

# eddie bravo mastering the system

Eddie Bravo Mastering the System: Unlocking the Secrets of Brazilian Jiu-Jitsu Innovation

**eddie bravo mastering the system** is more than just a phrase—it's a testament to one man's revolutionary impact on Brazilian Jiu-Jitsu (BJJ) and submission grappling. Eddie Bravo, a name synonymous with innovation, unorthodox strategies, and relentless dedication, has transformed the way practitioners approach the art of ground fighting. His system, often referred to as the "Eddie Bravo System" or EBI system, blends creativity with practicality, helping grapplers of all levels sharpen their skills and achieve success on the mats.

In this article, we'll dive deep into what makes Eddie Bravo's approach so unique, explore the core components of his system, and uncover valuable insights that can help you elevate your own grappling game.

## The Origins of Eddie Bravo's System

Eddie Bravo's journey into mastering the system was fueled by a passion for innovation and a desire to challenge traditional norms within Brazilian Jiu-Jitsu. Originally a student of the Gracie family, Eddie trained extensively under Jean Jacques Machado, a legendary figure in the BJJ community. However, his curiosity and willingness to experiment led him to develop a distinct style that emphasized flexibility, unconventional techniques, and a focus on submissions from the guard position.

One of the turning points in Eddie Bravo's career was his famous victory over Royler Gracie in the 2003 ADCC (Abu Dhabi Combat Club) Submission Wrestling World Championship. This win shocked the BJJ world and showcased the effectiveness of his unique system, which included moves rarely seen in mainstream BJJ at the time.

## Core Principles Behind Eddie Bravo Mastering the System

What truly sets Eddie Bravo mastering the system apart is its foundational philosophy. Unlike traditional BJJ approaches that often rely heavily on positional control, Eddie's system is submission-focused, emphasizing swift transitions and attacking opportunities.

## The Rubber Guard: A Game-Changer

At the heart of the Eddie Bravo system lies the Rubber Guard—a flexible, high-guard position designed to control the opponent while setting up submissions. This position allows a grappler to neutralize an opponent's posture and create leverage for attacks such

as triangles, omoplatas, and sweeps.

The Rubber Guard requires significant hip flexibility and body control, but once mastered, it offers a potent offensive platform. Eddie Bravo's teachings include detailed drills for improving flexibility and understanding the mechanics of this guard, making it accessible to practitioners willing to put in the effort.

## **Focus on No-Gi Grappling**

While traditional BJJ often emphasizes gi training, Eddie Bravo's system places a strong emphasis on no-gi grappling. This focus aligns with modern MMA and submission grappling competitions where gi grips are not allowed. The no-gi style encourages faster transitions and adapts to a more dynamic rule set, which Eddie cultivated to maximize effectiveness in real-world scenarios.

## **Submission Over Position**

A key mindset Eddie promotes is prioritizing submissions over merely holding dominant positions. This contrasts with some traditional BJJ methods that stress control and points accumulation. By continually hunting for submissions, grapplers adopt a more aggressive and proactive style, which can overwhelm opponents and lead to faster victories.

## **Training Methods and Techniques in the Eddie Bravo System**

Mastering Eddie Bravo's system isn't just about learning moves—it's about adopting a comprehensive approach to training that builds technical skill, physical conditioning, and mental toughness.

## **Structured Curriculum with Step-by-Step Progression**

Eddie Bravo's instructional materials, including DVDs and online courses, break down complex techniques into digestible segments. This structured approach allows students to build a solid foundation before advancing to more intricate maneuvers, reducing confusion and accelerating skill development.

## **Drilling Specific Positions and Transitions**

Repetition is key in any martial art, and the Eddie Bravo system emphasizes drilling key positions like the Rubber Guard, the Twister side control, and other signature moves. By

focusing intensely on these positions, practitioners develop muscle memory and can fluidly transition between attacks during live sparring.

## **Incorporating Flexibility and Mobility Training**

Given the physical demands of positions like the Rubber Guard, flexibility training is an integral part of Eddie Bravo's system. Stretching routines and mobility exercises help grapplers achieve the necessary range of motion, preventing injuries and enhancing performance.

## **The Influence of Eddie Bravo Mastering the System on Modern Grappling**

Eddie Bravo's system has left a lasting mark not only in Brazilian Jiu-Jitsu but also in the broader landscape of submission grappling and mixed martial arts (MMA).

## **Popularizing Unconventional Techniques**

Moves like the Twister—a spinal lock submission—were once considered obscure or illegal in many competitions. Thanks to Eddie's advocacy and success, these techniques have been integrated into competitive grappling, offering athletes new tools to surprise and dominate opponents.

## **Inspiring a New Generation of Grapplers**

Through his teaching platforms, seminars, and the establishment of 10th Planet Jiu-Jitsu—a network of schools focused on no-gi grappling—Eddie Bravo has created a thriving community. This community is known for pushing boundaries, encouraging experimentation, and fostering innovation in grappling strategies.

## **Adaptation to Competitive Formats**

The Eddie Bravo system aligns well with contemporary grappling competitions such as the Eddie Bravo Invitational (EBI), which showcases submission-only formats. These events emphasize finishing fights and reward aggressive submission hunting, reflecting the core values of Eddie Bravo's teachings.

# Practical Tips for Grapplers Interested in Eddie Bravo Mastering the System

If you're intrigued by Eddie Bravo mastering the system and want to incorporate its principles into your training, here are some actionable tips to get started:

- **Prioritize flexibility:** Incorporate daily stretching routines focused on hips and hamstrings to increase your mobility and facilitate positions like the Rubber Guard.
- **Learn from credible sources:** Invest in Eddie Bravo's instructional materials or attend seminars to absorb the nuances of his techniques directly from the source.
- **Focus on no-gi training:** Practice regularly without the gi to develop speed, grip strength, and adaptability required by the system.
- **Practice submission hunting:** Shift your mindset towards aggressively seeking submissions rather than just controlling positions.
- **Drill signature moves:** Repetition is key; drill the Rubber Guard, Twister, and other core techniques until they become second nature.
- **Stay open-minded:** Eddie Bravo's system thrives on innovation—don't hesitate to experiment and adapt techniques to fit your own style and body type.

## Why Eddie Bravo Mastering the System Continues to Evolve

One of the most compelling aspects of Eddie Bravo mastering the system is its ongoing evolution. Eddie himself is a lifelong learner who constantly refines his methods, incorporating feedback from students, competition results, and new grappling trends. This willingness to innovate ensures the system remains relevant and effective in an ever-changing martial arts landscape.

Moreover, the community surrounding 10th Planet Jiu-Jitsu contributes ideas, develops variations, and pushes the boundaries of what's possible within the system. This collaborative environment nurtures growth and keeps the art fresh for practitioners worldwide.

Whether you're a beginner eager to learn or an experienced competitor looking to add new tools to your arsenal, embracing Eddie Bravo's approach unlocks a world of possibilities in submission grappling.

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Eddie Bravo mastering the system represents a fusion of creativity, discipline, and practicality that has reshaped Brazilian Jiu-Jitsu and submission grappling. By embracing unorthodox techniques, prioritizing submissions, and fostering a culture of innovation, Eddie Bravo has inspired countless grapplers to redefine their approach to the sport. As you explore and integrate his system, you'll find not only an effective fighting style but also a mindset that encourages continuous learning and adaptation.

## **Frequently Asked Questions**

### **Who is Eddie Bravo and what is 'Mastering the System' about?**

Eddie Bravo is a renowned Brazilian Jiu-Jitsu practitioner and instructor known for his innovative techniques. 'Mastering the System' is a comprehensive instructional series where he teaches his unique approach to Brazilian Jiu-Jitsu, focusing on control, submissions, and positional hierarchy.

### **What makes Eddie Bravo's 'Mastering the System' different from other BJJ instructional series?**

Eddie Bravo's 'Mastering the System' emphasizes unconventional techniques, such as the rubber guard and lockdown, and integrates a systematic approach to control and submissions that differ from traditional Brazilian Jiu-Jitsu teachings.

### **Is 'Mastering the System' suitable for beginners in Brazilian Jiu-Jitsu?**

While 'Mastering the System' covers foundational concepts, it is generally recommended for practitioners with some prior grappling experience, as it introduces advanced positions and strategies that may be challenging for complete beginners.

### **What are some key techniques taught in Eddie Bravo's 'Mastering the System'?**

Key techniques include the rubber guard, lockdown, triangle chokes, arm bars from unconventional positions, and strategic control methods designed to dominate opponents and set up submissions efficiently.

### **How long is the 'Mastering the System' instructional series?**

The 'Mastering the System' series typically consists of multiple hours of video instruction, broken down into detailed segments covering various positions and techniques for thorough learning.

## Can 'Mastering the System' improve competition performance in Brazilian Jiu-Jitsu?

Yes, many practitioners have found that applying Eddie Bravo's system enhances their control, submission setup, and overall strategy, which can be beneficial in competition settings.

## Are there any prerequisites to fully benefit from 'Mastering the System'?

Having a basic understanding of Brazilian Jiu-Jitsu fundamentals and grappling experience helps in grasping the advanced concepts and techniques presented in 'Mastering the System.'

## Where can I access or purchase Eddie Bravo's 'Mastering the System'?

The instructional series is available for purchase on various online platforms, including Eddie Bravo's official websites, martial arts instructional sites, and sometimes on streaming services dedicated to combat sports.

## Has Eddie Bravo updated or expanded 'Mastering the System' since its original release?

Eddie Bravo periodically updates his instructional content, adding new techniques, refinements, and insights to 'Mastering the System' to reflect evolving strategies and his continued experience in Brazilian Jiu-Jitsu.

## Additional Resources

Eddie Bravo Mastering the System: A Deep Dive into the Evolution of Brazilian Jiu-Jitsu

**eddie bravo mastering the system** represents more than just a phrase within the martial arts community; it encapsulates the journey of an innovator who revolutionized Brazilian Jiu-Jitsu (BJJ) through his distinctive approach and technical mastery. Eddie Bravo's system, often synonymous with the 10th Planet Jiu-Jitsu style, stands out as a non-traditional, no-gi focused methodology that challenges conventional grappling norms. This article investigates the intricacies of Eddie Bravo's system, its impact on modern grappling, and the elements that contribute to its widespread acclaim and debate.

## The Genesis of Eddie Bravo's Mastery

Eddie Bravo's foray into Brazilian Jiu-Jitsu began under the tutelage of Jean Jacques Machado, a member of the legendary Machado family, known for their aggressive and technical grappling style. However, what distinguishes Eddie Bravo mastering the system

is his relentless pursuit of innovation beyond traditional gi-based techniques. Dissatisfied with the limitations imposed by gi grips, Bravo developed a no-gi centric curriculum that prioritizes fluid movement, control, and submission setups tailored for mixed martial arts (MMA) and sport grappling alike.

The birth of the 10th Planet Jiu-Jitsu system marked a paradigm shift. It introduced unconventional positions such as the Rubber Guard, a high-flexibility guard position designed to control opponents and set up submissions effectively without relying on gi grips. This system's underlying philosophy emphasizes adaptability, positional dominance, and efficiency — traits that resonated with practitioners looking for an alternative to classical BJJ.

## **Core Features of Eddie Bravo's System**

Eddie Bravo's system is distinguished by several defining characteristics that contribute to its effectiveness and popularity:

### **No-Gi Focus**

Unlike traditional Brazilian Jiu-Jitsu, predominantly practiced in the gi, Eddie Bravo's system centers on no-gi grappling. This focus responds directly to the demands of MMA competition, where gi grips are unavailable, requiring practitioners to rely on body control, leverage, and timing.

### **The Rubber Guard**

One of the most notable innovations, the Rubber Guard, allows practitioners to break down an opponent's posture from the bottom guard position using high hip mobility and leg control. This position opens up a plethora of submission opportunities including triangle chokes, omoplatas, and sweeps, making it a tactical asset in both sport and self-defense scenarios.

### **Emphasis on Flexibility and Fluidity**

Flexibility plays a significant role in mastering the system. Eddie Bravo encourages practitioners to develop hip flexibility and upper-body mobility to execute complex transitions and maintain control positions effectively. This focus on fluidity contrasts with more rigid, positionally static systems, enabling dynamic movement and continuous offensive pressure.

# Systematic Approach to Submissions

Eddie Bravo's curriculum systematically breaks down submissions into sequences and chains, allowing for smooth transitions from one move to another. This chaining strategy improves the practitioner's ability to capitalize on openings and maintain offensive momentum, a hallmark of Eddie Bravo mastering the system.

## Comparative Evaluation: Eddie Bravo System vs. Traditional BJJ

When comparing Eddie Bravo's 10th Planet Jiu-Jitsu with traditional BJJ, several distinctions emerge, each offering unique advantages and challenges:

- **Gi vs. No-Gi:** Traditional BJJ heavily relies on the gi for grips and control, while Eddie Bravo's system is designed for no-gi competition, emphasizing grips on the body rather than fabric.
- **Guard Strategies:** The Rubber Guard and other unconventional guards in Bravo's system contrast with the closed guard and spider guard commonly used in gi BJJ.
- **Philosophical Approach:** Traditional BJJ often values positional hierarchy and control before submissions; Bravo's style integrates aggressive submission hunting from various positions, sometimes sacrificing positional dominance for submission opportunities.
- **Training Methodologies:** 10th Planet emphasizes flexibility drills and innovative positional drills that are less common in traditional schools.

While both systems share foundational principles, practitioners often select based on competition goals, personal preferences, and physical attributes.

## The Impact of Eddie Bravo Mastering the System on MMA and Grappling Communities

Eddie Bravo's influence extends far beyond his own gym and instructional videos. His system has permeated MMA circles, with notable fighters adopting elements of the 10th Planet style to enhance their ground game. Fighters like Tony Ferguson have credited Bravo's techniques for adding unpredictability and submission threats that complement their striking and wrestling skillsets.

Moreover, the system's accessibility through online platforms and seminars has democratized high-level grappling instruction. Eddie Bravo mastering the system is often



cited as a gateway for practitioners who seek an alternative to traditional BJJ or who wish to specialize in no-gi grappling.

## Pros and Cons of the System

- **Pros:**

- Innovative and effective submission setups
- Emphasis on adaptability and fluid movement
- Strong alignment with MMA requirements
- Accessible instruction through digital platforms

- **Cons:**

- Less emphasis on gi techniques may limit versatility
- Requires high flexibility, which may be challenging for some practitioners
- Some critics argue the system sacrifices positional control for submission attempts

## The Role of Instructional Media in Mastery

Eddie Bravo mastering the system has been significantly propelled by the release of comprehensive instructional materials, most notably the “Mastering the System” series. This collection of DVDs and online courses meticulously dissects techniques, transitions, and conceptual strategies, enabling practitioners worldwide to study and implement the system’s nuances.

The clarity and step-by-step breakdowns in these materials have set a standard for martial arts instruction, combining technical precision with practical application. This media presence has also fostered a global 10th Planet community, encouraging knowledge sharing and continuous evolution.

# Training and Certification

Beyond personal mastery, Eddie Bravo's system includes structured instructor certification programs. These programs ensure that instructors across different regions maintain the system's integrity and standards. The certification process involves rigorous evaluation of technical knowledge, teaching ability, and adherence to the system's philosophy.

# Future Prospects and Evolution

As the grappling landscape continues to evolve with increasing cross-disciplinary integration, Eddie Bravo mastering the system remains a dynamic and influential force. Innovations in technique, adaptation to rule changes, and incorporation of strength and conditioning advancements indicate that the system is far from static.

The rising popularity of submission grappling competitions like ADCC highlights the relevance of no-gi systems like 10th Planet Jiu-Jitsu. Eddie Bravo's continual experimentation with techniques and openness to feedback from students and competitors suggest that his system will continue to adapt and thrive.

In essence, Eddie Bravo mastering the system is a testament to the evolution of martial arts—an intersection of tradition, creativity, and modern athletic demands that challenges practitioners to rethink grappling paradigms and expand their technical horizons.

## [Eddie Bravo Mastering The System](#)

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**eddie bravo mastering the system: The MMA Encyclopedia** Jonathan Snowden, Kendall Shields, 2010-11 ' Did you see the big fight this weekend' The question used to be about boxing matches, when the giants of the fight world were Mike Tyson and Roy Jones. Now fans are leaving the sweet science in droves for the combat sport of the future: mixed martial arts (MMA). MMA has

drawn millions on cable and network television, as well as out-performed professional wrestling and boxing on pay-per-view. Fans are attracted to the sport, but unlike boxing (where strategy and technique are limited to using both your left and right hands), an MMA fight can be surprisingly complicated. The MMA Encyclopedia puts the fighters, the facts, and the fundamentals of the world's fastest growing sport at your fingertips as the definitive reference guide to mixed martial arts. The encyclopedia will break the MMA language barrier for those who don't know a wristlock from a wristwatch, while at the same time offering perspective and analysis that will entertain the hardcore fan who already has the basics down pat. With three appendices that detail the results of every MMA fight in history, this is the ultimate reference book for the ultimate sport.

**eddie bravo mastering the system: HowExpert Guide to Brazilian Jiu-Jitsu** HowExpert, 2024-08-16 If you're looking to master Brazilian Jiu-Jitsu, develop winning strategies, and embrace the BJJ lifestyle, then HowExpert Guide to Brazilian Jiu-Jitsu is your ultimate resource. This comprehensive guide covers everything from the rich history of BJJ and foundational principles to advanced techniques and competition strategies. Chapter Descriptions: 1. The Origins and Evolution of BJJ - Discover the history and global impact of BJJ, from Japanese jujutsu roots to the Gracie family. 2. Core Principles and Philosophy - Learn essential principles of leverage, control, and mindset in BJJ. 3. Choosing the Right Academy and Gear - Get practical advice on selecting the best BJJ academy, gearing up, and understanding key etiquette. 4. Warm-Up and Conditioning - Explore effective warm-up routines, stretching exercises, and strength conditioning. 5. Basic Movements and Drills - Master fundamental movements like shrimping, bridging, and breakfalls. 6. Guard Positions and Variations - Delve into closed guard, open guard, and half guard techniques. 7. Top Control and Dominance - Learn to maintain mount, side control, and knee on belly positions. 8. Fundamental Submission Techniques - Develop your submission game with chokes, joint locks, and leg locks. 9. Effective Sweeps and Reversals - Enhance your sweeps and reversals with techniques like the scissor sweep. 10. Advanced Guard Techniques - Advance your guard game with De La Riva, spider guard, and X-guard. 11. Guard Passing Techniques - Master guard passes like the over-under, toreando, and knee slice. 12. Escapes and Defense Mechanisms - Escape mount and side control, and defend against submissions. 13. Advanced Submission Techniques - Explore advanced chokes, joint locks, and leg locks. 14. Fluid Transitions and Flow Drills - Improve fluidity with drills linking techniques and transitions. 15. Competition Strategies and Tactics - Prepare for tournaments with strategies for gi and no-gi competition. 16. Effective Training Methods - Optimize training with solo and partner drills. 17. Physical Conditioning for BJJ - Enhance conditioning with strength, flexibility, and cardio exercises. 18. Mental Preparation and Focus - Develop mental toughness with goal setting and visualization. 19. Real-World Self-Defense Applications - Apply BJJ to real-world self-defense scenarios. 20. BJJ for Law Enforcement and Military - Explore techniques for control and non-lethal force. 21. Empowering Women Through BJJ - Empower women with confidence-building self-defense techniques. 22. The Culture and Community of BJJ - Immerse in the BJJ community, understanding etiquette and the belt system. 23. Nutrition and Diet for Practitioners - Fuel training with nutritional advice and diet plans. 24. Injury Prevention and Recovery - Prevent and manage injuries with effective strategies. 25. The Continuing Evolution of BJJ - Stay updated on innovations and future trends in BJJ. 26. BJJ in Popular Culture - Discover BJJ's influence in media and the stories of famous practitioners. 27. Glossary of BJJ Terms - Reference essential BJJ terminology with a comprehensive glossary. 28. Recommended Reading and Viewing - Expand your knowledge with a curated list of books, documentaries, and online resources. 29. BJJ Organizations and Competitions - Connect with key BJJ organizations and major competitions. 30. Conclusion - Reflect on your BJJ journey and the importance of continuous learning and personal growth. If you're ready to take your Brazilian Jiu-Jitsu skills to the next level and embrace a transformative journey, then access HowExpert Guide to Brazilian Jiu-Jitsu today and start mastering the art of BJJ. This essential handbook will help you become the best version of yourself on and off the mat! HowExpert publishes how to guides on all topics from A to Z.

**eddie bravo mastering the system: Mastering the Rubber Guard** Eddie Bravo, Glen Cordoza,

Erich Krauss, Joe Rogan, 2006-12-15 InMastering the Rubber Guard,Eddie Bravo, the only American to submit a member of the legendary Gracie family in jiu-jitsu competition, reveals the techniques and strategy of the Rubber Guard, a revolutionary system of grappling designed specifically for the street and mixed martial arts competition. Through descriptive narrative and nearly a thousand color photographs, Bravo teaches dozens of unique moves and submissions. Widely regarded as not only the most offensive, but also the most defensive, guard game in existence, the Rubber Guard will change the way you view and play jiu-jitsu.

**eddie bravo mastering the system: Journal of Asian Martial Arts** , 2008

**eddie bravo mastering the system: Santa vs. Satan** Jake Kalish, 2008-07-08 "Who would win between . . ." has through the ages been one of man's most fundamental questions. Sadly, adult responsibilities like "earning a living" and "having a girlfriend" have conspired to make it impossible for men to devote to this issue the scholarship it so deeply deserves. But now one hero has tapped into our need to know who's the best, the strongest, the caveman with the biggest club. From Jake Kalish, five-star general of the Imaginary Battlefield, emerges Santa vs. Satan, a tome that offers far more than idle speculation, culling expert analysis from martial arts masters, scientists, social theorists, and pop-culture philosophers, providing in-depth detail of the strengths and vulnerabilities of the combatants, and making bold predictions. Warriors are profiled and winners are declared in this seminal list of throwdowns that never were but should have been. Han Solo vs. Indiana Jones Adam vs. Charles Darwin The Virgin vs. The Whore Drunk vs. Stoner Conspiracy Theorists vs. Conspirators Muhammad Ali vs. Bruce Lee The Stork vs. The Grim Reaper Metrosexual vs. Eunuch Michael Corleone vs. Tony Montana Small Man with Breasts vs. Large Balding Woman Artist vs. Critic The Constipated vs. The Incontinent Gandalf vs. Obi-Wan Kenobi Married Gay Couple vs. Divorced Straight Couple

**eddie bravo mastering the system: The Publishers Weekly** , 2007

**eddie bravo mastering the system: Advanced Rubber Guard** Eddie Bravo, Glen Cordoza, 2014-01-21 Eddie Bravo—world-renowned grappler and founder of 10th Planet Jiu-Jitsu—is one of the most revolutionary and controversial martial arts instructors in the world. Since unveiling his philosophy of no-gi jiu-jitsu in his bestselling martial arts book Mastering the Rubber Guard, Bravo has been at the head of the no-gi grappling movement. He now has dozens of affiliate schools around the globe, and some of the UFC's best fighters are seeking his tutelage, including UFC Welterweight contender Dan Hardy and UFC Lightweight contender George Sotiropoulos. In Advanced Rubber Guard, Bravo brings readers inside the evolution of the rubber guard. Through descriptive narrative and more than two thousand step-by-step color photographs, he unveils entirely new control positions and dozens of cunning attacks. Covering every avenue, Bravo also updates his half guard, butterfly guard, and x-guard systems with new and highly effective techniques. Whether you're new to the 10th Planet system or looking to expand your knowledge, this book will take you ahead of the competition.

**eddie bravo mastering the system: Video Source Book** , 2006 A guide to programs currently available on video in the areas of movies/entertainment, general interest/education, sports/recreation, fine arts, health/science, business/industry, children/juvenile, how-to/instruction.

**eddie bravo mastering the system: Video Source Book** Gale Group, 1999-10-28 A guide to programs currently available on video in the areas of movies/entertainment, general interest/education, sports/recreation, fine arts, health/science, business/industry, children/juvenile, how-to/instruction.

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