

www.martialartsto

July 2008
Vol. 21
No. 2
£3.50 (UK)



MARTIAL ARTS ILLUSTRATED

KICKBOXING

World Ring Sports Association

THAI BOXING

Tony Myers' Muay Thai Quest

BRAZILIAN JIU JITSU

Arlans 'The Lion' Siqueira

WING CHUN

Chi Sao International Open

KARATE

Mr Kenpo Kevin Mills

DON'T MISS

MMA Monthly,
your place for
Mixed Martial
Arts action
from around
the world
including UFC 83
Serra vs. St Pierre 2

Britain's NEW TALENT

Freeform competitors & Britain's Got Talent
finalists Liam Richards & Danny Ball

tito ortiz

One of the biggest
names in UFC history

PLUS: Family Focus, Dojo Diaries, This Was The Issue, Dave
Turton's Log Jam, My Friend Peter Consterdine, EFMA's Red Flag
Day, all our regular features and much more...

BRAZILIAN JIU JITSU

Arlans Siqueira arrived in London on the 13th May 1997, carrying only a single suitcase containing among other things a Jiu Jitsu Gi and a Brown Belt! One of the few, possibly the first authentic Brazilian Jiu Jitsu instructor and practitioner had arrived in the UK to test himself.

I love Jiu Jitsu not just as a martial art but as a way of life. I have met so many good people and made so many good friends through it. It has also helped me once or twice in the streets of London.



At 6ft 1in tall, aged 24, weighing in at a muscular 90kg and with model looks, Arlans would go on to introduce the British public to BJJ (Brazilian Jiu Jitsu), the true art of submission. Many would be grapplers and strong men came and fell in battles with this great Titan. In 2000 the Siqueira BJJ Academy officially closed due to family and work commitments, disappearing like a ghost. The UK's first ambassador of BJJ had slipped away into the night, but the fire slowly burned in the ashes waiting for a time to return.

Return of the LION!

Abdul J Tarafdar takes this opportunity to meet and interview Arlans 'The Lion' Siqueira, the UK's first Ambassador of Brazilian Jiu Jitsu.

Abdul Tarafdar: When did you first start training in BJJ?

Arlans Siqueira: I started at 16 years of age and my first teacher was Professor Roberto Ferreira from the Golden Lion Academy in Belo/Horizontaly/MG and later on I also trained under Professor Vinicius 'Draculino' Magalhaes from Gracie Barra.

AT: Why were you called The Lion?

AS: Because when I was competing in Brazil I was always very aggressive and relentless in my attacks. I would say that entering a competition was like going into the jungle, you never knew who or what you were going to run into.

AT: When did you first start teaching in the UK?

AS: As soon as I landed in the UK in 1997 I started teaching privately to anyone who was interested and then a few months after that I started my own academy in Tottenham and then Seven Sisters (London).

AT: Is it true that you had many wrestlers, Judokas, bodybuilders and fighters walking

through the doors to try you out?

AS: Yeah, I had some crazy guys come in, they wanted to test BJJ out and I had to defend it. It sounds silly but at the time I never knew what some of these guys' intentions were. Only after the class I had students approach me to explain that they overheard the guy I took on saying to his friend that he was going to take me out. You must realize that I was only 24 years old, very naive and with very limited English but I was always up for a challenge and it was fun!

AT: There is a rumour that when you first advertised your BJJ classes in martial arts shops in London you wrote down signs advertising 'Crazy Jiu Jitsu'?

AS: Ha ha, why did you have to mention that? Well basically I originally learnt from a non-Gracie affiliated academy in Brazil so when I came here I wanted to distinguish what I did from classical Japanese/British Ju Jitsu. I knew about the Gracies and I knew that through the UFC people could associate what I was teaching was the same art that Royce



FEATURE Return Of The Lion!



Half Guard Choke



Sleeve Choke



Nutcracker Choke

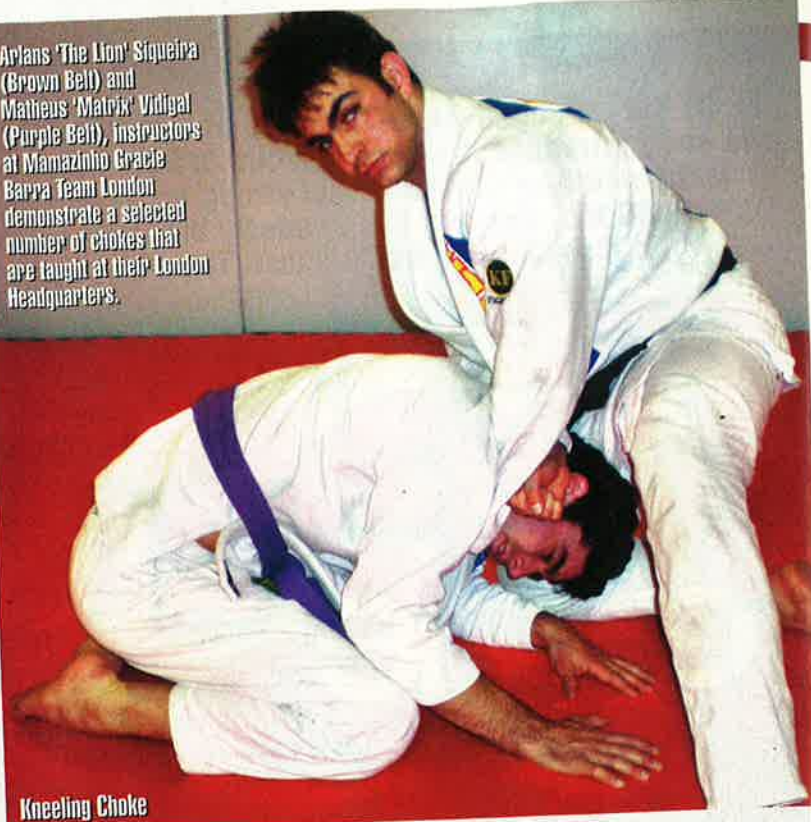
Gracie was using to win in fights in the Octagon known as the UFC. The only problem was my grammar was really bad at the time...no wonder I had so many crazy guys coming through the door.

AT: Is it true that some now famous or well known British BJJ and MMA fighters in the early years were students under you, when your school opened?

AS: Yes, but I won't mention names as it was a long time ago but yes there was nowhere else. But these guys were fascinated with my Gi and No Gi BJJ.

Below
The sleeve choke is a very effective and powerful choke. The key element to this is trying not to alert your opponent to what you plan to do.

Arlans 'The Lion' Siqueira (Brown Belt) and Matheus 'Mairix' Vidigal (Purple Belt), instructors at Mamazinho Gracie Barra Team London demonstrate a selected number of chokes that are taught at their London Headquarters.



Kneeling Choke

AT: Why did you stop teaching?

AS: My life changed by getting married and having two beautiful daughters. Work commitments took over. I kept my training up by training with a few fellow Brazilians in BJJ. But I could not commit 100% to teaching so it was time to pass on the legacy to other Brazilians who arrived such as Mauricio Gomez.

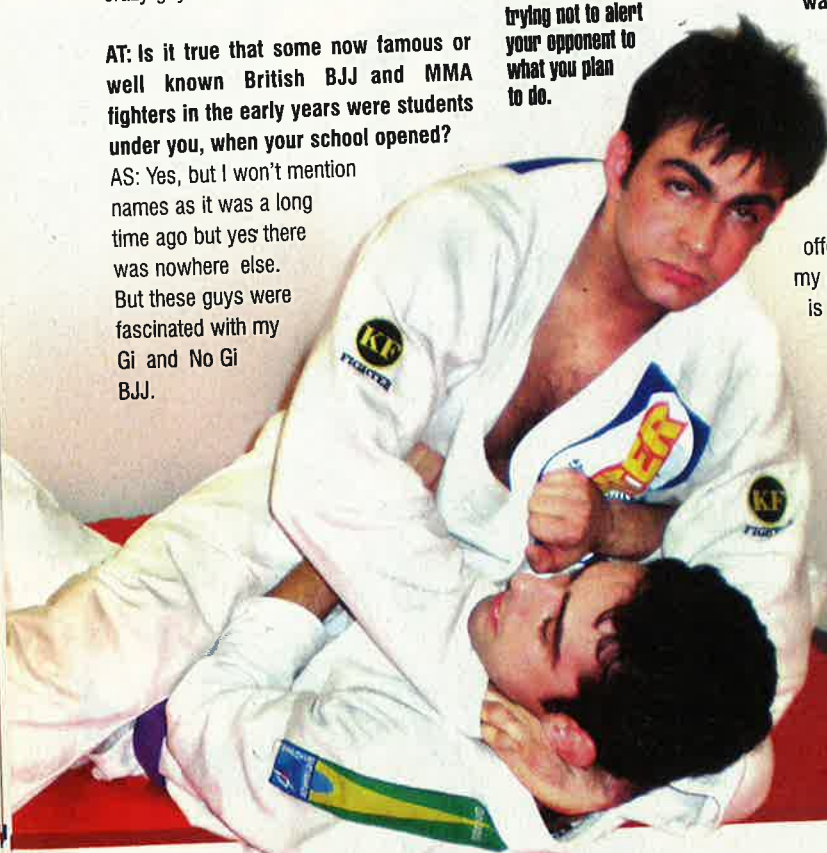
AT: One controversial question which I want to put to you is, why do people often wish to train under Brazilian BJJ instructors and not home-grown UK or US ones, for example?

AS: Well I realize why and in saying this I wish to offend no one as this is merely my opinion. In Brazil the training is more rigorous, some people dedicate their whole lives to training by giving up education, work and even relationships just to train full time in BJJ. For example, in my former academy in Brazil, there were so many black belts there training. I can remember in my first few weeks of BJJ training I was sparring with

them. Some of these guys were BJJ title holders so automatically you were forced to get strong and technical as you were thrown in with the sharks and that's the only way to survive. This is not the case in the UK as the overall level is still in its early stages. Lastly Brazilian Jiu Jitsu was developed in Brazil so the source of the knowledge is there. All these components make Brazilia Instructors some of the most sought-after teachers. I have friends who are black belts in BJJ who are traveling all over the world on request because this is what people want. Even though there are now British, Japanese and US home-grown instructors they are not in the same position. All you have to do is look at the current best-selling instructional DVDs, books and seminars they are sold mainly by Brazilian instructors. This is what the public want and it's a taste of authentic BJJ, much like in the UK when Judo really took off, Japanese instructors were much sought-after and revered. The strange thing now is that in Japan they want Brazilian teachers to teach them the art. I think this is such an honour and also a testament to the fact that BJJ is here to stay.

AT: What are your views on Vale Tudo training?

AS: Well, I remember teaching guys showed up at my academy wanting to learn ground and submission skills to fight what was back then bare knuckle cage fighting. Some only wanted to train without the gi and others did not mind. In my opinion training in the Gi makes





stronger and more technical for sure. It also puts you in a psychological mindset having to learn and then end up knowing how to slip, avoid, defend and ultimately counterattack so many often complex submission moves. To me, BJJ is like ballet, it is intrinsically beautiful and full of secrets that you discover as you learn and continue to train. I respect what has come out of my country and has been spread throughout the world by my country men.

AT: Who are some of your favourite fighters!?

AS: I will be honest, for me it was Rickson Gracie. When I first saw him fight both in Jiu Jitsu and Vale Tudo I was amazed. His body movements, precision, execution of technique and his fighting mentality; I truly believed that he had reached the pinnacle level in Jiu Jitsu/grappling that only the very few could do, similarly to what Bruce Lee achieved in his Kung Fu.

AT: Why have you returned to the open scene after such a long time away and joined Mamazinho Gracie Barra Team to start teaching?

AS: Well as soon as he arrived other BJJ guys and some of my former students contacted me to tell me that Mamazinho had arrived in the UK to teach.

AT: Had you met Mamazinho before?

AS: To be honest, I had only briefly acknowledged him when I was active in the competition scene in Brazil. I would see him with his team and I was with my teacher, Professor Roberto Ferreira and his team, but I was never formally introduced to him.

AT: Why have you decided to join Mamazinho and his association now having had other offers from other BJJ black belts?

AS: I know it sounds strange but it felt right. The atmosphere in Kimura Gym is so open and friendly and Mamazinho is in my opinion the best teacher of BJJ in the UK. His technique and attention to detail is beyond any instruction that I have seen here. So for me it was a natural progression. Moreover I was re-united with my some of my former students; I had come home as they say.

AT: What are your plans for the future?

AS: To carry on teaching at Kimura Gym under Mamazinho and also to continue training myself. I love Jiu Jitsu not just as a martial art but as a way of life. I have met so many good people and made so many good friends through it. It has also helped me once or twice in the streets of London.

AT: Thank you for the interview, have you got anything else to add?

AS: Yes, I just want to give a quote that we say in Brazil. "We fight to live and we live to fight!" I will see you on the mat! ■

DID YOU KNOW?

Arlans Siqueira was the first BJJ instructor to teach in the UK in 1997 having come from the Roberto Ferreira School in Brazil. In September 2007 Marcio 'Mamazinho' Laudier was invited to teach at the Kimura Gym. Arlans Siqueira returned to teaching and was appointed assistant head instructor.

Brazilian Jiu Jitsu

Brazilian Jiu-Jitsu (BJJ) is a modified version of the art, developed in Brazil by the Gracie family where more emphasis is placed on takedowns, ground-grappling and submissions. The art has been tested in countless no holds barred tournaments and real life street situations. Many military and law enforcement agencies across the world have include or adopted Brazilian Jiu Jitsu into their combat training courses.

Kimura Gym

The Kimura Gym's commitment is to offer the best instruction in the UK, directly from the source - Brazilian trained instructors only. We do not employ UK trained Brazilian Jiu Jitsu teachers to teach this art.

We offer the most genuine and realistic and progressive teaching curriculum in the UK. We have classes run by experts in Brazilian Jiu Jitsu, Muay Thai and Boxing.

To train under Marcio 'Mamazinho' Laudier or Arlans Siqueira please contact Mamazinho Gracie Barra Team:

tel: **07956 433997** email: **mamazinho@hotmail.co.uk**
or visit: **www.kimuragym.co.uk**