

Marcello C. Monteiro

- Marcello grew up in the country that created Brazilian Jiu Jitsu...

* At the age of 6 years old Marcello started learning Brazilian Jiu Jitsu with Alvaro Barreto (Carlos and Helio Gracie's student) at the Corpo Quatro Academy in Copacabana Rio De Janeiro/ Brazil. But at that age, Marcello was just a small kid that used to train on and off and he didn't know how BJJ would change his life.

* At the age of 16, Marcello started to take BJJ very serious in his life.

* Many years ago, some of Carlson Gracie's best students in Brazil were Sergio Souza "Bolao", Ricardo De La Riva and Ricardo Juca. These were among many BJJ Masters that he had the opportunity to train with and helped his game. Marcello likes to speak about these 3 old masters.

* Sergio Souza helped Marcello's game for about 1 year. Sergio Souza is best known in Brazil for his "butterfly" guard.

* De La Riva is best known for his "De La Riva Hook" and Ricardo Juca is best known in Brazil for his fighting strategies for back attacks and mount attacks. Juca also published in the very first BJJ book in Brazil.

* For many years Marcello was considered De La Riva's protege at his academy in Rio De Janeiro/Brazil. De La Riva showed Marcello all the secret details of his De La Riva Guard game. Juca showed Marcello all his fighting strategies while focusing on teaching Marcello the way he should think during a match.

* Marcello helped De La Riva give lessons at his school for many years, until achieving his Black Belt.

* In 1998 Marcello opened his first school in Nova Friburgo in Rio De Janeiro/Brazil where he has turned regular students into State, National and World Champions.

* "Marcello always says that he was in the right place at the right time. He learned BJJ from the right sources, before it was regarded worldwide as a premier fighting art. Since 2003 Marcello has resided in Indianapolis/IN in the U.S. where he is continuing to fulfill his dream of spreading his knowledge of Brazilian Jiu-Jitsu. He hopes to continue fulfilling his dream until the day he dies and even after he's gone, his knowledge will continue to spread."



For more information contact:

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Marcello C. Monteiro Presents **BRAZILIAN JIU-JITSU** CURRICULUM

For kids!



www.bjjcoach.com

The Curriculum

Beginning Techniques

Advanced Techniques

The Brazilian Jiu-Jitsu Curriculum DVD Series for Children was created to develop all aspects of the the BJJ game for children. This Series will teach the fundamentals of how to "play" BJJ, how to grow in the sport more efficiently, and how to reach their potential more quickly and more fully. This series is hand selected from the adult curriculum by Marcello C. Monteiro just for kids!

Marcello C. Monteiro is well known worldwide, as a teacher and coach for creating fighting strategies. In regards to his KIDS BJJ Curriculum, he teaches the most important tricks and details that speed up the learning process and facilitates the performance of each movement.

BELT SYSTEM AND MINIMUM AGE REQUIREMENTS

- I. WHITE - No age requirement
- II. GREY - 4 to 6 years of age
- III. YELLOW - 7 to 15 years of age
- IV. ORANGE - 10 to 15 years of age
- V. GREEN - 13 to 15 years of age
- VI. BLUE - 16 and up
- VII. PURPLE - 16 and up
- VIII. BROWN - 18 and up
- IX. BLACK - 19 and up



WHITE TO GREY

- BREAKING THE GRIPS UPWARD FROM CLOSED GUARD
- BASIC ARMBAR
- BASIC CROSS COLLAR CHOKE
- BASIC REVERSE KIMURA
- CLOSED GUARD TO BASIC SCISSOR SWEEP
- PROTECTING YOURSELF IN YOUR OPPONENT'S CLOSED GUARD
- BREAKING THE CLOSED GUARD USING OPPONENT'S BELT FOR CONTROL
- APPLYING THE KNEE UP
- UNDERHOOKING BOTH LEGS PASSING GUARD ON THE BOTTOM
- PASSING GUARD UNDERHOOKING ONE LEG AND PUSHING THE OTHER DOWN
- 100 KILOS IMMOBILIZATION
- 100 KILOS TO UNDERHOOK SCISSOR CONTROL POSITION
- UNDERHOOK SCISSOR CONTROL ATTACKING THE MOUNT
- MOUNT CONTROL POSITON CROSSING FEET
- BASIC CHOKE ATTACK ON THE MOUNT
- BACK CHOKE GRABBING BOTH COLLARS
- BASIC SINGLE LEG TAKEDOWN

GREY TO YELLOW

- REAR NAKED CHOKE
- APPLYING THE MOUNTAINEER SWEEP GOING FROM CLOSED GUARD TO THE MOUNT
- BASIC OPEN GUARD CONTROL POSITION VARIATION 1
- TRIANGLE SET UP GRABBING THE COLLAR ON THE GROUND
- OPEN GUARD CONTROL POSITION TO THE OMOPLATA ATTACK
- BASIC PASSING GUARD FROM THE HALF GUARD CONTROL POSITION
- 100 KILOS TO OVERHOOK REVERSE SCISSOR CONTROL POSITION
- COUNTERING THE UNDERHOOK AND BLOCKING THE WAIST GOING FOR THE OVERHOOK SIDE CONTROL POSITION
- OVERHOOK SIDE CONTROL TO STRAIGHT ARM KIMURA
- ATTACKING THE MOUNT FROM THE OVERHOOK SCISSOR SIDE CONTROL
- MOUNT POSITION TO ARMBAR TRAPPING THE ELBOW
- ARMBAR SETUP GRABBING THE COLLAR TO INCREASE PRESSURE
- KIMURA ATTACK ON THE MOUNT
- BASIC UPA MOUNT ESCAPE COUNTERING THE CHOKE
- ESCAPING THE HEADLOCK AND ATTACKING THE OPPONENT'S BACK
- BASIC HITTING THE CALF MUSCLE TO SWEEP-TAKEDOWN

YELLOW TO ORANGE

- ARMBAR FROM THE BACK ATTACK
- BREAKING THE POSTURE TO CROSS COLLAR FOREARM CHOKE
- MOUNTAINEER ATTACK TO REVERSE KIMURA
- BASIC ARMBAR CLIMBING THE BACK
- OPEN GUARD CONTROL POSITION TO TRIANGLE ATTACK
- BASIC ARMBAR ESCAPE FROM THE TOP GRABBING YOUR OWN BICEP
- BASIC OMOPLATA ESCAPE STEPPING OVER THE OPPONENT
- OMOPLATA ESCAPE ROLLING OVER THE SHOULDER
- BASIC CROSS COLLAR CHOKE ESCAPE PRESSURING DOWN
- TRIANGLE ESCAPE APPLYING THE MAL SAPAO
- BREAKING THE CLOSED GUARD CONTROLLING OPPONENT'S CHEST AND APPLYING THE KNEE UP
- COUNTERING BOTH LEGS UNDERHOOKING ONE SIDE AND GETTING THE SIDE CONTROL
- COUNTERING THE UNDERHOOK ESCAPE AND KEEPING THE SCISSOR SIDE CONTROL
- KNEE ON THE STOMACH FROM THE 100 KILOS SIDE CONTROL
- OVERHOOK SIDE CONTROL TO BASIC KIMURA STEPPING OVER OPPONENT'S HEAD
- BASIC DOUBLE LEG TAKEDOWN ON THE GROUND

ORANGE TO GREEN

- PULLING GUARD TO ARMBAR ON THE GROUND
- BASIC ARMBAR CLIMBING THE BACK AND UNDERHOOKING THE LEG
- BASIC SPIDER GUARD SWEEP
- ADVANCED DE LA RIVA HOOK CONTROL POSITION
- DE LA RIVA HOOK TO THREE FEET SWEEP
- BASIC HALF GUARD CONTROL TO PUSHING THE KNEE SWEEP
- HALF GUARD CONTROL TO TRIANGLE ATTACK
- HALF GUARD CONTROL TO BUTTERFLY SWEEP ENDING IN SIDE CONTROL
- HALF GUARD CONTROL TO BUTTERFLY SWEEP ENDING IN SIDE CONTROL
- BUTTERFLY REVERSAL TAKEDOWN
- HALF GUARD CONTROL POSITION TO SINGLE LEG TAKEDOWN
- SPRAWL WITH CROSS FACE TO ATTACKING THE OPPONENT'S BACK
- COUNTERING OPPONENT'S BACK ATTACK TO BUTTERFLY GUARD
- CHOOSING ONE SIDE TO ESCAPE THE BACK CHOKE
- COUNTERING OPPONENT'S BACK ATTACK TO THE BASIC HALF GUARD CONTROL POSITION
- COUNTERING THE UNDERHOOK FROM HALF GUARD WHILE PASSING OPPONENT'S GUARD
- EZEQUIEL CHOKE ON THE MOUNT

