



FUNDAMENTALS

JIU JITSU 2021

UNIT 1 UPPER BODY TAKEDOWNS // MOUNT AND BACK			
LESSON	STANDING TECHNIQUE	GROUND TECHNIQUE	LESSON FOCUS
L 1	Body Lock	Retention & Key Lock	Finishing in Mount
L 2	Front Defense 1 & 2	Upa Escape	Escaping Mount 1
L 3	Sucker Punch Defense	Total Control & RNC	Finishing in Back Mount
L 4	Rear Defense 1 & 2	Back Escape 1 & 2	Escaping Back Mount

UNIT 2 LOWERS BODY TAKEDOWNS // SIDE CONTROL AND GUARD			
LESSON	STANDING TECHNIQUE	GROUND TECHNIQUE	LESSON FOCUS
L 5	Double Leg Vs Punches	Key-lock & Mounting	Side Control Top
L 6	Double Leg Defense	Return to Guard & Kimura	Side Control Escape
L 7	Guillotine vs Tackle	Guillotine & Kimura	Guard Finishes 1
L 8	Guillotine Defense	Scissor Sweep & Sit-up Sweep	Guard Sweep 1

UNIT 3 SELF DEFENSE SITUATIONS // ESCAPES AND SUBMISSIONS			
LESSONS	STANDING TECHNIQUE	GROUND TECHNIQUE	LESSON FOCUS
L 9	Wrist Grab Defense 1-3	Triangle	Guard Finish 2
L 10	Covering, Falling & Up-kicks	Elbow Escape & X Choke	Mount Escape 2
L 11	Headlock Escape Standing	Headlock escape & Arm lock.	Headlock Escape
L 12	Shirt/Hair Grab Defense	Mount & Guard Arm lock	Arm-Lock Top & Bottom