

# THE TWISTER



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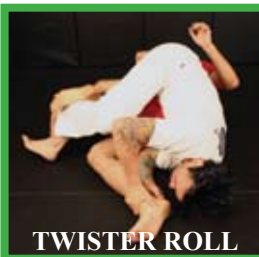
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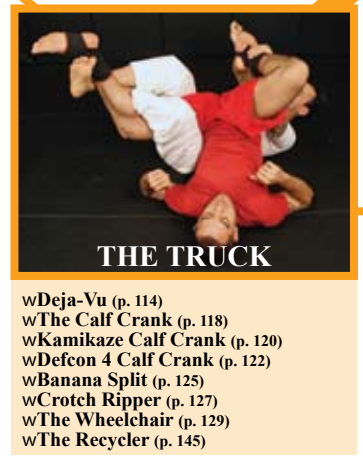
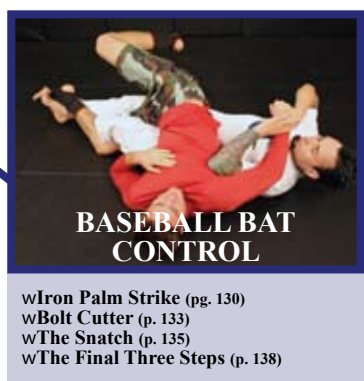
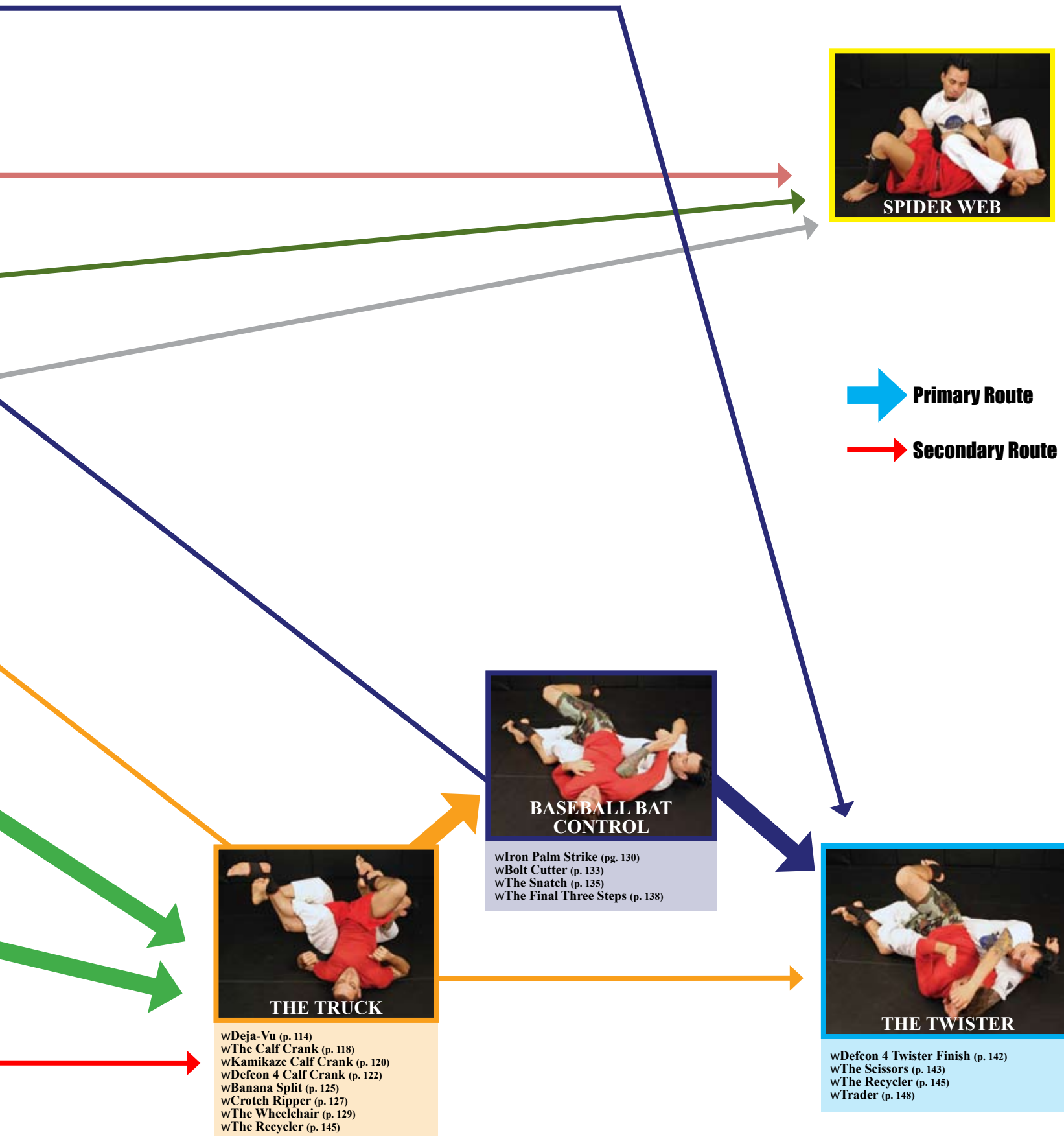
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# FLOW CHART



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# FOREWORD

by JASON CHAMBERS



*Eddie, Rhassan from Days of Our Lives, Jason Chambers from Human Weapon, and Joe Rogan.*

When I was asked to write the foreword for Eddie's book, I thought it would be simple. After all, it's just my buddy Eddie, right? I figured I could just jot down a few words about what a cool guy, great friend, and awesome jiu-jitsu instructor he is. Wham-bam-finished. (Kind of reminiscent of Eddie's love life from what I hear . . . but that's a different book.)

However, the more I thought about it, the more I realized how complex and, quite frankly, odd Eddie is. Here's a guy that looks like the love child of Ozzy Osbourne and Juan Gonzalez (the drive-thru clerk at my local Del Taco, who by the way just got promoted to manager . . . good job, Juan . . . good job). Here's a guy I've seen wearing mascara in more pictures than Marilyn Manson. To put it simply, he's one unique individual.

And thank God. If it wasn't for Eddie's "unique" views on everything, including Brazilian jiu-jitsu, I could have ended up writing a foreword for my Tai Chi instructor's book. Thank God Eddie had the innovation and foresight to create the best grappling system in the world.

Now let's talk about how I was introduced to Eddie. It was 2003, and I had just moved to LA. Needing to get back into BJJ class, I made a few calls and eventually found Eddie Bravo (the SOB even has a cool name). I wasn't quite sure what to expect when I first walked into his class. I was still training for MMA fights, and like many practitioners, I was getting sick of wearing a gi. I felt like it was a slow and, in some situations, unrealistic training tool. After all, I couldn't exactly wear a gi in an MMA fight. It seemed to make perfect

sense to want to train without a gi, but at that time most jiu-jitsu schools only offered one or two days a week of no-gi classes. And instead of focusing on principles that were fully adapted to MMA, the classes focused on gi techniques that translated loosely to no-gi. As an MMA fighter, it didn't seem like attending those classes would send me down the path I needed.

Over the years, I had watched the top BJJ guys competing in MMA go from having a devastating guard to a "let's just minimize the damage from down here" guard. This included guys like Murillo Bustamonte, Allan Goes, Rodrigo Nogueira, and even Royce Gracie. They were among the top grapplers in the world, but they were no longer as threatening as they once were in MMA competition. To say the least, a dramatic shift had occurred. At one point, the Brazilians were universally considered the gods of MMA, but just like the fall of Rome, their dynasty looked as if it was doomed, soon to be a thing of the past. Jiu-jitsu was simply not as menacing as it had been during the early years of MMA.

Why not? Arm bars are just arm bars, right? A triangle choke is a triangle choke? Well, yes and no. Learning how to set up an arm bar using a gi is different than learning how to set up an arm bar without using a gi. If you're competing in jiu-jitsu competition, you can grab your opponent's wrist. In jiu-jitsu competition you can play a loose spider guard and hope to win based on a single sweep that looks cool but no one is quite sure how it works (including, on occasion, the guy doing the sweep). When fighting in an MMA competition, neither opponent wears a gi. You lose all