

Snowblind Systems

Task, Objective, Goal

3 Primary Values

*Positional Goals

*Positional Escalation

*Pressure

Meta of Failure

Macro to Micro

Entropy

Task, Objective, Goal

We need the correct “scale” in our decision making process. Understanding the difference in a task, objective, and goal allows us to gauge these decisions accurately.

Task, Objective, Goal pt. 2

- Visualize a scenario in which you are passing open guard
 - Task: Push the leg down and away (no consequence; too small)
 - Objective: Get the armbar (too big)
 - Goal: Get to the hip (informs choices and movements without dictating a set path)

3 Primary Values

The three primary values which help define what the “quality” of the movements and actions we take are Positional Rules, Positional Escalation, and Pressure.

Positional Rules

The first Primary Value is: Positional Rules

Every position has a rule which dictates the method of control used to attack or defend from inside of it. Obeying the rule creates effectiveness and efficiency where disregarding it or forcing someone to disobey it generally creates failure.

Positional Rules

Stand Up: Alignment

Alignment has three components:

Posture: Effective positioning of your neck, core, and spine

Structure: Efficient use of your limbs

Base: Ability to generate and absorb force relative to your goals.

Every technique should be evaluated based on how well it preserves your alignment, and how well it breaks your opponent's alignment.

Positional Rules

Closed Guard:

Top- Create backward (away from the hips) pressure against the joints of the guard (Feet, knees)

Defensive- Remove interposed posts and break posture. (Break= compromise and HOLD broken without allow restoration of interposed posts)

Positional Rules

Open Guard:
Hip orientation

Top- Break orientation
Bottom- Maintain orientation

Positional Rules

Butterfly:
Attachment

Top- Break attachment
Bottom- Create attachment

Positional Rules

Side Control:
Rotation

Top- Stop rotation
Bottom- Create rotation

Positional Rules

Turtle:
Hip Movement

Top- Prevent hip movement
Bottom- Create hip movement

Positional Rules

Mount:
Hip position

Top- Maintain hip position
Bottom- Change hip position

Positional Rules

Back Control:
Rotation

Attacker- Prevent relative rotation
Defender- Create relative rotation

Positional Rules

Half Guard:
(Angular) Orientation
(Fastened) Attachment

Top- (Angular) Break orientation
Top- (Fastened) Break/prevent attachment
Bottom- (Angular) Maintain orientation
Bottom- (Fastened) Maintain attachment

Positional Rules

Leg Entanglement:
Knee line attachment

Attacker: Maintain knee line attachment

Defender: Break/escape knee line attachment

Positional Escalation

The second Primary Value is Positional Escalation. Positional Escalation refers to the idea that our moves should be dictated by upwards positional progress.

Establishing position gives us more rewards than attempting to seize a small hope of a sudden submission. We should avoid a position in which we have less or no upwards progress possible. And in an escape we should favor returning to an upright position vs simply staying down.

Pressure

The third Primary Value is Pressure.

Pressure is a concept that in jiu jitsu terms refers to more than our weight or how hard we squeeze. Pressure is a gauge of how effectively we apply a position or move. Obeying the positional rules, utilizing correct grips, staying assertive, and various other factors create meaningful control and value.

Meta of Failure

Often we view everything through the lens of our own success. But in jiu jitsu it is better to view the overall meta in terms of failure. The most successful performers in jiu jitsu are those who are able to compromise an opponent's ability to defend and who attack and move in places where they cannot be followed with efficiency.

Following this model we should put emphasis on preventing our opponent's ability to do "correct" jiu jitsu instead of simply relying on being more aggressive/stronger etc.

Macro to Micro

The Macro: Strategy and decision making, 70%
The Micro: Mechanical application and
understanding, 30%

Entropy

The biggest enemy of efficient jiu jitsu is entropy. Creating entropy occurs in any situation where the choice or movement we make results in a situation with an unreliable outcome. A typical example would be the “scramble” in which a position is abandoned in favor of an exchange where both partners jockey for a new position. Another example would be the typical mount armbar where a powerful position is at least partially abandoned for an attempt at an attack without the full benefits held in the mount position.