



Blake Bruning's

# Never Ending Guard (N.E.G.)

The main thing that separates Brazilian Jiu-Jitsu (B.J.J.) from any other system of Martial Arts is Guard. Guard is the Cornerstone of B.J.J. in which all things revolve around. If you were going to college for B.J.J. you would have to major in Guard and your Master Thesis would have to be ½ Guard. To truly understand B.J.J. when watching competition at its highest levels, one must understand the fight is over for an opponent the moment his Guard is passed. If you have ever had a Back Belt pass your guard, it is very unlikely that you will remove him from maintaining his dominant position. With this understanding, the goal for B.J.J. excellence is to submit or sweep their opponent from Guard. In an ideal B.J.J. world, that should happen every time w/ out your opponent basing, countering, or passing one's guard. However we all make mistakes and we also fight tough/ well trained opponents. This is why we need to understand the Concept and System of the Never Ending Guard (N.E.G.) The N.E.G. will lead you through every main step in the progression of the Guard Game form Closed Guard, All the Open Guards, All ½ Guards, Escaping the Passes, and then finally Back to Guard. The "Guardist's" (person in Bottom Guard applying the N.E.G.) goal is not to create a never-ending cycle of Guard for the fun of playing the sport. The Goal of the Guardist is to win at any and every Set taught in the N.E.G. and to know how to cycle it if the Guardist's opponent skillfully advances enough to get the point of Guardist needing to cycle the Guard Game. The N.E.G. is necessary For Gi Competitions, No Gi Competitions, and Mix Martial Arts Competitions. The N.E.G. Concept will create a Nucleation that will be a Generator for growth as it guides you to insert and interchange your own techniques. If you don't have the N.E.G. it is impossible to Master the Ground Game...so here is your chance!

This seminar will be a condensed/mainstream version of the N.E.G. The Warm-Ups and each Set should take 20-30 minutes or less including explanations. The Warm ups will help in completing Set 1, 2, 3, 4, 5, and 7. Several Gross Motor Movements will be repeated through several Sets. I will briefly explain the NEG at the beginning, will discuss the different steps through the process. After all sets are completed, I will have one of my assistants who may join me and/or work with some hand picked guys from your academy who are showing excellence and will have them execute the N.E.G.(Never Ending Guard) freestyle with myself in their top guard. I will be glad to stay after to help clarify and questions or concerns. I will also include a small description of my interpretation of the MMA Status Quo problem w/ Guard and "Ground and Pound".

## The Never Ending Guard Seminar Outline

Warm-Ups:

- 1) Hip Downs
- 2) Roll-Aways
- 3) S-5's
- 4) Dive-Ups

### 1st Set: Closed Guard Submissions

- 1) Both Hands Up: Armbar
- 2) One Hand Up & One Hand Pushed Down: Triangle
- 3) Both Hands Pushed Down: Omo Plata

### 2nd Set: Closed Guard Sweeps

- 1) Mountaineer Sweep
- 2) Arm Drag

### 3rd Set: Open Guards and Attacks

- 1) Monteral Control to Submission Combinations
- 2) Open Guard Control to Sweep and Submission Combinations

### 4th Set: Advance Dela Riva Guards

- 1) Advance Dela Riva
  - a) 3 Feet Sweep
  - b) Kick back to Helicopter
- 2) Inverted Dela Riva
  - a) Sweep Forward
  - b) Sweep to the Side

### 5th Set: 1/2 Guard Basic 3

- 1) 1/2 Guard
- 2) Take Back
- 3) Basic 1/2 Guard Sweep
- 4) Hug Thigh to all 4's

### 6th Set: Deep 1/2 Guard

- 1) Discuss Deep, Deeper, Deepest 1/2 Guard
- 2) Deeper 1/2 Guard Sweep
- 3) Deepest 1/2 Guard Sweep

7th Set: Escaping/Countering Guard Passes

- 1) Knee Over Open Pass – Hip Down
- 2) Under Pass – Roll-Away
- 3) Scoop & Dive Pass – Block & Snap-up

8th Set: Back to Guard/1/2 Guard

- 1) Roll to Guard
- 2) Roll to ½ Guard