

Corcovado

Corcovado is a 2-person grappling kata. The purpose of the kata and the accompanying flow drills, is to allow students to practice the basic skills of Newaza or grappling in a structured pattern without having to spend forever on the mat. If this kata inspires you to further study and training...good! It's accomplished it's goal!



Corcovado is Portuguese for “Hunchback” and is named after the mountain just west of the city of Rio de Janeiro in Brazil, famous for the statue of “Christ the Redeemer” on top as shown in the photo above.

Gasen Ryu means “moon-mountain style”, and this kata is named after a mountain that has meaning for the movements in the kata. The hunchback shape of the mountain is reminiscent of a Brazilian Jiu-Jitsu player hunched forward ready for combat. Also, the mountain is in Brazil, which is where my instructor Carlos Machado is from (nephew of Helio Gracie, founder of Brazilian Jiu-Jitsu). Good luck with your training, Professor Nick Chamberlain.

Warm up Exercises:

Roundhouse kick defense: defending against a right roundhouse, cross block right hand high, left scoop under the knee, right o-soto gari, catch, right punch, right ankle break, clear the leg, trap opponent to ground above the belt with right knee, punch, clear to a guard.

Arm bar drill: stay low, lean on opponent's hands, press down on opponents chest (arms if opponent is female), pop-up, spin leg over head, grab opposite shoulder, sit, consolidate, lean back, submission, both legs up. Lay next to opponent, re-mount, repeat on the other side...15 times.

Snake and Blanket drill: One person is the snake under the blanket, no holding just positional, the blanket moves to trap the snake, 30 second drill, switch.

Flow Drills

#1. Basic “Wrap and Roll” escape from “The Mount”, followed by the “Elbow Escape” from “The Guard”.

#2. Second Mount escape “Shrimping”, second guard escape “stacking” and “scissor” reversal

#3. Smash escape from the guard, knee on stomach, arm bar, escape to guard.



CORCOVADO

AS TAUGHT IN BOSTON, MA - 2009 (First half)



A (Above)

B (Below)

3. Attacks with right roundhouse kick
4. Roundhouse defense with o-soto gari then punch
5. Arm bar from the ground with submission and take down
6. Arm bar escape with leg lift, bridge and roll towards arm into B's guard, elbow escape from guard & mount
7. Wrap and roll escape to guard
8. Pull B into back control following failed attempt at elbow escape
9. Twist and roll into guard and stack to pass guard into mount
10. "A" shrimps to escape mount and performs scissor reversal to mount "B"
11. "B" shrimps to escape and triangle "A"
12. Pick up "B" and do smash escape from triangle, to "knee on stomach", capture left arm, step over with left and spin to arm bar
13. Reverse spin escape to guard
14. "A" finishes with "Kimura" or "Omoplato"

End of first half of CORCOVADO

月山流拳法

