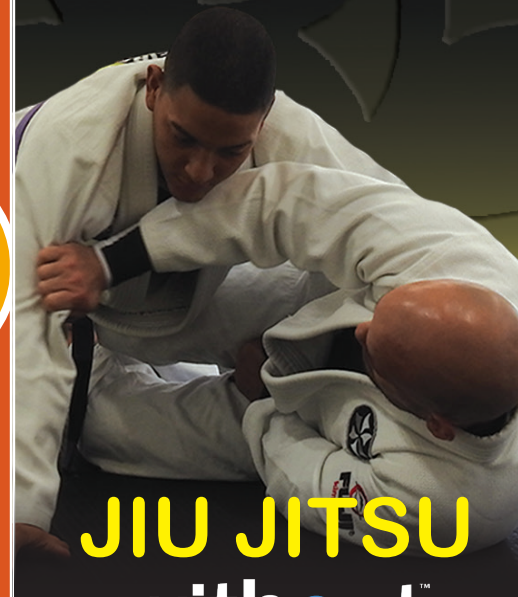


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JIU JITSU  
without  
LIMITATIONS



# Returning to JIU JITSU after COVID-19

Covid-19 has upended our lives. Millions of people are out of work. Businesses are closed. People are refusing to go to the doctor for a typical visit, because they are afraid to get sick. COVID-19 has changed all of our lives, but even more so for people with health issues. Staying safe during this pandemic can be a difficult line to walk or roll, especially for people with medical conditions. The most difficult part, is that it is tough to tell how bad it really is. The only thing that will help me truly understand the risk involved for me, is time. My family is one of the lucky families out there. We are still employed. We have plenty of food, water, bleach wipes, and we even have toilet paper! None of the zombie apocalypse movies ever mentioned that we should be prepared for a toilet paper shortage! I definitely did not see that one coming! But I still find myself longing.

I long for Jiu Jitsu and all that it brought to my life. I miss the camaraderie. I could always count on my team mates turning a bad day into a good one. I miss the challenge. I always worked harder to get a person off of me than I ever would have worked to lift a weight. I miss how

free and confident Jiu Jitsu made me feel. And I miss choking people. Seriously! Jiu Jitsu was my therapy. I had no problem staying patient with people throughout the day, because I knew that I could try to choke people later on. All of that

is gone for now. As the world begins to get a handle on the COVID-19 situation, we have to begin thinking about what our lives will look like when our societies open up again. As a person with multiple complicated medical issues, I also have to think about where I fit into that newly opened society. I have to think about how Jiu Jitsu might look in my life for a very long time.

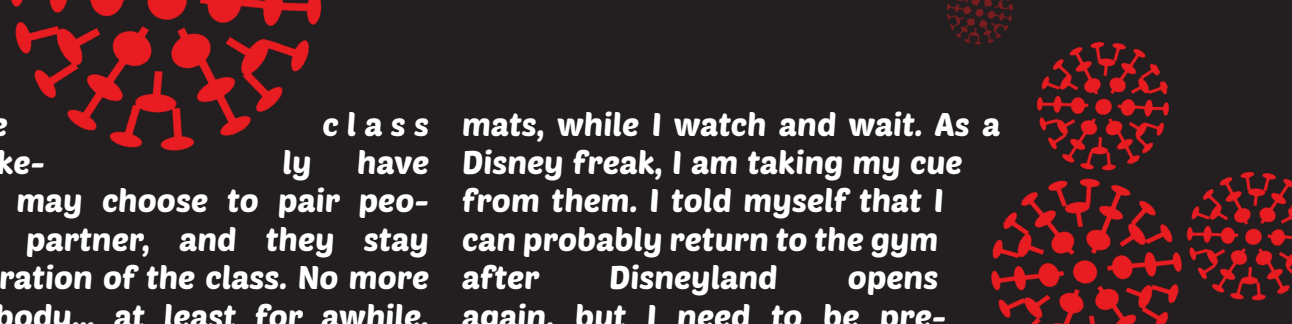
Jiu Jitsu gyms will open again one day, but they may operate differently for awhile. Most gyms already follow strict cleaning practices. They will get stricter. Speaking of cleanliness, if you did not wash your belt before, now is the time to start. It does no good for your gym to take such precautions, but the students do not wash all of their gear. Your Jiu Jitsu powers will not wash away. I promise.

Expect to sign another waiver; one specific to the COVID-19 risk you are taking by training. Some gyms may even have spectators sign a COVID-19 release form. We may see temperature checks at the door. Some people will think this is over the top and childish, but how many people have you seen who actually show up to class while they are sick? It happens way more often than one would think.

Social distancing and Jiu Jitsu do not play well together. But some steps can be taken to minimize the risks taken. We may see tape on the mat to show the space that one group should work in. It is at least worth a try, but in reality, we all know that each individual group's gravitational pull is too strong to defeat with mere tape.

If there are only two groups on the mat, they will find each other. But we have to try if we want our gyms to open. This means we may have to register for each class that we want to





attend, and the class size will most likely have limits. Some gyms may choose to pair people up with one partner, and they stay together for the duration of the class. No more rolling with everybody... at least for awhile.

These new procedures can help gyms be able to reopen sooner. But people with medical conditions should not be too eager to jump back into it. We need to sit back and watch. History tells us that pandemics usually have a second wave of infections. Personally, I will have to wait for that second wave to pass before I can go back to the gym...even to coach. It destroys me to admit that. I try to bargain through it. Is it really that bad? It might not be. But if I am really honest with myself, I know that I

will have to wait much longer than most people to begin finding a new normal that includes Jiu Jitsu at a gym. So,

this is my personal plan. You will have to make your own based on our own circumstances. This disease is too new for me to really know how much of a risk it is to me, so I have to play it safe.

I have to watch and wait patiently.

However, one option I am considering, is to train with only one partner, whom I know is taking precautions in public. At first, I will feel more comfortable training with this partner on our home

mats, while I watch and wait. As a Disney freak, I am taking my cue from them. I told myself that I can probably return to the gym after Disneyland opens again, but I need to be prepared to wait it out until Disneyland begins doing parades and fireworks again...things that pack crowds of people close together. I know this mess will be quite awhile, but I also know that Disneyland will open again sometime, so it gives me hope that I will be able to train at the gym again...sometime. Many people will be able to train again once the gyms are allowed to open. Just because it is not a good idea for me to train that soon, does not mean other people can not. Having one partner whom I train with on home mats, will help me get through this long period. It is still a risk, but for my personal situation, the benefit of doing Jiu Jitsu, even if it is with only one training partner, is much greater than the risk. Jiu Jitsu is my therapy. It keeps me happy, and it usually keeps me healthy. For now, we all have to make the best out of what we have. Stay safe. Stay sane. Stay smart.

Written by,  
Jennifer Simons



# c**o**VIDI9

## SOCIAL DISTANCING

# 2020

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*In a blender, mix the banana and honey with a splash of the liquids on low speed until a thick paste is formed.*

*Next add the frozen Acai pulp  
(Tip: put the packs under running water and break with your hands before opening)*

*Finally add the rest of your liquids little by little while mixing until you reach the desired consistency. You may need to shake or scrape the sides of the blender occasionally during this process.*

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# Remembering Ronald Mann

The Para Jiu Jitsu world lost a shining star in 2019. Ronald Mann passed away unexpectedly on September 10, 2019. He was a major influence in the Jiu Jitsu community, and strived to show the world that Jiu Jitsu truly is for everyone. Robert's sister, Lisa, and his mother, Joan, were kind enough to share a little more about the man who fearlessly faced whatever challenge stood in front of him. Lisa begins the story:

"Ronald was born January 6, 1972. Seven days later Robert Mann and his wife, Joan, were blessed with the adoption of this goofy red haired baby into their family. Thirteen months later, they adopted a little girl. When we were both very little, our mother, Joan, started seeking out information on their biological families so that she could share this information with us when we were

older. This was before the internet and it was a time consuming process. She had to do the physical leg work to seek out records and information. It is only through this selflessness of Joan and Robert that Ronald was able to connect and have a relationship with his biological family when he was older.



Ronald and I were raised by a father and mother who were very loving and had firm rules and expectations. They were the type of parents who were involved in everything their children did. Not just involved by driving kids to practice and showing up at games, but involved in every way. When Ronald was in any sport or activity, from a young age they became involved. You need someone to make flyers, bring snacks, raise money, pick up or drop off any kids? Robert and Joan would do it! You need someone



to work another sporting event to raise money for the boosters? Robert and Joan were there. They were a big part of the band boosters and sports boosters all through their kid's school ages. They were there not only for their kids but for any kids. This is a big part of what made Ronald the man he was. He was not only in Jiu Jitsu and competing for himself, but he strived to push things forward for all those around him. The way he supported other athletes and gave of himself and his time, is a direct reflection of the models his parents were to him when he was growing up."

Ronald's mom, Joan shared Ronald's accomplishments: "Ronald went to Bath High school and graduated high school in 1990. He played many high school sports, including: track, cross country, wrestling and football. He was quite thin growing up, and throughout high school. His teammates on the football team called him "Arrow" because of his bright red hair and thin build."



"On June 20, 1990, Ronald went to basic training for the Army Reserve, at Ft. Dix, New Jersey for summer. Ronald had been in Boy Scouts from a young age. On that same day, as Ronald was on his way to Fort Dix, his Boy Scout leader, Vern Lambert, came to tell his dad and I that Ronald had made Eagle Scout. I told him he should have come earlier to tell Ronald. People who made the highest rank of Eagle Scout would be able to make more money in the Army. Vern told me NOT to tell him as there would be a surprise party at North Branch, MI, announcing his promotion to Eagle Scout. But that would not be until August of 1990."

"In August 1990, his parents, Robert and Joan, along with his sister, Lisa went to New Jersey to see Ronald graduate from boot camp. After graduation, some of his buddies, their families, and all four of us went to dinner. The graduates would be free to go with their parents. All of the graduates had airline tickets, which paid for their return to their hometowns. Ronald chose to take the plane home instead of riding in the car with the family because he wanted to show off his dress blues with his friends. They were all very proud of their achievements. All of the graduates looked very sharp in their uniforms."

"Once he arrived home from basic training in August 1990, Ronald took more classes at Michigan State University for the next school year. He was taking pre med and psychology classes. During the summer of 1991, he went to Fort Sam, Houston for his AIT (Advanced Individual Training) military training for combat medics.

"In January 1992, Ronald finished all of his prerequisite classes to go to medical school. He went to MSU to put in an application for medical school to become a doctor. He was told that they would not even accept an application for at least three years down the road because "You are a white male". Not deterred, Ronald applied to nursing school. He was told that no applicants need apply for at least

three more years. Then they said he would have a hard time getting in, "because you're a white male"!

He still wanted to pursue a medical degree, so in March of 1992, Ronald went to active duty. He had already been in the Army Reserves as a combat medic since 1990. He was stationed in Korea for one year. This is where he discovered, and became, involved in the martial arts. Ronald came back and was stationed at Ft. Bragg as a medic in the ER for the next two years. During that time, he delivered three babies."





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# MY SON RONALD

*by Joan Mann*

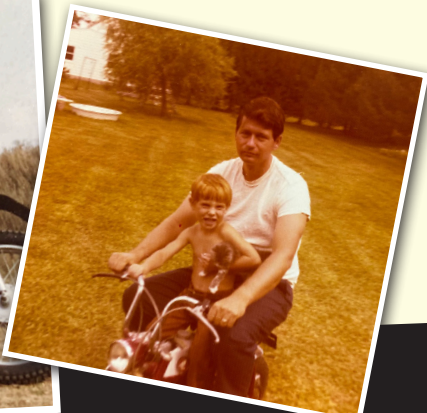
Throughout his life, Ronald was an avid motorcycle enthusiast. Eventually, Ronald was forced to make an enormous sacrifice for something he enjoyed so much. Ronald's mother told us about his passion:

"Ronald had his first motorcycle at two years and five months old. It was a 50 cc Honda. His dad bought it from one of Ronald's uncles, whose boys had outgrown it. Ronald was very small. His dad had to start it, and put down a cement block for Ronald, to be able to get on it. Robert, Ronald's dad, ran alongside the bike while Ronald rode. When Ronald wanted to get off, his dad would catch the bike and stop it. Ronald could not start it, he couldn't get on it, his feet didn't even reach the pedals! But he sure did love to ride that motorcycle! As he grew into the

bike, Ronald started making "jumping ramps". He never stopped loving motorcycles.

Ronald always was a dare-devil, willing to try any jumps made from cement blocks and boards. He would fly over them with his bicycle and then over them on his motorcycle!

On June 17, 1995, Ronald lost his leg in a motorcycle accident. When he lost his leg, the motorcycle he was riding had a lot of damage. As he recovered, Ronald, along with his dad, worked on the bike to get it back to a rideable condition. Minus one day to the year, Ronald rode his bike one mile down the road, with his dad following in the car. Ronald rode it for the last time, then sold it. He has not owned a bike since."









I met Ronald Mann at the Abu Dhabi Grand Slam in Los Angeles. Ronald knew who he was, and he was intently focussed on the goals he gave himself. As an amputee, Ronald enjoyed competing against people who had full use of their body.

In one such match, I could see the smug look on his opponent's face, as Ronald removed his leg and hopped onto the mat. Once he realized Ronald was not going to be the easy win he thought, his opponent looked like he was intentionally trying to hurt Ronald with everything he had. Ronald sunk in a deep heel hook, and slowly applied pressure. His opponent refused to tap, until his leg sounded like a bowl of Rice Krispies with cold milk. With genuine concern, Ronald checked on his opponent after he won.

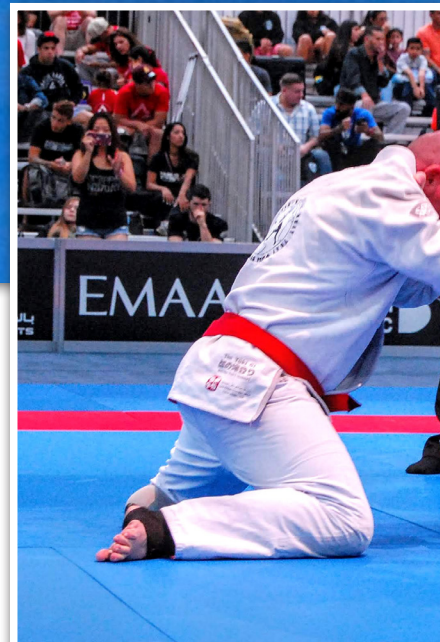
Ronald's mission was to open the world's eyes to para athletes. He was there to show the world not to underestimate para athletes. R.I.P. Ronald Mann. We miss you.

♡ Jennifer Simons





Abu Dhabi Grand Slam Tour  
Los Angeles, CA 2018









# Para Jiu Jitsu Community

Ronald was also an adaptive Jiu Jitsu student at Yamasaki Academy in Rockville, Maryland. Ronald has been all over the world competing and promoting the sport of Para Jiu Jitsu.

Ronald worked closely with several organizations to help pack and build their Para Jiu Jitsu brackets and programs. He has reached the hearts of many around the world who will miss him greatly.

Maximiliano Ulloa  
IJJWLF & PJJ Magazine Founder  
USA Para Jiu Jitsu & USJJO Teammate

**“ I met Ron in Malmö, Sweden at the 1st Para Ju-Jitsu International Federation World Championships. Ron, Rustin, and I where there representing USA Para Jiu Jitsu. I got the chance to meet Ron after the event and talk for a few hours at the hotel bar. We talked about the event, how far Para Jiu Jitsu has come and where its going.**

**Ron was a caring and passionate person and I'm glad we got to shake hands ”**



USA Para Jiu Jitsu  
JJIF 2018 World Championship • Malmö, Sweden





## Rustin Hughes

USA Para Jiu Jitsu & USJJJO Teammate

**“ The first time I met Ron it was like meeting an old friend again. We were both Army veterans and both lost our legs after our military service. It was an automatic friendship that led to weekly calls talking about Para Jiu Jitsu and how we will start a TEAM USA. I cannot and will not let that dream fade. In Ron’s name we form a Para Jiu Jitsu Team in the United States. “**



## Professor James Hill USJJJO Team Coach

**“ I first met Ronald Mann in 2018 at the JJIF Jiu-Jitsu World Championships. From the first time meeting him, he was ready to be a team player.**

**It was an honor to coach Ron. He was as complex a man as any other, full of both fragility and ferocity. In spite of his obstacles in life, he stood tall as a warrior through it all, and against it all.**

**We had a personal moment during the competition where he allowed his emotions to flow, revealing a glimpse of his many layers. I only regret not getting to share another adventure together. We had spoken about it, but for now we must wait.**

**Until the next battle, rest well my brother. “**







**“ Ronald Mann, a true legacy of Para Jiu-Jitsu and an awesome competitor. A much loved friend off the mats and is deeply missed by myself and all that knew him. “**

**RIP Brother.**

**Nigle Davidson**  
United Kingdom



# Team USJJO • JJIF World Championships Malmö, Sweden 2018



Professor Ron Hill  
USJJO Team Coach

**“ I first met the man, Mr. Ronald Mann coaching him at the 2018 JJIF JIU-JITSU Worlds in Sweden. Right off the bat Ronald and I hit it off seeing as though we share the same awesome first name.**

**From our first meeting I could tell that Ron had the warrior spirit and that he was serious about his competition. Even while displaying his eagerness to demonstrate that warrior spirit, he was always nice, polite, and squared away. Ron impressed me with not only his skill, but his character as well. Not only was I proud to coach him, I was proud to make him an ambassador for our STR8 PERFORMANCE brand, and proud to share the same first name. Rest well. “**

Gary Hensley  
USJJO Team Mate

**“ Ronald Mann was a true competitor and leader in the Para Jiu-Jitsu community. I had the privilege of working with Ronald on a Para Jiu-Jitsu Development Committee and I also had the opportunity to compete alongside him as a representative of Team USA at the Ju-Jitsu World Championships in Malmo, Sweden in 2018.**

**At the World Championships, Ronald competed in both the fully able Newaza bracket and Para Newaza bracket. Ronald was a true warrior, a military veteran, para athlete, and an amazing role model! “**





## Haya Odetallah

Father of 4 on the Palestine Kids Jiu Jitsu Team

- Mohammad Anwar - Bebars Anwar
- Izzalden Anwar - Fatmah Anwar

**“ This hero gave my children support and encouragement before he went.**

**We were very sad for him and his family. We lost a wonderful champion, we will hold a memory for him at the World Championships in April. “**







## Fernando Yamasaki

Head Instructor at Yamasaki Jiu Jitsu Academy

He came from Michigan to us I made him visit his dad and with a dream to become a high level athlete; A guy with a lot of charisma and a deep smile. Every Para student who comes to the Yamasaki Academy, I don't make them feel "special", I make them feel capable, as functional as possible and, with Ron it wasn't different.

I gave his ADCC gold medal to his father in appreciation. Ron came back crying, very happy with the positive result. Ron, after ADCC, also felt that his mission was bigger than to compete. It was to embrace the Para cause. I think he made a great job representing the Para athletes!!!

After his first ADCC , e came back with a gold medal. He mentioned that he didn't have a good relationship with his dad and he was diagnosed with cancer. Ron didn't know how serious it was.

We used to have long conversations in my office about his PTSD; how he handled it. BJJ gave him a lot to joy, new goals, new focus. Ron has a special place in my career and in my heart.

**We will always remembered him with that beautiful smile!**







**Rest in Peace Ronald Mann**



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# Temporary Limitations

with Xande Ribeiro

Beginning at ten years old, in the Amazon, Xande Ribeiro has been studying Jiu Jitsu for about thirty years. His past is decorated with World Championships and gold medals. But those prizes came at a cost. Xande has endured many injuries, although he feels that each one has taught him valuable lessons about how to adapt, focus on what he can do, and how to be grateful no matter his circumstances.

Xande explained his first major injury, which happened when he was 19 years old. "The first time I hurt my knee was in 2000. I was fighting the State Championship against Bruno Bastos. He jumped guard, and I had my legs staggered, so when he jumped, he landed on the inside of my knee. It popped. I kept on fighting and I remember when I crossed knee, there was nothing there. I was really upset because the World Championships were two and a half weeks after that."

Xande explained that he had sponsors, and could not pull out of the World Championship. He had to do the best he could. Xande rested his knee as much as he could during this time.

He only trained for one day to do light work, so he could see what he was capable of doing, before going on to compete in the World Championship. During this session, Xande discovered that he could push

people away if he kept his

leg very straight, but

he could not pull

people in with

his leg. And

he could not put

his leg in a cross

knee position.

Giving all he

had, Xande

fought five

fights, and

he ultimately

won the

World Championship as a brown belt.

"I couldn't use my leg to

hook. Any pressure or touch

was very painful. If I used my leg

to do a shield (knee shield), it would

hurt when they pushed down. So,

that is when I developed the shield

concept, how I dorsiflex my toes,

and how I keep my shield super

stiff in a downwards angle. That

really helped me a lot, because my

leg was already pointed down, so the

other guy couldn't push my leg down.

He could not push it down further,

and it allowed me to paddle away

and keep my guard, which was my

goal for that whole tournament.

It was very interesting to be that

age and have to adapt."





**X**  
**A**  
**V**  
**D**  
**E**

Over the years, Xande has had multiple other injuries. He used his injuries to learn new ways of moving. “Sometimes winning or training is not what makes you better. How you know yourself is what makes you better. I think injuries allow myself to understand how my body works. Instead of looking to outside techniques, I started looking at how I could make my body stronger. How could I do things in every day life in a different way. When I do little things to force me to work with a disadvantage, I develop a sense of how to move my body...It forces you to be able to adapt. But it also forces your brain to see things differently. Experiment! Jiu Jitsu is for experimenting. It is not just to beat somebody. Of course, if a situation comes up, you can beat somebody. But for the every day, it is experimenting. To create something great, the first step is failure.”

Our conversation switched to teaching people with limitations. Xande mentioned that he thinks sometimes instructors get intimidated because they do not know how to adapt Jiu Jitsu, but a good instructor must be willing to learn together. A good instructor will view the unknown as a fun challenge. A good instructor will know that the person asking for lessons is not the person

with a limitation. The person with a limitation is the instructor who does not know how to adapt Jiu Jitsu for everyone, or the person who has not experienced teaching people with differing abilities. “I’ve actually had the chance to train kids with Cerebral Palsy. That was the most incredible experience, because I had no clue what Cerebral Palsy was. I assumed it was a brain injury. Because you see that these kids had trouble moving their bodies. But then you see their eyes, and their eyes light up. It was eye opening to me. I used to think those kids were the most fragile in the world, but they are the strongest ones. You put them on the ground, and they begin to move in ways their parents didn’t realize they could.”

To people living with limitations, who may want to begin learning Jiu Jitsu, Xande has this to say, “I changed my Jiu Jitsu because of my injuries. My limitations brought me to a Jiu Jitsu that is doable for everyone. You don’t have to be strong or flexible. You just have to understand the concepts of leverage, closing the gap, connections. I think that is what Jiu Jitsu for life is about. If someone has a limitation, be courageous. Go to the gym. Challenge the instructor, “I heard Jiu Jitsu can help me, and I want to be stronger.” Just try it. Don’t be scared. Jiu Jitsu gives you strength. You can do anything. You can survive in a street problem. You can fight. The ground is the equalizer. If you go to a gym with a limitation, but the instructor does not have experience teaching people in a different way, guess what...you both can evolve! Just find an instructor who is willing to learn with you.”

“ If you can’t find them, come to me. ”

Written by ,  
Jennifer Simons



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Alexandre "Xande" Ribeiro

## One Arm Technique X1 : 01 - 05

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• One Arm Frame

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• Knee Shield Recovery

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• Knee Shield Block Warning

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• Open Guard Recovery

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# One Arm Technique X1:01

## 1/2 Guard Sweep



**1: When your opponent is starting to pass your guard and they beat your arm shield and you find yourself on your back without an under hook.**

**Tip: keep in contact to not allow space for them to work their attack.**



**2: Twist your torso to get onto your side. Reach around their back and grab the belt, pants or far side of the kimono to control their movement before recovering your under hook.**



**3: Bridge into your opponent to move their base. At the same time swim your arm around their head and into your chest.**



**4: Frame your arm into him and slide your arm down next to your hip. This will lift your opponent to make room for your elbow to slide under his armpit.**



**Bridge again pushing into him to move him back to allow enough room for your elbow to escape.**



# One Arm Technique X1:01

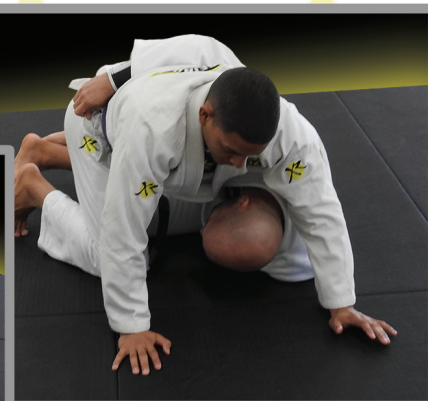
## 1/2 Guard Sweep

5

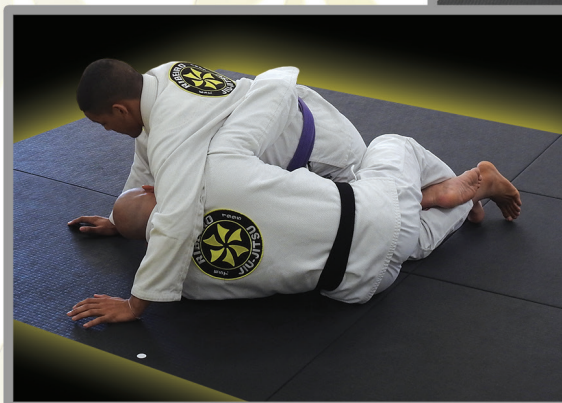


**5: Use that space to pop your elbow out behind his armpit, then reach around his back, gripping his belt, pants or kimono again to control his movement.**

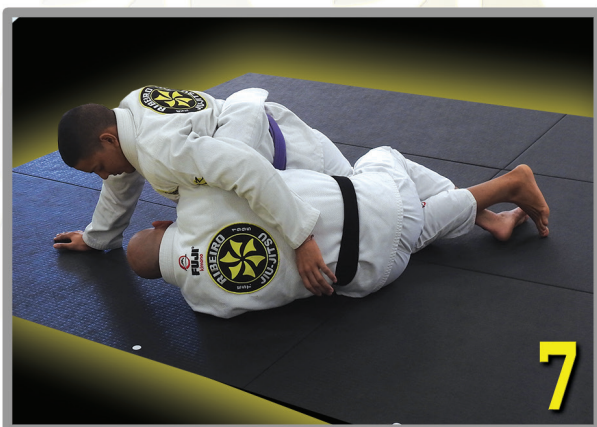
6



**6: Coyote Guard: Step over his leg around his ankle and pull his leg off, freeing the lower leg.**



7



**7: When he moves to posture up or tries to recover the under hook, keep tight control and crunch your body together to make yourself smaller.**

8



**8: Pivot your weight to the lower shoulder then scissor your legs to free the lower leg from his control.**



# One Arm Technique X1:01

## 1/2 Guard Sweep to Side Control



**9: Shift your weight to your head and bring your knees up so you can lift your body up onto your knees.**



**10: keeping control of him, I walk towards his hips to drop his butt on the mat.**



**11: Keep constant pressure into him and place your head on his chest, drive your weight into him until you put him on his back.**



**12: Keep the pressure on him and walk your legs around his feet for the pass.**



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HAVE BEEN  
YOUR  
WHEELCHAIR**

**AND**





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# One Arm Technique X1:02

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## Arm Frame Control w/ Two Escape Options



**1:** Same set up in this position. My main goal is to always keep a good frame, absorbing their energy into your ribs and not your shoulder.



**2:** Make sure this hand is blocking the biceps and not the elbow. Keep your elbow and forearm across their chest this prevents him from getting the head.



**3:** The biggest mistake people do, is raise their elbow up over the opponent's shoulder. You lose leverage and they will smash you down.

**4A**



**4A:** Control his arm at the inside elbow and keep your arm extended. At the same time shrimp your hips away from him, while pushing forward to control his arm.

**5A**



**5A:** Keep your weight shifted towards his controlled arm. This allows you the opportunity to swivel your hips so you can come up to your knees.

**4B**



**4B:** Using this grip to control the arm, you can move him enough to slide your arm down by your belt.

**5B**



**5B:** From here, repeat the steps from the previous technique X1:01 for the 1/2 guard sweep to side control..

Option A

Option B



# One Arm Technique X1:03



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## Bridge to Knee Shield Recovery

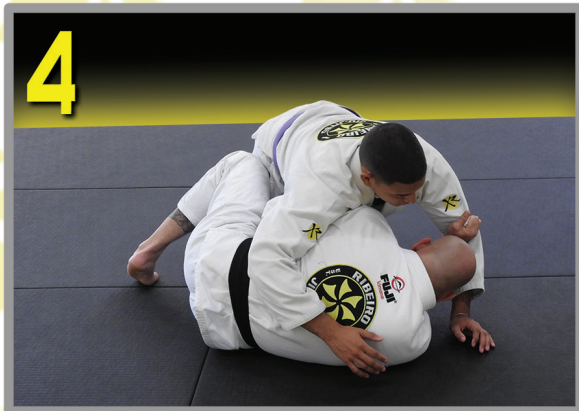
**1: When you find your self getting smashed onto your back with your working arm closest to them.**



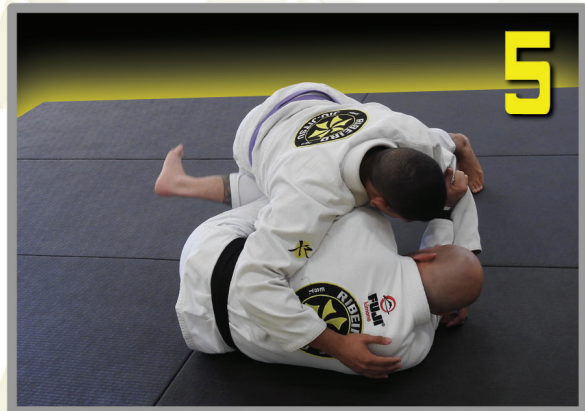
**2: Bring your outside shoulder off the mat and look towards the direction you want to go.**



**3: Bridge towards your inside shoulder to lift his body with yours**



**4: Now crunch your body and bring your shoulder down around his chest.**



**5: At the same time as number 4, you also want to insert your top knee to recover your knee shield.**



# One Arm Technique X1:04



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## Knee Shield Defense Block to Side Control Warning

When you are trying to recover the knee shield, your opponent can reach down and (5) hug your leg before you can insert your knee. (6) He then adds pressure into me with his head before (7) hugging both my legs (8) and sprawling. After that, all he needs to do is (9) step over my legs for the pass to side control. Be ready to move if this happens. You don't want to have to fight to free your legs.





# One Arm Technique X1:05



Extra Details at  
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## Knee Shield Recovery Fail to Open Guard Option



**1: Resting on my ribs I use my arm to help me get up to my elbow.**



**2: Bring your elbow and forearm to the mat for base.**



**4: Lift your torso off the mat and start to release your leg.**



**3: Swipe your arm in a half circle motion and swivel your shoulders**



**5: start to lay back on your side keeping your legs together.**



**6: Bring the top leg out while you fall to your side to help spin**

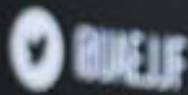


**7: Spin onto your back with your legs bent and ready to work from here to regain the guard.**



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