

Fundamental Brazilian Jiu Jitsu Curriculum

The idea of this syllabus is to give a basic curriculum that you can follow and in approximately 12-13 weeks a beginner to BJJ will have covered many core areas of BJJ. Clearly define objectives from many positions as well as understanding what those positions are and how they connect to neighboring positions

Each number (ie. 1) Neutral) corresponds to a week of focus for the position and the instructor would select a subset of the techniques to cover below during that week of training and select a different subset when the category is revisited in the future. This is only a guideline and there will be occasions where you want to skip one of the weeks here or spend longer than a week in a category, but hopefully this provides a roadmap for instruction so that our students see variety and never spend too long away from studying a crucial position or technique.

- 1) Neutral
 - a) Position Awareness
 - i) Head up, straight back, knees bent, hand position
 - b) Takedowns
 - i) Wrestling
 - (1) Double Leg, turn the corner
 - (2) Double Leg, leg trip
 - (3) Blast double leg
 - (4) Outside single
 - (a) Trap knee, limp arm finish
 - (b) Tree top
 - (c) Run the pipe
 - (d) Drive across
 - (5) Low inside single
 - (6) High single
 - (a) Fireman's carry
 - (b) Switch to double
 - (7) Duck Under
 - ii) Judo
 - (1) O soto gari
 - (2) Ko soto gari
 - (3) O uchi gari
 - (4) Ko uchi gari
 - (5) Seoi nagi
 - c) Submissions
 - i) guillotine
 - d) Defenses
 - i) Sprawl
 - ii) Crossface
 - iii) Guillotine defense

- 2) Closed Guard Bottom
 - a) Position Awareness
 - b) First Objectives
 - c) Sweeps
 - i) Hip Bump
 - ii) Scissor sweep
 - iii) Flower sweep
 - iv) Lumberjack
 - v) Star sweep
 - d) Submissions
 - i) Kimura
 - ii) Arm bar
 - iii) Triangle
 - iv) Cross Collar
 - v) Omaplata
 - e) Back takes
 - i) Arm drag
- 3) Closed Guard Top
 - a) Position Awareness
 - i) Posture, knee position, feet position, hand position
 - b) Guard Opening
 - i) Cross sleeve stand up
 - ii) Knee in center-line
 - iii) Hands in arm pits
 - c) Guard Passing
 - i) Torreando
 - ii) Knee cut
 - iii) X-pass
 - iv) Cross pant grip pass
- 4) Side Control Top
 - a) Maintenance
 - b) Submissions
 - i) Americana
 - ii) Straight arm bar
 - iii) Kimura
 - iv) Far-side arm bar
 - c) Transitions
 - i) Knee on belly
 - ii) Mount
 - iii) North south
 - iv) Gift wrap back take
- 5) Escapes
 - a) Side Control
 - i) Hip escape

- ii) Bridge turtle
 - b) Mount
 - i) Bridge mount escape
 - ii) Hip escape
 - c) Back
 - i) Step over leg turn
- 6) Half Guard Bottom
 - a) Position Awareness
 - i) Frames, on side
 - b) First Objectives
 - i) Underhooks, protect the head
 - c) Sweeps
 - i) Underhook sweep
 - ii) Dive under
 - iii) Scissor tilt sweep
 - iv) Shaolin sweep
 - d) Submissions
 - i) Kimura
 - ii) Cross collar choke
- 7) Half Guard Top
 - a) Position Awareness
 - b) Passing
 - i) Knee cut
 - ii) Leg weave
 - iii) X-pass
 - iv) Knee across stomach
- 8) Mount Top
 - a) Maintenance
 - b) Submissions
 - i) Americana
 - ii) Arm bar
 - iii) Cross Collar
 - c) Transitions
 - i) Gift wrap back take
- 9) Back Top
 - a) Attacking turtle
 - b) Maintenance
 - c) Submissions
 - i) Zipper choke
 - ii) Under arm choke
 - iii) Bow and arrow
 - iv) Arm bar
- 10) De La Riva + Reverse De La Riva
 - a) Position Awareness

- b) Neighbor Guard Connections
 - c) Sweeps
 - d) Submissions
- 11) Butterfly Guard
- a) Position Awareness
 - i) Head position
 - ii) Underhooks
 - b) Sweeps
 - i) Butterfly Sweep
 - ii) Drive Through
 - iii) Backside
 - iv) Variations
 - c) Submissions
 - i) Straight Arm bar
 - ii) Reverse Triangle
- 12) Open Guard
- a) Grip Basics (hand and foot positions)
 - i) Objectives
 - b) Collar sleeve
 - i) Neighbor Guard Connections
 - ii) Sweeps
 - iii) Submissions
 - c) Spider
 - i) Neighbor Guard Connections
 - ii) Sweeps
 - iii) Submissions
 - d) Lasso
 - i) Neighbor Guard Connections
 - ii) Sweeps
 - iii) Submissions
- 13) Specific Passing
- a) Breaking Grips
 - b) Breaking Spider Hooks
 - c) Breaking Lasso Grips
 - d) Butterfly Passing