

# WELCOME TO THE TEAM!



REV Brazilian JiuJitsu and MMA is a modern JiuJitsu academy based in Costa Mesa, CA, and led by John Mendoza. John is a certified Brazilian Jiu Jitsu instructor by 6th Degree black belt Master Waldomiro Perez Jr. and currently holds a brown belt rank under 6th Degree Black Belt Master Waldomiro Perez, Jr. and 8th Degree Coral Belt Master Joe Moreira. John began teaching Brazilian Jiu Jitsu to kids in 2004 and adults in 2012. His students in all age categories have walked the podium as champions and medalists at IBJJF, USFBJJ, BJJ Tour and various other tournaments. He holds the gold and bronze medals for the 2014 BJJ Tour Championship in San Diego. He has personal training experience with MMA Champions - Josh Barnett, Urijah Faber, Forrest Griffin, Evan Tanner, Tito Ortiz, Rampage Jackson, Mario Navarro, Fabiano Iha, etc. REV is an affiliate of Companhia Paulista, commonly known as Cia Paulista, a historical team founded by Master Waldomiro Perez, Jr. and enrooted in Sao Paulo, Brazil, dating back to the 1980's. Our rich history, lineage and Brazilian Jiu Jitsu

techniques from Brazil are passed onto each student at REV Brazilian JiuJitsu and MMA. By joining REV you also become a member of Cia Paulista's 6,000+ member team, a Brazilian Jiu Jitsu powerhouse with academies in Brazil, the United States, Canada, Mexico, Australia, the United Kingdom, Scotland, Iceland, Spain, Italy, Finland and Poland. Besides producing national and international Brazilian Jiu Jitsu and MMA champions, many elite athletes come to our academies to help elevate their ground game including Quinton "Rampage" Jackson, Tito Ortiz, Josh Barnett and Urijah Faber.



Opened since 2012, REV has students of all ages, gender and backgrounds, building a diverse brotherhood committed to the life long journey of self mastery provided by Brazilian Jiu-Jitsu.

#### STUDENT CREED

I will develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health.

I will develop self discipline in order develop the best in myself and others.



I will use what I learn constructively and defensively to help myself and my fellowman and never be abusive or offensive. I am on a quest to be my best!

We tend to teach in a more relaxed and less rigid atmosphere than traditional martial arts. Nonetheless, in order to maintain a positive environment that is both conducive to learning and welcoming to potential students, we require our students, parents of students in the kids' classes, and staff to adhere to the following Dojo Etiquette guidelines.



1. Bow to the center of the training area when you enter the mats.
2. After bowing to the center of the training area, bow to all students with belt ranks higher than you in descending order (from black to blue).
3. Bow to a higher grade than you when they enter the training area.
4. Bow to the center of the training area when you exit the mats.
5. Keep a respectful posture in the training area.
6. Classes end with a formal bow to the instructor, with students lining up in descending grade order.
7. When the instructor is demonstrating the techniques, sit or stand in good posture.
8. If you need to leave the mat before class is finished, ask permission from the instructor.
9. Keep fingernails and toenails short and clean for everyone's safety.
10. It is mandatory to have underwear underneath the gi pants.
11. For No Gi Classes, students must wear boardshorts or fighting shorts and a rash guard or training shirt.
12. The uniform must be clean at all times. A dirty uniform is a sign of disrespect.
13. The uniform must be worn at all times.
14. When tying the uniform, students must face the edge of the mats.
15. The belt represents your progress. Keep it on.
16. All metal objects, jewelry, piercing, necklaces and other items should be removed.
17. No shoes, food or drink (except water) on the mat.
18. No electronic devices in the training area.
19. All students and instructors must wear sandals or shoes when walking off the mats.
20. Bags and gear should be stored on the shelves near the bathrooms or next to the mats. Please do not bring them onto the mats.



The Jiu-Jitsu Gi (uniform) is the formal Japanese name for the traditional uniform used in Jiu-Jitsu practice and competition. It is derived from traditional Japanese clothing. Most likely, the Gracie family developed the original Jiu-Jitsu gi from the traditional kimono and other Japanese garments around the early 1900s. The Jiu-Jitsu/Judo gi was the first modern martial arts training uniform. Over the years, the length of the pants and sleeves grew longer, and changes were made in the material and fit. The traditional unbleached cotton is now bleached white, although blue, black and pink are also available. Other martial arts, notably judo and karate, adopted the style of training uniform used in Jiu-Jitsu.

1. Keep your uniform clean. It is disrespectful to use a dirty uniform.
2. The belt represents your progress. Keep it on.
3. Wear matching top and bottom.
4. Do not wear uniforms branded to other academies.



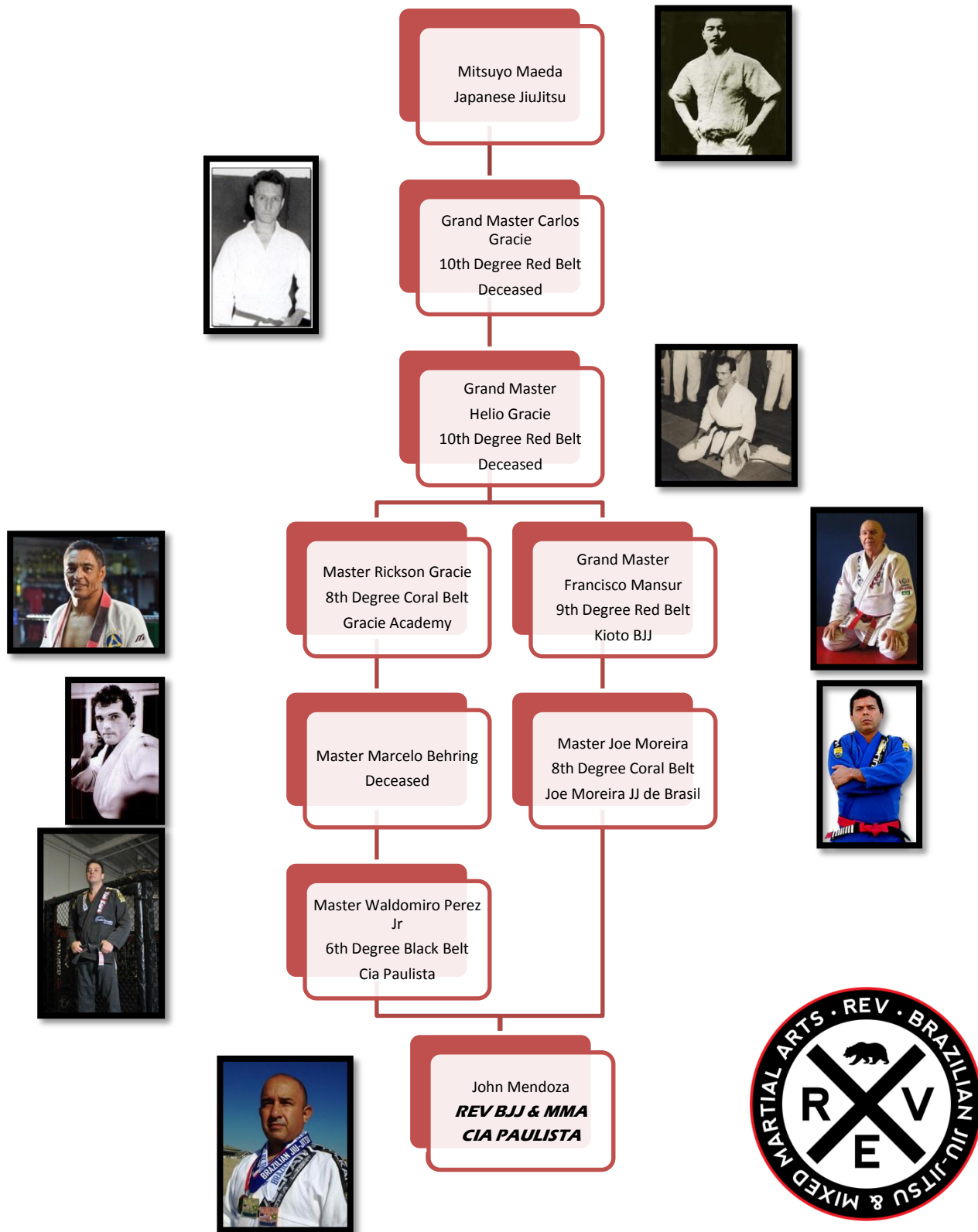
## INSTRUCTOR'S CODE OF CONDUCT

1. **Brotherhood:** REV Instructors shall reinforce the family spirit among students, parents, and other instructors. Their attitude must always be positive and cooperative in order to channel their creative energy towards the strengthening and growth of our family, always putting the team in front of individual selfish needs.
2. **Cooperation:** REV Instructors shall nurture and reinforce a cooperative environment inside and outside the dojo. They must ensure that the competitive realm is restricted to tournaments as well as the competitor attitude. They must make the students understand that progress is not reflected on their ability to overcome a training partner or a competitive opponent, but rather reflected on their capacity to engage in a cooperative training experience were the winner is whoever learns more.
3. **Discipline:** REV Instructors shall constantly discipline the students and never punish them. They must make students understand that without discipline there is no mastery, neither in jiu-jitsu nor in life, and that without the willingness to sacrifice, excellence is just not possible.
4. **Respect:** REV Instructors shall reinforce that students must act with warmth and equally toward one another, regardless of their differences in race, creed, gender, nationality, etc. The belt ranks hierarchy must be respected and the authority of the black belt sincerely recognized.
5. **Continuous Improvement and Growth:** REV Instructors shall reinforce that Brazilian Jiu-Jitsu is a life long journey with no ending point. Students must perceive the Black Belt as their minimum goal and that their progress represents an increasing commitment to their growth as BJJ practitioners and human beings.
6. **Leadership:** REV Instructors shall lead by example, kindness and care. The formal authority shall always and ever be supported by their moral authority built upon a positive, cooperative, and constructive attitude towards the students and other instructors.
7. **Inspiration:** REV Instructors shall understand their importance in students lives as role models, as well as their responsibility in bringing out the best each person has within.
8. **Enjoyment:** REV Instructors shall teach a class as a privilege and never take it as a burden. Each class is the realization of a dream, the instructor's life work. They must enjoy every minute of it and teach like it was going to be their last opportunity to change students lives for better.





Below is a diagram of our Brazilian JiuJitsu fathers and through whom our techniques were passed onto us. Our lineage is easily traced back to our founders which helps to ensure that our students are learning true and authentic Brazilian Jiu Jitsu. Since John Mendoza was promoted by two masters simultaneously, you will see both lineages below.





REV is a Cia Paulista affiliate and proudly represents its commitment to this historical team. Since 1988 Cia Paulista has produced national and international champions in sport jiu jitsu and mixed martial arts. The level of innovation in techniques and training systems achieved by Cia Paulista has greatly contributed the advancement of Brazilian Jiu Jitsu and to its dynamic growth all over the world. Cia Paulista is a worldwide community of Jiu-Jitsu instructors, students and athletes. Our organization is built by over 40 schools worldwide, 6,000+ students and 500+ black belts.





Get ready for a journey that will exceed your expectations. We aren't sure that anyone that started training in Brazilian Jiu Jitsu ever really understood the awesome benefits that they would realize in their life. Yes, you will get into shape. Yes, you will learn how to defend yourself from an attacker. Yes, you will have an opportunity to compete. The part that most new students don't realize are the benefits they will experience off the mats as a result of training at REV... Alertness, Discipline, Focus, Confidence, Respect, Energy, Team Work and Happiness. As you master Brazilian Jiu-Jitsu you will also learn to master your life. Are you ready to begin experiencing the benefits on and off the mats? Lets get started! Here's what you need to know as you take your first step.

- You will be working through our self-defense and fundamental techniques for your first 30-40 classes. This will prepare you to defend yourself on the street and for competition.
- The classes will help you get into shape regardless of your current fitness level.
- You will need to purchase your Jiu-jitsu uniform through REV.

#### FIRST DAY OF CLASS

- Bring the following:
  - Water bottle
  - Enrollment forms and Waiver form
  - Order your uniform with the Instructor
- Wear the following:
  - Men: It is optional to wear a t-shirt or rashguard under the gi top. Underwear require under the gi pants. For no gi classes, rashguard or t-shirt and boardshorts, fight shorts or leggings. Sandals.
  - Women: Sports bra or rashguard under the gi. Underwear required under the gi pants. For no gi classes, rashguard or t-shirt and boardshorts, fight shorts or leggings. Sandals recommended. French braided hair, bun or 2 rubber bands for long hair (one at the top of the ponytail and one about half-way down). No hair pins or clips.
  - Kids: same as adults.
  - Note: uniform must be clean and not smell bad. No gi uniform must not have pockets or zippers.
- Grooming:
  - Clean, clipped and filed finger nails and toe nails (help prevent scratches/infections).



GI CLASS



NO GI CLASS







The *Companhia Paulista*, commonly known as Cia Paulista, is a historical Brazilian Jiu Jitsu team enrooted in São Paulo, Brazil. Cia Paulista started as a small local team though it grew into one of the top Jiu Jitsu academies in the world since its birth in the 1980's. Cia Paulista is famed for producing high caliber fighters such as Eduardo Santoro, Carlos 'Portugues' Vieira, Roberto Godoi and for their strong links with MMA through fighters such as "Rampage" Jackson, Jorge Patino, Tito Ortiz, Cheik Congo, BJ Penn, Matt Mitrione and many others.

### Cia Paulista History

The group was formed by Marcelo Behring in the early 1980's, Behring would move to Australia and leave the students being taught by one of his top pupils, Waldomiro Perez 'Junior.' The academy back then fought under the Behring banner but as Marcelo stepped aside from the team Perez felt the need to change the team name and it was then that *Cia Athletica* started. Cia Athletica was the name of the place where the team trained, though only a few years later the name changed to *Companhia Paulista* as a way to identify the team with the state of Sao Paulo ("Paulista" is the name given to Sao Paulo's natives in Portuguese). In a time where Rio de Janeiro's academies dominated the Jiu Jitsu scene, Cia Paulista wanted to make a clear statement that they were from the rival state of Sao Paulo.



Though the year of its conception remains unrecorded, 1988 is widely accepted as the year of Cia Paulista's foundation. This was the year in which the team won its first major trophy, a 3<sup>rd</sup> place at the *Copa Atlantico Sul* in the Junior Division (Atlantico Sul was regarded as the toughest and most prestigious competition of the 1980s).

<b>Name</b>	Companhia Paulista
<b>Team Lineage</b>	Academia Gracie > Behring Jiu Jitsu > Companhia Paulista
<b>Founded</b>	1988
<b>Founder</b>	Waldomiro Perez
<b>HQ Address</b>	5422 Oceanus Dr., Huntington Beach, CA 92649
<b>Prominent Sport Fighters</b>	Carlos Vieira (AUS), Eduardo Santoro (BRA), Daniel Azevedo (BRA), Eduardo Leitao (BRA), Andre Glodzinski (USA), Paulo Gazze (USA), Marcel Leteri (ITA)
<b>Main Team Achievements</b>	10x Sao Paulo State Champion
<b>Official Website</b>	<a href="http://www.cpjj.org">http://www.cpjj.org</a>
<b>List of Black Belts</b>	Cia Paulista's black belts on BJJ Heroes

With time, some of Cia Paulista's black belts went on to form their own teams, many became tremendously successful academies like: *Macaco Gold Team*, *Barbosa Jiu Jitsu* and *Godoi Jiu Jitsu (G13)*, all from the Paulista lineage. With high demand for quality Jiu Jitsu in the Sao Paulo region, Cia Paulista rapidly grew, becoming a reference for the sport in their state, only being rivalled at the time by *Lotus Club*. This was previous to the arrival of academies such as Ryan Gracie Team, Alliance or TT. Cia Paulista's head instructor, Waldomiro Perez

Junior, was highly regarded also for his open mind towards other combat sports, in the early 1990's Cia Paulista already offered cross training in different martial arts, namely boxing (through Miguel de Oliveira and João Cardozo) and Judo through Milton Maximiliano Trombini.

### Cia Paulista Abroad

Though the name shows proudly the team's roots, Cia Paulista outgrew Sao Paulo a long time ago. Paulo Gazze was the first black belt to expand Cia Paulista, coaching in Huntington Beach, California. Carlos "Portugues" Vieira carried the torch outside Sao Paulo, forming a strong branch in the capital of Brazil, Brasilia. He went on to open other academies all over the world, namely in Iceland, Spain (Gran Canarias) and the Australian branch which quickly became one of the strongest teams in the Australasian continent. Marcel Leteri opened a strong team in Italy and Poland. Rodrigo Resendes opened several academies across Canada. Other black belts spread Cia Paulista in the United Kingdom. The US, where the team's head quarters is based, is also a country where Cia Paulista has established very strong base camps on the west coast in Seattle, Sacramento, San Jose, Monrovia, Huntington Beach, Newport Beach, and its leader, Waldomiro Junior, resides and runs his academy in Huntington Beach.



### Cia Paulista in MMA

Cia Paulista's relationship with MMA started in the 1990's. The academy's first champions were Jorge Patino "Macaco" and Roberto Godoi, who became highly respected MMA fighters in the country (especially Macaco) in the early days of MMA, when the sport was still called *Vale Tudo* and the rules were far too brutal to be displayed on television. With Waldomiro Junior's move to the United States of America, many American fighters requested Junior's expertise to improve their own ground skills. Fighters such as former UFC Champions Tito Ortiz and Rampage Jackson trained avidly at Cia Paulista. Some, like Brady Fink, had the honour of being graded black belt by Master Waldomiro.

### Master Waldomiro Perez, Jr. "Junior"



Waldomiro Perez Junior is a historical Jiu Jitsu figure in the Brazilian state of Sao Paulo. A black belt in BJJ under the late Marcelo Behring and a Judo black belt under Olympic bronze medalist, Shiak Ishi, Waldomiro Perez promoted important fighters to black belt such as Roberto Godoi, Jorge Patino and Max Trombini, having also been part of the famous MMA reality show "The Ultimate Fighter" for two seasons (TUF7 and TUF10) as the grappling coach. He is also the founder of Cia Paulista, one of the most important BJJ academies in Sao Paulo and serves as the vice president of the FPJJ (Federacao Paulista de Jiu Jitsu) the first Sao Paulo BJJ federation – an organization he co-founded with Moises Murad.

### Waldomiro Perez in Detail

**Full Name:** Waldomiro Perez Junior

**Lineage:** Mitsuyo Maeda > Carlos Gracie > Helio Gracie > Rickson Gracie > Marcelo Behring > Waldomiro Perez

**Main Achievements:**

- 2x Pan American Champion (2001 Senior 1, 2003 WO);
- 2x Pan American Silver Medallist (1996, 1999 master);
- Pan American Bronze Medallist (2000 master).

**Weight Division:** Middleweight (82kg-181lbs)

**Team:** Cia Paulista (Companhia Paulista)



**Waldomiro Perez Biography**

Waldomiro Perez was born on the 20th of January 1965 in Sao Paulo, Brazil. When Perez was 5 years old his mother told him “I will never force you to do anything but nothing would make me happier than if you practiced Jiu Jitsu.” That was why the young Waldomiro began training in Brazilian Jiu Jitsu. His mother was always beside him, pushing him to train hard (usually 5 times a week). He started training under a BJJ brown belt called Saúl at the “Clube Tiete”. He also trained at Gastão Gracie’s gym and did several private classes with the legendary Pedro Hemetério. He would also visit Rio de Janeiro on a regular basis because his family was “Carioca”. When he was in Rio he would go to train with Master Álvaro Barreto where he met the man that would become his master, Marcelo Behring.

He was always promoted by Master Behring and fought under his banner on many important tournaments of the time such as the Copa Company and Copa Atlantico Sul (a tournament organized by Joe Moreira, a black belt with whom Waldomiro Perez also trained).

In Sao Paulo, Waldomiro often trained his Judo in Ubatuba with master Jozino. There he met Maximiliano Trombini. Max was an intense Judo fighter. The two (Waldomiro and Max) established a strong and long lasting friendship (today Trombini is the godfather of Perez’s oldest son, Kalani) . Max also became one of Waldomiro’s first students having been his very first black belt.

Perez started giving classes at Marcelo Behring’s academy as this BJJ star's shine began to fade away, struggling with personal issues. In 1988 Waldomiro formed the Cia Paulista, at the time named Cia Atletica – the name was changed to “Paulista” years later as a way to identify and display the state that they proudly represented. Perez was the main instructor of the academy of 15 years, having also trained the special armed forces elite group aka GOE (Grupamento de Operações Especiais) for 12 years.

In the early 1990’s (around 1993) Waldomiro together with Moises Murad – the founder of the Lotus academy (another important team in Sao Paulo) – helped form a BJJ federation in Sao Paulo, which they called Federação Paulista de Jiu Jitsu. The organization was supported by the majority of academies in São Paulo and it’s governing body was elected democratically. Waldomiro Perez and Moises Murad were one of the parties running for office while Otavio Almeida Junior and Roberto Lage were the other. The vote went 25 – 3 to Perez and Murad and the two took on the mission of spreading the Jiu Jitsu gospel all over the state. Under their guidance, the federation launched a circuit style of competition with several events in different towns. The idea behind this federation was to bring BJJ to the smaller towns and remote cities and increasing students for the coaches living in these areas. The avalanche of fans and competitors would also bring some tourism to these same places.



The same pair (Perez and Murad) would create another federation years later. They joined forces again to create the FESP (Federação Esportiva de São Paulo) that also had the help and support of São Paulo's boxing federation. Perez was the vice president of FESP for 10 years.

Waldomiro Perez moved to the United States just before his partner gave birth to his first child (Kalani). Being an American citizen, Kalani's mother wanted their son to be raised in a safer environment, away from the instability that runs São Paulo. In the United States Master Perez Junior leveraged his experience, relationships and long list of national and international black belt champions as students to establish his first Cia Paulista academy.

He also remained involved in the training of some top mixed martial artists such as the already mentioned Jorge Patino, Quinton "Rampage" Jackson and Tito Ortiz. In fact, Waldomiro's prestige amongst the Brazilian media was on full display at Tatame (a well established Brazilian MMA publication) in their article about the roots of mixed martial arts in Brazil, with a mention also on their MMA tree of Brazil.

