

EFJJA Jiu-Jitsu Foundations Handbook & Curriculum





FOREWORD

WELCOME! We are honored to have you apart of our Jiu-Jitsu Academy. For over a decade, we have been dedicated to providing a unique, safe, and effective learning environment for all members of the community! Our Jiu-Jitsu Foundations course is the first step in your quest for Jiu-Jitsu mastery.

We have designed the Jiu-Jitsu Foundations course to take you from BEGINNER to “street ready”, as rapidly and safely as possible. Our Foundations program is focused on the mastery of the most important and effective Gracie Jiu-Jitsu techniques. After working your way through our classes, honing your technique and personal development, you will be eligible for promotion to blue belt. We see the Blue Belt as the first MAJOR step in the direction of Jiu-Jitsu competency and overall knowledge.

This handbook consists of five sections:

1. Introduction
2. Class Structure & What To Expect
3. Essential Jiu-Jitsu Concepts

4. Academy Training Ethics & Philosophies.
5. Jiu-Jitsu Foundations (*Beginner Program*) Course Syllabus

Make sure you take your time and pay close attention to the key details of each technique. Your aim should be to try and perfect them efficiently, fluidly, and with precision. Do this, and when the time comes to take the Blue Belt Test, your performance will meet, or exceed, all of our standards and even your own!

We are all extremely grateful to have the chance to pass the amazing art of Jiu-Jitsu to everyone who walks through our doors. We intend to continue on the legacies of Jiu-Jitsu master's by implementing the most effective and safest practices, as they would've hoped! Grandmaster Helio Gracie and all of his family, created the most effective and adaptive martial art in the world and we will continue to humbly spread their knowledge.

Thank you! We will be here for you as you press on towards your goals and will not let you fail!

- Eddie Fyvie Jiu-Jitsu Academy

INTRODUCTION

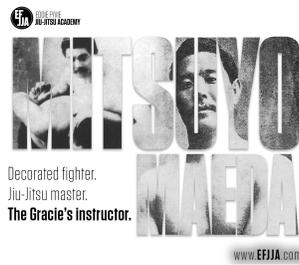
ORIGINS

Gracie Jiu-Jitsu (Also referred to as Brazilian Jiu-Jitsu or BJJ) is a Martial Art that is designed to allow for a smaller person to be able to defend themselves against a much larger opponent. Originally what was once Jujutsu (Later changed to "Jiu-Jitsu" by the Gracie Family) was developed initially in Japan. It's original purpose was to be used in war on the battlefield.

Techniques were developed with the purpose of controlling your adversary and causing severe injury or harm in order to have success in hand to hand combat situations. Jujutsu in Japanese translates to "The Gentle Art". It was named the gentle art because of the idea that you can control and immobilize your opponent without the use of violent strikes or weapons. In the late 1800's a Jujutsu practitioner named Jigoro Kano was struggling with training. At this time the Martial Art was only practiced with a completely unresisting and willing partner. There was no element of sparring because their techniques were deemed too "deadly" or "dangerous" to be

practiced in a sparring situation. Kano recognized a problem with this and had a theory that if he removed certain “deadly” techniques and kept the Takedowns, Positional Controls, and Submission Holds, they would be able to spar safely with 100% resistance.

His theory proved correct and Kano’s students were able to defeat the traditional Japanese Jujutsu students in a series of challenge matches. However, Kano’s vision was to turn Jujutsu into an olympic sport and he stopped focusing on the Self-Defense aspect. This slowly turned Jujutsu into Judo in Japan. He was successful in this endeavor creating an olympic sport, however certain aspects of the art for Self-Defense were destroyed.



FROM JAPAN TO BRAZIL

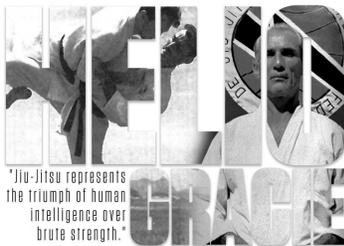
Around 1919, one of Kano’s best students, Mitsuyo Maeda (Count Koma) landed in Brazil. Maeda had spent the previous ten years traveling the globe teaching Jujutsu. Maeda was kicked out of Kano’s affiliations because of his participation in prizefights and holding classes for foreigners. He was only meant to showcase Jujutsu in demonstrations. He became a traveling prizefighter in carnivals all over Europe, South America, and finally Brazil. Maeda arrived in Brazil and was managed by a man named Gastao Gracie who helped him become established in Brazil. As a showing of gratitude, Maeda taught his Martial Art to Gastao’s sons. The rest is history! The Gracie’s took this Martial Art and turned it into the most effective form of Self-Defense in the world. This happened due to differences in culture and the preference of Self-Defense over sport. They tested what is now spelled Jiu-Jitsu against every martial artist, street fighter, and willing opponent that they could get their hands. Through the course of these real fights they were able to truly understand what is effective and what isn’t.



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HELIO GRACIE - THE GREATEST MARTIAL ARTIST

The main source of enlightenment and innovation is credited to Helio Gracie. Helio was not originally allowed to practice along with his siblings due to suffering from an extreme form of vertigo that barred him from all athletics and physical activities. Sitting on the sidelines for two years, studying his brother’s teaching and being obsessed with the art lead to an accidental teaching opportunity. After this, his brother forced him begin training if he truly wanted to become a teacher. With his condition and extreme physical inabilities, he was forced to innovate and create new techniques, strategies, concepts, and movements that focused on leverage, physics, and intelligence. Even though he was only 5’6” 130 lbs, Grandmaster Helio Gracie was known for his courage and willing to take on all comers in any challenge. His tenacity and accomplishments in fighting, teaching, and proving Jiu-Jitsu’s effectiveness, eventually led to him becoming a national hero and celebrity in Brazil.



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COMING TO AMERICA

In 1978, his first son, Rorion Gracie came to America with a vision to spread the art. Fifteen years later, Rorion brought many family members to the USA and created the first Ultimate Fighting Championship (UFC) tournament. The original UFC was set up in a tournament format with only two rules, no biting or eye gouging. The best Martial Artists in the world signed up to test their skills and to determine what the most effective Martial Art discipline was.

Rorion's true intention was to showcase Jiu-Jitsu to the rest of the world on PPV in a setting that would prove without a shadow of a doubt what the most effective system of training was. Jiu-Jitsu proved to be successful and one of the Gracie Brother's, Royce, beat three individuals in one night popularizing Gracie Jiu-Jitsu and changing the face of Self-Defense and Martial Arts forever. The UFC became an absolute hit and Martial Artists, Military, and civilians all over the world jumped on the bandwagon and joined the movement! At The Eddie Fyvie Jiu-Jitsu Academy we are committed to carrying on the traditions, principles, and concepts that our Martial Art's founders developed and focus on Jiu-Jitsu as a system for Self-Defense and a tool to help face life and its many obstacles!



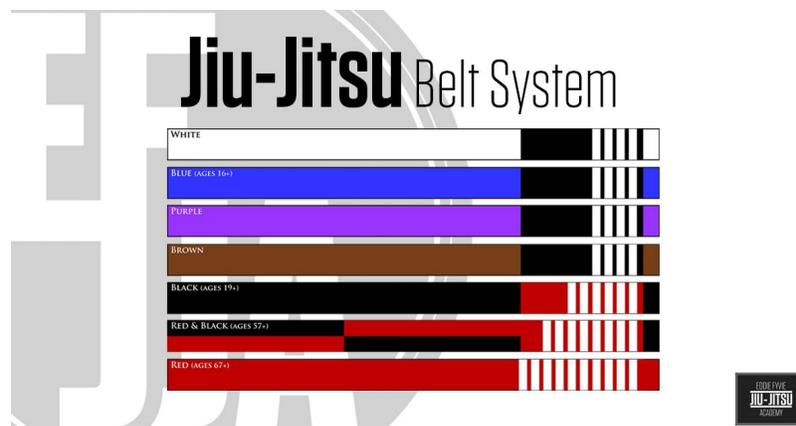
Jiu-Jitsu Belt System

Our objective is to empower you to reach all of your goals on and off the mat. We are committed to teaching and implementing the most effective strategies to defeat a larger, more

athletic, and aggressive opponent in any dangerous situation. Beyond that, we are committed to help each individual student reach THEIR potential. We measure each individual student differently and will place our judgement and grade, only on your own PERSONAL potential. This is the key to allowing all a student's to practice Jiu-Jitsu to fit their lives and who they are.

After completing our Jiu-Jitsu foundations course, we will track your journey towards Gracie Jiu-Jitsu mastery by awarding a different colored belt for demonstrating proficiency in each course of the Eddie Fyvie Jiu-Jitsu Academy curriculum. You will start as a white belt. You will receive a blue belt after you complete our Jiu-Jitsu Foundations program. Should you decide to continue training after you earn your blue belt, you will progress to purple, brown, black, red/black (Coral), and red belt over the course of your study.

As we said in previous paragraphs, we promote each student on the basis of their PERSONAL potential. Everyone who enters our academy does so at different points in their life and with different abilities. Your mastery is YOUR mastery! Your focus from BEGINNER to BLUE BELT should be on LEARNING. As you near your Blue Belt, you will notice your technical proficiency increasing rapidly. Your focus on LEARNING will help keep you on the right track. Our ultimate goal for you at Blue Belt is to prepare you a street altercation. Beyond the Blue Belt, we dive into the infinite depths of this great art and develop even further!



CLASS STRUCTURE & WHAT TO EXPECT

JIU-JITSU FOUNDATIONS - CLASS STRUCTURE

1. WARM UP

- a. Our Jiu-Jitsu Foundations class offers a very short warm up. The focus of this class is to help you become “Street Ready”, as quickly and safely as possible. Our warm up will always consist of reviewing technique and doing some movement drills that are specific to that day’s lesson.
2. REVIEW
 - a. At each class, you and a partner will spend the first 10 minutes drilling the techniques from previous lessons. This will help reinforce the techniques learned in a previous class.
3. Daily Curriculum
 - a. Each class has been separated into a standing and ground, technique series. This will cover multiple lessons. The techniques should be practiced as many times as possible to help with memory retention and muscle memory.
4. Muscle Memory Drills & Self-Defense Simulation
 - a. At the end of each class, we will tie the techniques together in various patterns. This will help you understand how the positions and moves work together in a cohesive flow. The Self-Defense simulations are meant for the student to drill and practice the techniques in a good guy/bad guy scenario. Both partners will go back and forth with the role. This will allow you to feel the techniques as they would be applied, while adhering to the highest safety standards.

MUSCLE MEMORY DRILLS

At each class you will have the chance to practice the techniques in a “flow”. These drills help understand how the techniques work together. It is the bridge between drilling and actual grappling. These muscle memory drills are priceless and will improve your Jiu-Jitsu rapidly.

After you have completed each course at least one time...You will have the chance to attend a specific, Muscle Memory Drill Class. These classes will feature multiple drills that tie things together for you. It will also be a great workout!

SELF-DEFENSE SIMULATION EXERCISES

After you receive your Blue Belt, you will have the opportunity to attend our Jiu-Jitsu Mastery courses. This is where the deeper meaning of the art and more complex and advanced training takes place.

Each Beginner class will offer some Self-Defense Exercises at the end. Similar to the Muscle Memory Drill classes, we will also have Self-Defense Simulation Classes. These are unique

classes in which partners once again assume the “bad guy” or “good guy” roll. In this class, practitioners will wear gloves and work with each other to help create a sense of timing and flawless execution with each technique.

These classes will be very fun and focused on the highest level of safety in order for everyone to have a successful and positive experience, while maintaining the reality and effectiveness of Gracie Jiu-Jitsu.



ESSENTIAL JIU-JITSU CONCEPTS

Concept #1

Survival. Trying TO WIN vs. Trying NOT TO LOSE

One of the number one realizations, Grandmaster Helio Gracie and his family of Jiu-Jitsu soldiers had, regarding Jiu-Jitsu, was that DEFENSE was paramount. Your ability to survive in a real fight, was much more important than your ability to win. If you DON'T LOSE, you WIN!

This reality came from thousands of fights with people of all sizes and backgrounds in the purest and most violent conditions. When you are focused on surviving and trying NOT TO LOSE, you have a lot more opportunity to capitalize on your opponent's mistakes or keep yourself from being hurt badly, if things aren't going your way.

All positions, techniques, and concepts, start with this principle. It will make you safe from mistakes and the onslaught of the attacker. Helio Gracie once said, "Invincibility lies within DEFENSE". This is not a preference or theory. In our opinion, it is a LAW of combat. Of course,

there are strategic moments when you should press forward aggressively. But this is not possible, until you have scouted the situation.

If you understand this concept of SURVIVAL and the ability to, NOT LOSE...You will be impossible to defeat!



Concept #2

Distance Management

Whoever manages the distance...manages the damage.

Your ability to control space, understand range, and remain in “safe” zones will make the likelihood of success in a fight situation, nearly perfect.

In Jiu-Jitsu, we become comfortable in a CLOSE range. This is also the most UNCOMFORTABLE range for someone unskilled. Generally, people are very sensitive when someone invades their personal space. This is a natural feeling. However, this is the space in which most self-defense situations occur. If you cannot be comfortable in this space, you will not have any chance of success in an aggressive assault.

Our main philosophy on DISTANCE MANAGEMENT, involves staying close to our opponent or far away from our opponent. These two ranges are optimal as they allow the Jiu-Jitsu practitioner to be consistently safe from all, common, dangerous strikes.



Concept #3

GRAPPLING VS. STRIKING

For centuries, striking based Martial Arts were thought to be the way of the warrior. Post UFC 1 in 1993, the world was exposed to the true reality of a fight. A real fight is much more chaotic than people realized and what we saw in the movies. Also, the eye opening reality of the fight going to the ground was seen for the first time. Until this point, many Martial Arts had never addressed this problem.

Striking techniques are fundamentally designed around the ability to generate massive amounts of speed and power to deliver damage. This presents TWO MAIN ISSUES...

ONE - The vast majority of people who lack the speed and power needed, are completely alienated from having any type of success in these disciplines.

TWO - Although a well timed strike can certainly end a fight, the odds of connecting perfectly, with the right timing, and without the protection of a giant glove, are quite low. It is more likely that you might hit someone and break your hand or foot, rendering your "tools" ineffective.

To summarize: COULD striking be effective? Yes, it COULD be effective. But the chances of a fight going to the ground by choice or not by choice, breaking your hand, hurting someone more than required, is much more likely. Grappling (jiu-Jitsu) allows the odds to be in your favor against any person of any size. It's ability to adapt to the individual and various situations, makes it the most effective.



Concept #4

BASE

When discussing Jiu-Jitsu and its main concepts and principles; we must discuss the idea of TACTICS vs. STRATEGY. Think of TACTICS as the actual physical moves you may employ, while STRATEGY is more about the way you will employ these techniques.

The concepts listed previously, have more to do with the STRATEGY of Jiu-Jitsu. The next few concepts we will get into, will help to enhance your TACTICS or techniques. Could we say they are still STRATEGIES? Yes, we can. But they have more of a physical side than the previous concepts.

The definition of BASE in Jiu-Jitsu is: Your ability to keep and maintain balance against force and resistance.

If you are balanced, you are able to remain standing. If you are in BASE, you have created a structure to keep your balance and withstand push and pull forces. Every standing technique and dominant, top position on the ground have an EXTREME necessity for BASE.

A way to picture BASE is by imagining a triangle. The perfect triangle shape is perfectly balanced. Much like fighting stance. Upper body (top point) in combination with both legs (bottom points), make this shape and demonstrate the ideal balanced position. Now...This stance and position must be fluid (moveable) and also stable.

So you must hold your BASE reasonably against force without over committing your weight, in a way that can be used against you. If your initial stance and BASE can't withstand the force, your BASE must move. It must be fluid. If you can pay attention to this in most of your techniques. The actual technique itself will become much more powerful.



Concept #5

POSTURE

When you think of POSTURE, you naturally may think of, “Head up, back straight.” This is a great way to think about it, but not always clear enough.

POSTURE in Jiu-Jitsu comes down to understanding spinal and structural alignment. This will always insure that you are in a safe position and your body is as strong as possible.

When you are doing a double leg takedown, your legs will be bent, your back will be hinged forward and your head will be up. If we took a drawing of each limb and angle of the body, you would see excellent structural alignment. Perfect POSTURE. It is about alignment.

When you are laying on your back in a bad position, you will execute posture by having your arms tucked in, and body in alignment. Totally prepared to move and escape. Always focus on posture!



Concept #6

TIMING

The right move at the wrong time, is the wrong move.

You could say, TIMING is everything. This can be said in all athletic endeavors. You may think that TIMING is relative to speed. In some cases, yes. In Jiu-Jitsu, this isn't always the case.

Because Jiu-Jitsu is reliant on your ability to establish, control, TIMING is more about being in the right place at the right time. Understanding that if you can control the situation or control the movement, you will control the rate of speed at which you need to execute the technique. Your TIMING when it comes to escape, is in your ability to make sure that when a position is starting, you position yourself in a way that allows a greater chance of escaping. You don't have to escape immediately. But being able to be in a position to escape is of great importance.

When training your TIMING, don't be concerned with speed. First, be concerned with technical perfection. Get every detail of the technique perfect. Understand how to find control of each situation. This will allow you to have perfect TIMING in all situations.



Concept #7

WEIGHT DISTRIBUTION

As we all age, our athleticism and speed will decline. This is why we must always focus on our technique and a practice, that allows us to transcend the downfalls of aging.

WEIGHT DISTRIBUTION is a concept within all of the Jiu-Jitsu techniques. Understanding how to use weight, where to place and focus your weight, and then similar to BASE, how to shift your weight. In all standing positions, improper BASE can lead to your WEIGHT DISTRIBUTION moving in a negative direction. Proper utility of your WEIGHT will allow your takedowns to be executed in a more flawless way. It will insure that you do not have to use excess strength.

WEIGHT DISTRIBUTION on the ground applies to all bottom and top positions. Using your WEIGHT on top can be obvious, but again, understanding how to place your weight, where to place your weight, and how to shift your weight, all comes into play.

Using your WEIGHT from the bottom, is not as clear to the new practitioner. Here is a way to clarify it...Imagine the Closed Guard. The lock of your legs around your partner allows you to have a consistent pulling motion. This is an idea of using your weight from the bottom. Using your legs to put weight against their back, thus keeping their posture broken and closer to you/the ground. You will also notice, if you can create certain angles from the bottom, such as getting to your side...You will notice an ability to use the weight of your legs, arms, and hips, in a very powerful and heavy way.

Throughout the practice of all your techniques, make sure you pay close attention to how your WEIGHT is being utilized or underutilized!



Concept #8

CONNECTION

In recent years, the term, CONNECTION has become a buzzword in the Jiu-Jitsu community. Many people started to use and pay attention to this word, after Master Rickson Gracie started to use it and explain many of his philosophies behind it.

CONNECTION can be understood on three levels:

- 1) The CONNECTION of your body in regards to structure and strength.
 - a) For example, if you have proper posture and alignment, you will be more CONNECTED and will be stronger. If you are executing a takedown, and are using your legs, arms, hips, and rest of your body accordingly, you will be more CONNECTED and have a much easier and smoother takedown.
- 2) The CONNECTION of your body to a surface.
 - a) Imagine you are on your back and stuck in a bad position. In order to move, bridge, or create angles, you will have to use your feet to push off a surface. This will make your movement much stronger. This will also be important if you are forced to use resistance. In some instances, a person may CONNECT their feet to the ground to move and then lose their footing. This will put you back in the same spot you started. Boxers and strikers must utilize CONNECTION to the ground when striking. If they do not, they will not be able to generate any type of power. So this concept, transcends the grappling arts.
- 3) The CONNECTION of a positive and negative force.
 - a) This third form of CONNECTION is the most difficult to contend with. It is still something that people are working to unravel within the Jiu-Jitsu community. In some regards, this will be noticed in certain positions, when you remove "slack". For example, if you grab the person's collar and if you grab and pull down on your partner's collar, there will be a noticeable difference. In the second example, when you pull down on the collar, there will be less slack, thus making your ability to time, feel, and counter movements with greater ease. In regards to a, "positive and negative force", picture this...Imagine someone is pushing you. In theory, you could use their push and weight against them. The problem that arises with that is this...if the person pushes you and you attempt to deflect their energy, what is stopping them from countering? Essentially, when they push and you pull, there is nothing stopping them from resisting. So to counteract that, you must use this idea of CONNECTION. If they push you, first, resist their push. Don't resist too much, this will work against you. Push to resist and this will create CONNECTION. In order for your opponent to truly push you over, they must OVER commit to pushing you. When this happens, their over

commitment to pushing you will make it even easier to throw them. Hence, CONNECTION...

If they push > push back > when they push harder > use it against them.

If they pull > pull back > when they pull harder > use it against them.



ACADEMY TRAINING ETHICS & PHILOSOPHIES

STREET vs. SPORT vs. ART

This outlook on the different segments of Jiu-Jitsu, was first pointed out by EFJJA friend and the 5th American to ever receive his Black Belt, Chris Haueter. In our modern age, Jiu-Jitsu offers something unique for everyone.

In recent years, the focus of Jiu-Jitsu as a whole has moved into the world of sport. This has created some positive evolution, but it has also diminished some of the pure, self-defense aspects of the art.

Our academy prides itself in teaching a curriculum and system of Jiu-Jitsu that is adaptable for anyone. If someone wants to compete in sport, they will have that opportunity. But we do not want to diminish effectiveness or alienate people who are not interested in the sport aspect.

So let's clarify the ideology behind STREET vs SPORT vs ART...

STREET - Using whatever means necessary to survive and/or secure victory in a dangerous or potentially life and death situation.

- Jiu-Jitsu training in the STREET sense must take into account all potential variables that could occur on the street, such as but not limited to, strikes, concrete, weapons, multiple attackers, etc. This presents Jiu-Jitsu in the most pure reality devoid of anything that is not effective.

SPORT - Training Jiu-Jitsu within the confines of certain agreed upon rules and parameters.

- Jiu-Jitsu training in the SPORT sense allows the practitioner to use time limits, weight classes, technical restrictions, etc. to their favor in an effort to win the “game”, aka FIGHT. This type of training will occur at the advanced level, but it could also be a hindrance to understanding the deepest of concepts and principles that Jiu-Jitsu is built upon.

ART - Training Jiu-Jitsu as it was meant to be. Using the LEAST amount of energy, speed, strength, and natural attributes; while using the MOST amount of technique, leverage, cunningness, and strategy.

- Training Jiu-Jitsu as the ART is the way it should be. It is a constant reminder of how it should feel, look, and be, at the mastery level. You have truly mastered the ART of Jiu-Jitsu when you can train, fight, and teach with the above attributes, completely FREE of your natural abilities and individual strengths. This is what allows Jiu-Jitsu to translate and what allows all of us to train FOREVER!



THE SAFEST TRAINING PARTNER

Jiu-Jitsu is the most effective Martial Art on the planet and there is no question about it. With that being said, it is imperative that a balance between effective/realistic training and safe training take place.

The responsibility of safety lies within all of us. It is our responsibility to look out for one another on the mat and to truly pay attention to each other’s safety. In a Jiu-Jitsu Academy, there are people from every demographic and all walks of life. This melting pot of individuals is

one of the things that makes our academy so special. But it can also be what makes training dangerous.

In our Jiu-Jitsu Foundations class there will be people ranging from age 15 to age 60. In order to have a harmonious training environment, we must understand each other's limitations. As time goes on, potential competitors will want to engage in more competitive training, while others may be doing Jiu-Jitsu for different reasons. The coexistence of these different practitioners is 100% possible and actually necessary as both will draw experience and knowledge from the other. But in order for it to be a true success, we must all pay attention to everyone's safety and health.

Here are 3 tips:

1. Focus on executing the techniques slowly at first and then increasing speed slightly, as you get a rhythm with your partner. Although...speed is not the goal; fluidity is.
2. If you are much bigger than your training partner, take extra precaution when using your weight or strength.
3. If you have previous training in wrestling or some other physical and aggressive activity...Remember, most wrestlers are between the ages of 10 & 22. You may have a partner far beyond this range. You may have a partner who has never done anything athletic in their entire life and are at Jiu-jitsu to build themselves up. We do not want to ruin their experience by putting too much pressure before they have come to understand the art.



UNIFORMITY

For many years, the only color of uniform on a Jiu-Jitsu or Judo mat was, WHITE. Judo eventually adopted a blue gi as well to help make for a more dynamic “look” in their sport. All

matches featured a competitor in a white gi and the other in a blue gi. This helped distinguish scores, etc.

In recent years, fashion has entered the Jiu-Jitsu world and offered up some trendy and stylish Gi's. However, this takes away from the deeper meaning of the white Gi and of uniformity.

At our academy, we believe in adhering to a semi-strict uniform policy. We ask all of our student's to wear white gi's in every class. These are our reasons why...

1. The White Gi was always synonymous with Gracie Jiu-Jitsu. Grandmaster Helio Gracie before his passing would talk about his disdain for the current trend of fashion in Jiu-Jitsu. Not because he was anti-creativity, but because it destroyed some of the spirit of the uniform.
2. The White Gi was meant to represent, "purity of spirit". Walking into the academy and on to the mat with an open mind and working to strive upward towards the highest standard mentally, physically, and spiritually.
3. The White Gi was worn by all originally. It created an organized look and also allowed everyone on the mat to be equal and void of social class. Whether you are a millionaire or not, you are on in the same in the Jiu-Jitsu academy. All working towards the highest reachable potential that exist within you.

We could go on and on. We don't want to prohibit the creativity of each individual, but the uniformity of a team helps to create a structure and atmosphere that helps make for a strong and connected community. With uniformity, we can help to avoid unnecessary, individual variability doesn't interfere with the team's progress and functionality of the classes and business.



JIU-JITSU FOUNDATIONS

COURSE SYLLABUS

1. TRAP & ROLL (MOUNT ESCAPES)

SUMMARY : The Trap & Roll series is the ideal escape from the full mount. Not only does it allow you to escape, but it allows you to reverse your opponent from the top to the bottom position.

- A. Trap and Roll Against Throat Grab
 - i. OVERVIEW: Partner sits upright in the full mount position and places one or both hands at or around the neck area, simulating a choke.
 - ii. REMINDER: Trap arm and focus on Bridging and turning over in a fluid motion.
 - iii. COMMON ERRORS: Bridging to the side, instead of upwards.
 - iv. SAFETY TIP: Tuck your shoulder when being rolled or use free hand for a slight post on the way over.
- b. Trap and Roll Against Punches (Hips Up and Stay Up, Henry Akins Variation.)
 - i. OVERVIEW: Partner sits upright and punching.
 - ii. REMINDER: Lift our hips in a bridging motion and hold them up to keep the opponent unbalanced. Block one punch, trap opposite arm
 - iii. COMMON ERRORS: Bridging up and down, allow balance for top person.
 - iv. SAFETY TIP: When your partner traps your arm, turn your hand so the back of your hand is on the ground. This insures you don't roll over your fingers.
- c. Trap and Roll/Guard Recovery Combo, Bridge Fails, Escape Under Opponents Posted Leg
 - i. OVERVIEW: You attempt Trap and Roll (Version One) and opponent posts their foot out to block.
 - ii. REMINDER: The moment your partner's leg and foot post out, you must drop your hip and change techniques.
 - iii. COMMON ERRORS: Trying to keep hip up in the air.
 - iv. SAFETY TIP: Give your partner a top, enough time to post their leg out.

2. MOUNT CONTROL

SUMMARY: The mount is one of the most dominant positions to achieve in a fight. You are in an excellent position to control, strike, and submit if the need arises.

- a. Hooks in Head Control
 - i. OVERVIEW: Hooks in, Hips Heavy.

- ii. REMINDER: Control Head and post your free arm out, use your heels instead of your toes to hook legs.
 - iii. COMMON ERRORS: Using too much tension on the head grab and the hooks. You need to give yourself space to move.
 - iv. SAFETY TIP: Using maximum weight during each rep, will make it difficult for your partner to continue the drill. Also, the bottom person should lift head and keep core somewhat engaged
- b. Arm Swim and Posting
- i. OVERVIEW: While controlling the head, your other arm should post out at 45 degrees.
 - ii. REMINDER: Keep your heels hooked (NOT TOES), have your hips heavy, but also available to move. QUICKLY swim as your partner attacks your arm.
 - iii. COMMON ERRORS: Using too much tension on the head grab and the hooks. You need to give yourself space to move.
 - iv. SAFETY TIP: Monitor hip pressure to prevent injuries to the ribs.
- c. High Mount Defending the Push
- i. OVERVIEW: With your knees on the ground, you are in a solid position to posture up and strike or attack.
 - ii. REMINDER: Knees pinched. Hands on the floor based out or sitting up. Be prepared at all times to counter the explosive movements of the bottom person.
 - iii. COMMON ERRORS: Not shifting your weight as your opponent moves and countering their push too late.
 - iv. SAFETY TIP: If balance is not possible...TUCK AND ROLL!

3. MOUNTED ARM BAR/ GIFT WRAP

SUMMARY: Once the mount position has been achieved, utilize patience and ride the wave as the bottom person will be thrashing about. The gift wrap and arm bar is excellent to end the fight and go home safely!

- a. Arm Bar against upright push
- i. OVERVIEW: Partner on bottom extends their arms upwards, exposing themselves for an armbar.
 - ii. REMINDER: In order to bring your legs around the head and secure the position; you must focus on putting weight into your hands your hips turning. When you extend arm - Feet heavy, knees bent and pinched, baseball bat grip on the wrist.
 - iii. COMMON ERRORS: Trying to rush the arm bar and falling back without your leg over the head.
 - iv. SAFETY TIP: As with all submissions, you should pay CLOSE ATTENTION to your partner. Decelerate into the technique and apply pressure slowly.

- b. GIFT WRAP/ARM BAR COMBO
 - i. OVERVIEW: If your partner presses their arms up, deflect them to the side and wrap up the gift wrap. (Also, if they simply turn on their side)
 - ii. REMINDER: Deflect arms with your body. Shifting to the side. If your partner rolls on their side, lift knee for modified mount.
 - iii. COMMON ERRORS: Allowing them to push too far or opening up modified mount before they are fully on their side.
 - iv. SAFETY TIP: Do not hit your partner's elbow when they push up. Follow the same protocols above for the arm bar finish.

4. DOUBLE LEG TAKEDOWN

SUMMARY: The Double Leg Takedown is one of the easiest and highest percentage takedowns in Jiu-Jitsu. It is a great first move and if it doesn't work immediately, you will be able to move into another takedown.

- a. Distance Management
 - i. OVERVIEW: In order to achieve an effective takedown, you must understand the proper range.
 - ii. REMINDER: Start in base. Measure two arms reach. As your partner moves forward, move back. If they are close to hit, that is time!
 - iii. COMMON ERRORS: Shooting your double leg from too far.
- b. Double Leg against advancing opponent. (Drive through to Guard and pass)
 - i. OVERVIEW: When you are in range, lower your level and attack both legs.
 - ii. REMINDER: If your left shoulder is forward in base, your left shoulder will make contact. Your head should be on the side.
 - iii. COMMON ERRORS: Not lowering your level enough. Not grabbing behind knees. Head on wrong side.
 - iv. SAFETY TIP: As you take your partner down, release the knees, so you don't land hard into their ribs.
- c. Double Leg with a Jab Distraction. (Corner Cut)
 - i. OVERVIEW: When the person isn't advancing towards you, you can stalk forward, distract them and shoot. Taking them sideways into side mount.
 - ii. REMINDER: Walk forward cautiously, when you are close enough to touch their hand, flash a straight punch out and shoot. Enter the same as above, but step to the side, landing in side mount.
 - iii. COMMON ERRORS: Shooting from too far. Shooting on an opponent who is moving backwards. You need them frozen.
 - iv. SAFETY TIP: Grab your partner with one arm and break fall with the other. Do not land too hard.

5. AMERICANA ARM LOCK (Key Lock)

SUMMARY: This versatile submission is available from the Side Mount and Full Mount positions. It is a “BENT” arm lock, meaning your opponent’s arm will be bent into an L shape or a V shape. This lock will cause damage against the shoulder.

- a. Basic from upright mount.
 - i. **OVERVIEW:** In the full mount, you can posture up in a position to strike. This also gives freedom to both arms to attack the Americana (Key Lock)
 - ii. **REMINDER:** Make sure to maintain your balance at all costs.
 - iii. **COMMON ERRORS:** While attacking your arm, you do not shift your weight to prevent from being rolled.
 - iv. **SAFETY TIP:** As with all submissions, take the lock slowly and pay attention to your partners flexibility.
- b. Hooks in, from head grab to key lock.
 - i. **OVERVIEW:** In mount with your hooks in and the head controlled.
 - ii. **REMINDER:** Remember to unravel your arm from under the head to finish.
 - iii. **COMMON ERRORS:** You leave your arm under the head, sacrificing leverage.
 - iv. **SAFETY TIP:** Steady pressure. Watch for the tap.
- c. Key lock to arm bar combo.
 - i. **OVERVIEW:** Postured in mount, you attack the Key Lock. Your opponent defends improperly, exposing the arm bar.
 - ii. **REMINDER:** Your goal is to finish the first move. But in Jiu-Jitsu, you must always leave the possibilities open for a second or third attack.
 - iii. **COMMON ERRORS:** Grabbing the arm for the arm bar and “showing” your technique.
 - iv. **SAFETY TIP:** Be careful pinning your leg over the head.

6. SCISSOR SWEEP & ELEVATOR SWEEP

SUMMARY: While you are on your back in the Closed guard, your opponent will give you the opportunity to execute multiple techniques. At some point they may move in a way that compromises their balance in one direction. One leg posted out, and on the other knee.

- a. Elevator Sweep from Stage ONE (Heavy Partner)
 - i. **OVERVIEW:** Stage One (Close-Head & Arm Control) is established. Partner leans in and posts one leg out to the side.
 - ii. **REMINDER:** Keep the person close in the technique to manage distance and to also insure the sweep. Move your hips out. Foot first, underhook second.
 - iii. **COMMON ERRORS:** Trying the sweep when the person has their head up. No hp movement. Too big of a leg movement (Hook).
 - iv. **SAFETY TIP:** Top person should keep their arm tucked in to make the roll seamless.
- b. Elevator Sweep from Headlock (Sprawling Partner)

- i. OVERVIEW: In this variation, the opponent on top leans on you and hugs your head. Both of their legs are posted out.
 - ii. REMINDER: Keep the person close and control the arm on the side you sweep to insure they cannot post. Both hooks go in, you lift up and drop a hook out.
 - iii. COMMON ERRORS: No hp movement. Too big of a leg movement (Hook).
 - iv. SAFETY TIP: This sweep has a low risk of injury.
- c. Scissor Sweep from Stage One (Elevated Chest)
 - i. OVERVIEW: From Stage One Control, your opponent raises their head up. You keep control while having your arms extended. Your partner should have their leg posted out, similar to the elevator sweep.
 - ii. REMINDER: Keep head and arm control, the entire time. Make space both to the side and back to insure the necessary room for your leg, across the waist.
 - iii. COMMON ERRORS: Not being on your side enough (Hips vertical to the ceiling). Not making enough space to get your leg in.
 - iv. SAFETY TIP: Low risk.

7. FRONT BEAR HUG (Clinch Entry)

SUMMARY: This is one of the safest and most effective takedowns in Jiu-Jitsu. It lands you directly into the full mount position. In the likely event your opponent rushes, you will have the chance to duck, cover your head, and land in a bear hug position. Great for avoiding strikes and using your weight and leverage to execute a flawless takedown.

- a. Managing Distance.
 - i. OVERVIEW: Both partners start at two arms reach away. One person rushes in to strike. The other lowers their level slightly, covers their head and clinches.
 - ii. REMINDER: Make sure you start at a safe distance and enter the clinch as the person gets close enough to hit.
 - iii. COMMON ERRORS: Trying to reach you arms out to grab, instead of connecting to the person with your body. Poor base, that leaves you off balance and vulnerable.
 - iv. SAFETY TIP: Do not hit your partners face.
- b. Body Fold.
 - i. OVERVIEW: Clinch entered safely and both of your arms are hugging around your partners lower back. Your head on their chest, under their chin. Good base.
 - ii. REMINDER: Keep your face hidden, focus on maintaining good base.
 - iii. COMMON ERRORS: Poor base. Arms too high on the back. Head not under the chin.

- iv. SAFETY TIP: Be careful pulling your partners back in. Also, as you are landing, open your hands. Both for your balance and to land off of your partner. Falling person, should be hugging with one arm and doing a slight breakfall with the other. Relax on the way down.
- c. Leg Hook against wide base.
 - i. OVERVIEW: Same clinch. Opponent widens their base to prevent from being folded.
 - ii. REMINDER: Keep a tight bear hug. As you trip your partner, try to pull their leg off the ground. You do not want to hook their leg and fall with them.
 - iii. COMMON ERRORS: Hooking leg and falling. Attempting it before your opponent has a wide base.
 - iv. SAFETY TIP: When you pull your partner's leg out, do it in a way that allows you to not land on them. Sweep their leg, they fall, put their leg back down. Hooking the leg creates a small risk to your partner's knee.

8. PUNCH & KICK DEFENSE + SIDE KICK

SUMMARY: Being able to recognize and respond to punches and kicks is of the utmost importance in your Jiu-Jitsu training.

- a. Self-Defense Stance (Frame Defense)
 - i. OVERVIEW: This is your confrontation stance. Standing at an arm's reach, you put your weight forward on your toes, with your hands up in a non aggressive communicative way.
 - ii. REMINDER: Keep your weight forward. Do not put your hands too close or too combative. The goal is to first try and de-escalate and second, be in position to not get overwhelmed.
 - iii. COMMON ERRORS: Letting your weight fall back. Stiffening arms too much or not enough when the person attacks. Appearing too combative, which can lead to an inability to avoid conflict.
 - iv. SAFETY TIP: Do not hit your partner. Low risk.
- b. Deflecting straight punches.
 - i. OVERVIEW: As the straight punch moves toward your face, you can deflect. You will always want to deflect from the outside - in. For example, if you throw a straight left punch, you will use your right hand/forearm to deflect.
 - ii. REMINDER: Keep your hands up and focus on timing. If it's too chaotic, you will have to move back and use a double leg or bear hug entry.
 - iii. COMMON ERRORS: Trying to deflect from the inside out. Not capitalizing after deflecting.
 - iv. SAFETY TIP: Be careful reaching the punches toward your partner's head.
- c. Wild Punch - Rhino Blocks.

- i. OVERVIEW: When wild haymaker punches are being thrown and you are caught by surprise, a tight rhino block would be ideal.
 - ii. REMINDER: Start with hands up and good base. Grab the back of your head tightly and brace yourself. Make sure your weight is slightly leaning into the punch at the moment of defense, so you don't get knocked off balance.
 - iii. COMMON ERRORS: Having your elbow out away from you face. Not grabbing your head. Poor base.
 - iv. SAFETY TIP: It's best to open your hands when simulating the strikes. It allows for a better arm movement and low risk of knuckle to elbow contact.
- d. Deflection to Clinch (Lift or back take)
 - i. OVERVIEW: Deflect straight punch procedure. Except, you are now retaliating by stepping in.
 - ii. REMINDER: Your head will be on the outside. You will either lift or back take. The body fold is risky as your head could land on the round.
 - iii. COMMON ERRORS: Not keeping posture and allowing opponent to collapse their weight on your head. Poor timing after deflection.
 - iv. SAFETY TIP: When lifting, use your hips (Similar to bridging). This allows you to utilize leverage, instead of your arm/ lower back strength.
- e. Blocking Kicks with Knee.
 - i. OVERVIEW: At distance, opponent throws a roundhouse kick towards your leg.
 - ii. REMINDER: Keep a solid base, hands up. Lift your knee and make sure it falls forward to either balance or clinch.
 - iii. COMMON ERRORS: Lifting leg and falling backwards. Dropping hands.
 - iv. SAFETY TIP: When you throw the kick to your partner's leg, pull back a bit, so you don't kick their knee and damage your foot.
- f. Catch Kick to takedown.
 - i. OVERVIEW: This time you have timed the kick and caught it.
 - ii. REMINDER: Try and move away from the kick (laterally) as you grab it. Secure the ankle tightly and start moving in close to finish the takedown.
 - iii. COMMON ERRORS: Poor timing. Grabbing the leg and freezing, opening yourself up to strikes.
 - iv. SAFETY TIP: As you step in and trip, guide your partner down. Be prepared to break fall.

9. SIDE MOUNT CONTROL

SUMMARY: Once you bring your opponent to the ground, you must avoid their legs. Side Mount is the first, dominant position in Jiu-Jitsu. It is great for control.

- a. Weight distribution (Arm Under Head, w/post and foot stop)

- i. OVERVIEW: The first of dominant positions in Jiu-Jitsu's hierarchy is the Side Mount. First you must maintain your balance.
 - ii. REMINDER: Chest to chest contact. Stay on your toes, be prepared to move.
 - iii. COMMON ERRORS: Chest not centered properly. Legs too close together. Too much tension, leading to being flipped. Locking your hands on top and not being able to post.
 - iv. SAFETY TIP: Bottom person should raise their head and slightly tense their core to absorb the weight.
- b. Sit Through for guard prevention.
 - i. OVERVIEW: When you feel the person bring their knee under your stomach, switching your legs and hips can defend.
 - ii. REMINDER: You will keep their far arm controlled still. You will release the head to pull up on their near arm. Switch your hips and keep your legs wide.
 - iii. COMMON ERRORS: Picking up the shoulders too much and sacrificing balance. Not keeping the feet "alive" and ready to post.
 - iv. SAFETY TIP: Same procedure as side mount control.
- c. Mount Transition w/knee slide.
 - i. OVERVIEW: After establishing side control and achieving a solid pin of your opponent. Mount is possible. This technique brings you to the mount safely.
 - ii. REMINDER: While you are sliding your knee across the stomach, be sure to reach your arm, up towards the head. This will turn your body properly.
 - iii. COMMON ERRORS: Trying to step the leg over and getting caught. Not turning the body and not reaching the arm.
 - iv. SAFETY TIP: Low Risk
- d. Knee to Belly.
 - i. OVERVIEW: In between Side Mount & Full Mount is knee to belly. Great for control. Great to hold someone without connecting too tightly, in the event you have to disengage.
 - ii. REMINDER: Knee on stomach. Other leg out as a kickstand. Hands are free to attack. Do not lean too far over.
 - iii. COMMON ERRORS: No kickstand and using the hands too much to pin, instead of attack.
 - iv. SAFETY TIP: Be VERY careful with your knee on the stomach. As you drill relieve the pressure. Bottom person should lift head, tuck arms and slightly tense their core.

10. BACK MOUNT

SUMMARY: The Back Mount is the most dominant position in Jiu-Jitsu. Once you get behind your opponent they have very few options and zero strength.

- a. Back take
 - i. OVERVIEW: After achieving a dominant position; most likely Full Mount, the opponent will probably turn their back.
 - ii. REMINDER: As opponent gives up back, loosen up so you don't roll with them. Get your hooks and seatbelt locked in while you center your chest onto their back.
 - iii. COMMON ERRORS: Not opening up enough as they transition and you get bumped off. Hooks and seatbelt are missed.
 - iv. SAFETY TIP: Low risk.
- b. Hooks & Control
 - i. OVERVIEW: After achieving Back Mount, this is your control grips.
 - ii. REMINDER: Center your chest on their back. Seatbelt tightly and coil your head forward to protect my head and chest.
 - iii. COMMON ERRORS: Chest not centered, hooks out, seat belt weak.
 - iv. SAFETY TIP: Low Risk.
- c. Flattening/Turning Over
 - i. OVERVIEW: In Back Mount with partner on their hands and knees.
 - ii. REMINDER: Put the bottoms of your feet together and open your knees as you flatten the person.
 - iii. COMMON ERRORS: Kicking feet back instead of opening knees.
 - iv. SAFETY TIP: Go slowly so you don't hurt your partner's back.
- d. Re-Mount
 - i. OVERVIEW: In Back Mount with opponent escaping.
 - ii. REMINDER: The timing needs to be when they put their back on the floor. Throw your leg over, post and catch mount.
 - iii. COMMON ERRORS: Timing too late. Person escapes too far. Top leg is too light and person stops it.
 - iv. SAFETY TIP: Low Risk.
- e. Rear Choke (Strong Side & Weak Side)
 - i. OVERVIEW: After establishing Back Mount Control, the Rear Choke is your best option.
 - ii. REMINDER: Establish Seat Belt control first. Make sure your arm wraps the neck and your elbow lines up under your partner's chin. Use the back of your hand behind their head.
 - iii. COMMON ERRORS: Not lining the elbow up under the chin. Allowing your opponent to grab your second arm. Not using the back of your hand behind the head.
 - iv. SAFETY TIP: In practice, use slow and steady pressure. Tap quickly. In a real fight, use the necessary level of force required. Sometimes it is not necessary to bring the choke to the unconscious phase.

11. PUNCH DEFENSE IN GUARD

SUMMARY: Your ability to use sweeps in submissions in the guard is worthless if you cannot control distance and defend strikes. Once you master punch defense and distance management within the guard, all techniques fall into place easily.

- a. Stage 1 w/Guard Swim
 - i. OVERVIEW: Head Arm Control in the closed guard. Opponent is close. This move requires you to swim the opponent's arm as they attempt to push themselves up.
 - ii. REMINDER: Timing is important and it is not always possible to keep the person's posture broken.
 - iii. COMMON ERRORS: Swimming the arm in the wrong direction. Not controlling the head as you swim.
 - iv. SAFETY TIP: Be careful swimming your arm through.
- b. Stage 2 w/arms & w/o arms (On side or with two knees)
 - i. OVERVIEW: As your partner postures up to strike, prepare to use your knees and arms to defend.
 - ii. REMINDER: The better your timing is from Stage One to Stage two, the safer you will be. Always make sure you have an arm between their punch and your face.
 - iii. COMMON ERRORS: Letting go of the person's head and arm too soon.
 - iv. SAFETY TIP: Be careful with your strikes on top.
- c. Stage 3 w/guard recovery & Up Kick
 - i. OVERVIEW: Your opponent stands to try and hit you. You will defend the strikes first then counter as they try and throw your legs
 - ii. REMINDER: Transition smoothly from Stage two to Stage three. Keep your feet in the hips and your hips raised to support their weight. Protect your face.
 - iii. COMMON ERRORS: Keeping your hips on the ground. Pushing the person away with your legs (they will deflect you easily).
 - iv. SAFETY TIP: use extreme caution when simulating the up kick.
- d. Stage 3 w/Tripod
 - i. OVERVIEW: Your opponent puts one leg forward while standing. This exposes the tripod sweet.
 - ii. REMINDER: Wait until they have clearly switched their feet.
 - iii. COMMON ERRORS: Trying to grab the ankle too soon and taking your feet off of the hips.
 - iv. SAFETY TIP: As your partner is falling, take your foot off the hip as your partner falls so you can grappler's lift on top.
- e. Stage 4 w/Stand Up In Base
 - i. OVERVIEW: While in your back, the opponent backs away and you have the space to stand up safely in your base. (technical Lift)
 - ii. REMINDER: Make sure there is ample space before you stand.
 - iii. COMMON ERRORS: Rushing to get to your feet. It is crucial that you focus on standing with balance as opposed to speed.

- iv. SAFETY TIP: Low risk.

12. GROUND HEADLOCK ESCAPES

SUMMARY: The Headlock is quite possibly the most common attack or grab from an unskilled person. The side headlock on the ground can be very difficult to escape from, especially if the opponent has wrestled or practiced Judo. One thing to note...Although they have decent control with this position, they are also very limited and if you can escape, they will be in some of the worst possible positions.

- a. Frame.
 - i. OVERVIEW: With your opponent on your side, they sit through , grab your head and arm and try for a headlock.
 - ii. REMINDER: Get on your side. Tuck your trapped arm to the ground first. Crunch your neck and put your shoulder into their back.
 - iii. COMMON ERRORS: not stretching the arm across the face and only using the wrist to push up. Not moving the hips enough to get the leg over the head.
 - iv. SAFETY TIP: Be careful of your partner's neck while holding the headlock. When you bring your legs around your partner's neck, take them down slowly.
- b. Leg Hook.
 - i. OVERVIEW: Follow the same defense procedure as the frame. This one, your opponent lowers their head and blocks the frame.
 - ii. REMINDER: Hook the leg first. Reach your arm over the back and use your foot on the ground to push yourself up.
 - iii. COMMON ERRORS: Not getting onto your side enough. Not pushing with your leg off the ground.
 - iv. SAFETY TIP: When you get onto your partner's back, use pressure to get them to release your head. Trying to pull your head could injure your neck or ear.
- c. Turn to knees.
 - i. OVERVIEW: Same procedure as the others. Your opponent hides their leg from the hook.
 - ii. REMINDER: Move your hips away and keep your free arm low to the ground to insure you can get up.
 - iii. COMMON ERRORS: keeping the arm on the back. Trying to pull your head out.
 - iv. SAFETY TIP: When you turn flat and are working to your knees, you need to drive your head INTO the headlock. This will help you get up easier and prevent neck injuries.
- d. Bridge & Roll.
 - i. OVERVIEW: Same procedure as the others. This time, the opponent has trapped the head and the arm and flattened you.

- ii. REMINDER: Use your legs to create momentum and get on your side. This will either pull your trapped arm out or force the person to raise the arm, thus making the roll easier.
- iii. COMMON ERRORS: Trying to bridge without momentum.
- iv. SAFETY TIP: Getting your arm trapped is NOT GOOD. be careful with your weight on your partner.

13. SIDE MOUNT ESCAPES

SUMMARY: The Side Mount is very difficult to escape from. This position brings problems to even the highest of belt levels. With the right strategy and timing, you will have no issues escaping.

- a. Guard recovery drill
 - i. OVERVIEW: They get to your side. Catch with your arms and swing your legs in, to achieve the guard.
 - ii. REMINDER: Frame with your arms and lay on your side. Use your legs to generate momentum.
 - iii. COMMON ERRORS: Laying flat. Not making enough space.
 - iv. SAFETY TIP: Be careful swinging your legs into the guard.
- b. Guard recovery
 - i. OVERVIEW: When the opponent gets to your side, you must try and avoid getting flattened. When you do, tuck your arms in and work to recover your guard position.
 - ii. REMINDER: Frames must be in the proper positions with your arms. Use your feet pushing into the ground to help make the frames stronger and als to move your hips.
 - iii. COMMON ERRORS: Not framing properly. Not getting to your side.
 - iv. SAFETY TIP: Lift your head while your partner has their weight on you. Also keep slight tension in your core.
- c. Turn to knees
 - i. OVERVIEW: When the person gets to your side, an underhook is a great tool to help make space. Sometimes you cannot recover guard and turning to your knees is necessary.
 - ii. REMINDER: When using your underhook, make sure your thumb is pointed to the ground, in an effort to make your shoulder position stronger.
 - iii. COMMON ERRORS: Trying to turn to your knees when the top person is moving. This may allow them to get to your back.
 - iv. SAFETY TIP: Low risk.

14. REAR BEAR HUG (Clinch entry)

SUMMARY: Much like the ground position of Back Mount, getting behind your opponent is the most ideal thing you can do. The Rear Bear Hug avoids the strength of your attacker.

- a. Entry from under haymaker.
 - i. OVERVIEW: This technique involves you ducking under your partners haymaker and getting to their back standing.
 - ii. REMINDER: Manage the distance and keep your hands up as you duck.
 - iii. COMMON ERRORS: Clinching too soon. Dropping the hands.
 - iv. SAFETY TIP: Be careful swing the haymaker.
- b. Entry from double leg.
 - i. OVERVIEW: The double leg is a great “first move”. When the opponent starts to defend or your don’t have the leverage to finish, sneak to the back.
 - ii. REMINDER: Make sure your head is on the side for the double leg. Posture up as you go to the back to defend them dropping their weight.
 - iii. COMMON ERRORS: Not posturing to go behind. Attempting the failed double leg for too long.
 - iv. SAFETY TIP: Use your hips to posture yourself from the failed double leg. This will make sure the weight doesn’t affect your lower back.
- c. Trip.
 - i. OVERVIEW: After getting the rear bear hug, the leg trip is the best option.
 - ii. REMINDER: Hide your face just above your bear hug to make it hard for the opponent to strike you with an elbow. Put the bottom of your foot to their heel like a hockey stick on a puck. Bend your knees to bring them down in a fluid motion.
 - iii. COMMON ERRORS: Falling with the person on top of you.
 - iv. SAFETY TIP: While one foot is blocking the heel, your other leg should be standing next to theirs (Like the person has a third leg). Be careful sitting down for the trip, you do not want to slide into their leg.
- d. Lift.
 - i. OVERVIEW: The lift is a great technique that can lead you to the back mount quickly.
 - ii. REMINDER: Put your grip in front of ne of their hips. Step your leg around to that side to fasten the grip and position. Then roll your hips to lift
 - iii. COMMON ERRORS: Not using the hips to lift the person and not stepping to the side.
 - iv. SAFETY TIP: Lift with your hips to avoid hurting your lower back.

15. SINGLE LEG

SUMMARY: Most unskilled people will not be prepared to deal with a Single Leg takedown. It is very likely that they will lose their balance as soon as their leg is lifted off the ground.

- a. Entry w/control & movement

- i. OVERVIEW: In this situation, your opponent has the same side leg forward as you, in their base.
 - ii. REMINDER: Your first step goes to the outside of their foot. Your head will be on the inside of their body. Ear on their chest/shoulder.
 - iii. COMMON ERRORS: Putting the head to the outside. Grabbing the leg and standing still.
 - iv. SAFETY TIP: As you fake your partner out and step in, be careful not to hit your head on their elbow.
- b. Run Pipe
 - i. OVERVIEW: After securing the single leg, you will take two steps to open your base and lower your chest onto your partner's thigh.
 - ii. REMINDER: Take your first step in front, then a second step away. You will be in a wide, sumo like base. Pressure down. It is ok, if your head goes to the outside.
 - iii. COMMON ERRORS: Stepping in the wrong order. Falling down as you do the takedown. You must keep balance.
 - iv. SAFETY TIP: As you are falling, you can grab your partner with one arm and use the other arm for the break fall. This allows you to fall to the ground at a slower rate.
- c. Counter to Double Leg/Bear Hug
 - i. OVERVIEW: If the single leg doesn't seem to be working, you must change techniques
 - ii. REMINDER: When you have a single leg, you can switch to grabbing a double leg or a bear hug. Basically, you can always go from one leg to two and two to one Also, if you are grabbing the knee (Single Leg) and the person counters you can quickly grab the waist for a bear hug. This works with other takedowns as well.
 - iii. COMMON ERRORS: Waiting too long. Reaching your arms. You should reach and move your body simultaneously.
 - iv. SAFETY TIP: As with all takedowns, exercise caution falling and also falling on top of your partner. Takedowns are the number one injury causer.

16. TAKEDOWN DEFENSE

SUMMARY: In the rare case an opponent attempts to take you down, you will want to have a plan in place. Also, if your opponent has wrestled, it is likely they could attempt a double leg takedown.

- a. Hands & Base stop w/guillotine
 - i. OVERVIEW: Opponent moves in for a tackle. Your hands and base are one of the first lines of defense.
 - ii. REMINDER: Make sure that you prevent the takedown first, before attacking the guillotine.

- iii. COMMON ERRORS: Attacking the guillotine too soon. Not using enough weight distribution forward to prevent the tackle.
- iv. SAFETY TIP: The Guillotine attacks a person's windpipe. Go very SLOWLY in practice, as to not hurt your partner's throat.
- b. Guillotine guard pull
 - i. OVERVIEW: Sometimes you may get taken down while you have the guillotine. Or possibly you pull the person down to trap them in the guard.
 - ii. REMINDER: While in the guard, squeeze your legs, lift your hips and finish.
 - iii. COMMON ERRORS: Pulling guard too slowly. Putting your arms too far through on the Guillotine and allowing the person to defend.
 - iv. SAFETY TIP: Go slowly on the finish. As you partner is pulling you down into their guard to do the choke, put your hands out, so you don't hit your head on the ground.
- c. Sprawl & Go behind
 - i. OVERVIEW: If the person get past your hands or their tackle is too strong, the sprawl is your best bet.
 - ii. REMINDER: Achieve a perfect sprawl and have your weight on the center of your partner's upper back. Block the arm as you spin behind. When you get behind the weight should be on the lower back.
 - iii. COMMON ERRORS: Trying to go behind before the sprawl is achieved. Not blocking the arm.
 - iv. SAFETY TIP: As your partner is sprawling, hit your knees on the ground, then your hands. This will alleviate pressure on your back and reduce injury risk.
- d. Turtle Tip over or hooks
 - i. OVERVIEW: Usually you would go for the back mount; but in this case, you decide to try something else. Perhaps you don't want to commit to the back. Maybe they are blocking the hooks.
 - ii. REMINDER: Center your weight on their lower back, block their ankle with your knee. Just as they are about to tip over, take your knee out of the way.
 - iii. COMMON ERRORS: Not blocking the leg properly.
 - iv. SAFETY TIP: Low risk.

17. FRONT BEAR HUG DEFENSE

SUMMARY: This position is VERY difficult to get out of. You will want to make sure you are trying to survive and keep safe. From that point, you can work towards your escape.

- a. Base, shoulder connection, grip break
 - i. OVERVIEW: The attacker has grabbed you around the waist.
 - ii. REMINDER: When you base, you will put the leg back that coincides with side the attacker's head is on. Put your shoulder against your partner, so

- they cannot press forward. Round back and move hips away for potential grip break
 - iii. COMMON ERRORS: Trying to get out too quickly. It is important to maintain balance as this move could be difficult to escape.
 - iv. SAFETY TIP: Be careful squeezing your partner's lower back when you are the attacker. The repetition of this could be taxing on the lower back.
- b. Base, shoulder connection, survive, pummel
 - i. OVERVIEW: The attacker has grabbed you around the waist.
 - ii. REMINDER: When you base, you will put the leg back that coincides with side the attacker's head is on. Put your shoulder against your partner, so they cannot press forward. Instead of breaking grip, you will swim your arm in to work for your own Bear Hug.
 - iii. COMMON ERRORS: Trying to get out too quickly. It is important to maintain balance as this move could be difficult to escape.
 - iv. SAFETY TIP: Be careful squeezing your partner's lower back when you are the attacker. The repetition of this could be taxing on the lower back.
- c. Over Arms defense to hip throw
 - i. OVERVIEW: The attacker grabs over your arms in this bear hug variation.
 - ii. REMINDER: Focus on achieving your base immediately by pushing the hips of the opponent back. Keep a narrow base on the hip throw and release the hand on the hip just before take off.
 - iii. COMMON ERRORS: Too wide of a base on throw. Holding the hip. Breaking your balance.
 - iv. SAFETY TIP: When throwing your partner, focus on getting them up on your back and then decelerating them over. Pull up on their arm as they land to help break their fall for them.

18. KIMURA - SIT UP SWEEP - DOUBLE ANKLE SWEEP

SUMMARY: The Guard Position offers endless opportunities to submit or sweep your opponent. The Kimura, Sit Up Sweep, and Double Ankle Sweep are three great attacks that work against the most common reactions your opponent will have. Posting their hands, sitting up, and standing.

- a. Kimura
 - i. OVERVIEW: While in the guard, your partner tries to posture themselves by pushing their hands off the mat.
 - ii. REMINDER: Secure their wrist and reach up and over their arm. After bringing them down, make sure to move your hip out in order to finish.
 - iii. COMMON ERRORS: Not getting the hip out. Gripping with a thumb grip.
 - iv. SAFETY TIP: Follow submission protocol safety. Go SLOW. Keep your base on top, so you can defend properly and also for tapping.
- b. Sit up sweep

- i. OVERVIEW: As your partner postures and sits up in the guard, they are in a great spot to be swept.
 - ii. REMINDER: As they are sitting up, follow them up. Make sure to be posted on your hand for greater hip elevation.
 - iii. COMMON ERRORS: Sitting up on your elbow. Sitting up too late and making it easy to be pushed down.
 - iv. SAFETY TIP: Low Risk
- c. Double ankle sweep
 - i. OVERVIEW: When your partner stand up in your guard, you can grab their ankles and sweep them back easily.
 - ii. REMINDER: Don't open your guard until just before sweeping. Don't make it easy for the person to stand. The more force they use to stand, the easier they will be to sweep. Also, be sure to focus on getting up onto two hands immediately with your hips turned to the ground.
 - iii. COMMON ERRORS: Opening guard to soon. Trying to sit up too quickly and not on two hands.
 - iv. SAFETY TIP: Low Risk

19. ARM BAR FROM GUARD

SUMMARY: When your opponent decides to attack your throat or extend their arms towards your face in the guard, they will be exposed for an arm bar.

- a. Leg Grab
 - i. OVERVIEW: One of the best and most common techniques in the guard, is an arm bar.
 - ii. REMINDER: Do grab the arm too aggressively to signal the arm bar. Get your one leg high on their back and your hips perpendicular, in order to secure the leg around the head,
 - iii. COMMON ERRORS: Leg too low on the back. Hip not shifted enough
 - iv. SAFETY TIP: Follow normal submission safety protocol. Hold arm tightly with hands and person's body with your legs. Engage your hips slowly for the finish.
- b. Rickson Style
 - i. OVERVIEW: Same situation, different pattern of movement.
 - ii. REMINDER: Get your hips up and out. Grab person with your legs.
 - iii. COMMON ERRORS: Not getting hips up or out.
 - iv. SAFETY TIP: Follow normal submission safety protocol. Hold arm tightly with hands and person's body with your legs. Engage your hips slowly for the finish.

20. TRIANGLE CHOKE

SUMMARY: The Triangle Choke is the best submission from the guard. Why? You have many options to capitalize on your opponent's mistake as well as forcing them into the technique by manipulating their arm position.

- a. Stage 1.5
 - i. OVERVIEW: While at Stage One, you push arm and move hip out to get knee in between. Setting up Stage 1.5.
 - ii. REMINDER: Move hip as you push arm. Make sure their arms are on the outside of your body.
 - iii. COMMON ERRORS: No hip movement. Not controlling their posture and arm.
 - iv. SAFETY TIP: Low Risk
- b. Secure Triangle Guard
 - i. OVERVIEW: Moving from Stage 1.5 to the Triangle Set up/guard.
 - ii. REMINDER: While at Stage 1.5, extend hip upward and then drop down in order to free leg and get legs crossed around person's arm and neck.
 - iii. COMMON ERRORS: Not using hip extension to get leg out.
 - iv. SAFETY TIP: Low Risk.
- c. Angle for finish
 - i. OVERVIEW: While in Triangle Guard/Set up, you establish control and prepare to secure this incredible choke.
 - ii. REMINDER: Do not let them posture. Follow the THREE steps to finish.
 - iii. COMMON ERRORS: Letting opponent posture. Going too fast. Letting the person put their weight on you.
 - iv. SAFETY TIP: Squeeze slowly and make sure not to yank on your legs too aggressively, while trying to lock it up.
- d. Preventing the Lift/Arm Bar
 - i. OVERVIEW: A common defense by a strong attacker, is to stand and try and lift you.
 - ii. REMINDER: Hook their leg immediately to anchor yourself. If this doesn't work, release the grip.
 - iii. COMMON ERRORS: Missing the anchor, Too focused on the triangle.
 - iv. SAFETY TIP: Be careful not to strain your back lifting. Slow pressure on arm bar.

21. STANDING GUILLOTINE DEFENSE

SUMMARY: The Guillotine is a DANGEROUS choke to be trapped in. It is a likely attack from both a skilled and unskilled opponent.

- a. Arm over shoulder
 - i. OVERVIEW: Skilled and Unskilled people will attempt the dangerous, Guillotine Choke.
 - ii. REMINDER: Focus on surviving first. Escaping second. When you move to the side for the takedown, go to the opposite side of your head.

- iii. COMMON ERRORS: Trying to escape too quick or trying to pull head out.
 - iv. SAFETY TIP: Low Risk
- b. Lift and survive
 - i. OVERVIEW: Surviving is the most important thing to do first.
 - ii. REMINDER: Take your time. Each time they apply pressure, go with it and allow to be lifted.
 - iii. COMMON ERRORS: Not relaxing enough .tension will cause panic.
 - iv. SAFETY TIP: Tense your neck up to help withstand drilling.
- c. Trap shoulder - step behind - knee bump
 - i. OVERVIEW: Skilled and Unskilled people will attempt the dangerous, Guillotine Choke.
 - ii. REMINDER: Focus on surviving first. Escaping second. When you move to the side for the takedown, go to the opposite side of your head.
 - iii. COMMON ERRORS: Moving to the head side. This will land you on your head.
 - iv. SAFETY TIP: When you bump the knee, take your knee out of the way to lower to the ground safely. Do not land on your partner.

22. REAR CHOKE DEFENSE

SUMMARY: In the event someone attacks your from behind, there is a good chance they do it in the form a rear choke.

- a. Bowing
 - i. OVERVIEW: In this technique, the attacker sneaks up on you from behind and puts their arm around your neck.
 - ii. REMINDER: As soon as the arm goes around your neck, grab their arm and base yourself.
 - iii. COMMON ERRORS: Grabbing the arm and not moving the hips back.
 - iv. SAFETY TIP: Lift your partner on to your back and put them down slowly.
- b. Turn around
 - i. OVERVIEW: The attacker was more aggressive and pulled you back with the choke.
 - ii. REMINDER: Lean your head into the choking arm and pivot around their leg quickly.
 - iii. COMMON ERRORS: Not leaning the head on the arm and breaking the attackers balance.
 - iv. SAFETY TIP: Be careful on your partner's neck when you pull them back.

23. REAR BEAR HUG DEFENSE

SUMMARY: The Rear Bear Hug is a very common sneak attack and also a common grappling position in jiu-Jitsu and Wrestling. It is a crucial defense to understand.

- a. Over arms

- i. OVERVIEW: The attacker comes up to you from behind and grabs you over your arms.
 - ii. REMINDER: Focus on your base and raise your arms up. Move your hip out and take a big step around their leg.
 - iii. COMMON ERRORS: Narrow base, no hip movement. Bending over at the waist after stepping around.
 - iv. SAFETY TIP: When lifting your partner, use your hips. Prepare for a break fall.
- b. Under Arms
 - i. OVERVIEW: The attacker comes up to you from behind and grabs around your waist.
 - ii. REMINDER: Focus on keeping your base. Put your hip back against the attacker's hip. If lifted, make sure to anchor your foot to their leg.
 - iii. COMMON ERRORS: Not basing or connecting your hip.
 - iv. SAFETY TIP: When you are pulling the leg and executing the takedown, be very cautious as pressure is put against your partner's knee.

24. STANDING HEADLOCK ESCAPE

SUMMARY: Arguably the most common attack from someone unskilled. The side headlock can throw you out of position and injure you quickly if not addressed properly.

- a. Posture, arm break, lift
 - i. OVERVIEW: The side headlock is a common attack from standing. Posture and base is the ideal place to start your defense.
 - ii. REMINDER: Keep your head up and keep posture strong. Be prepared to block punch.
 - iii. COMMON ERRORS: No posture. Separating the arm from your body when trying to put it behind their back. Also, trying to lift with back, instead of hips.
 - iv. SAFETY TIP: Lift with your hips. Go slow when putting your partner's arm behind their back.
- b. Dave Kama Escape
 - i. OVERVIEW: In this Escape your posture is starting to break and you have to counter.
 - ii. REMINDER: As your posture breaks, don't bend, squat. Go with the force. Finish with standard Headlock armbar sequence.
 - iii. COMMON ERRORS: Bending, instead of squatting.
 - iv. SAFETY TIP: Bring your partner down slow.
- c. Spinning escape
 - i. OVERVIEW: Your posture gets completely bent over. Worst case scenario.

- ii. REMINDER: Grab your arm around their waist and block their opposite knee. When you step in front and spin, sit in front of their far leg. Finish with Headlock Armbar.
- iii. COMMON ERRORS: Not sitting properly. You need to spin.
- iv. SAFETY TIP: Go slow on this move to avoid sitting on your partner's leg.

25. PASSING GUARD

SUMMARY: Passing the Guard will be something you practice A LOT on your path to Black Belt. It is the first to gaining a dominant position in a fight. It will also help you indirectly, develop many other skills within Jiu-Jitsu.

- a. Hip control
 - i. OVERVIEW: This is the general way to control an unskilled person when you land in between their legs.
 - ii. REMINDER: Keep your weight and base low. Hug their hips and move with them, as they squirm.
 - iii. COMMON ERRORS: Lifting weight up too soon. Not going with the flow.
 - iv. SAFETY TIP: Low Risk.
- b. Standing
 - i. OVERVIEW: When the person has gotten away from you slightly and can kick you, standing is ideal.
 - ii. REMINDER: Stand up, Control their legs and crowd them immediately. Keep your hips forward and head back.
 - iii. COMMON ERRORS: Leaving face forward and exposed for kick. Not crowding the person enough.
 - iv. SAFETY TIP: Crowd the person immediately and be careful landing on your partner in side mount.
- c. Posture
 - i. OVERVIEW: In the closed guard of a skilled opponent. Guard Passing will give you many indirect lessons about Jiu-Jitsu.
 - ii. REMINDER: Keep a strong base. Every time the person pulls you, roll your hip forward and lean back slightly.
 - iii. COMMON ERRORS: Arching your back. Poor timing.
 - iv. SAFETY TIP: Low risk.
- d. Double under pass
 - i. OVERVIEW: After the guard is broken, this guard pass will give you great control.
 - ii. REMINDER: Bring both arms under the legs and get the legs up on your shoulder. Lean forward and reach across. Keep your weight on them as you pivot around.
 - iii. COMMON ERRORS: Trying to throw the legs by, instead of stacking. Unbalanced weight distribution.

- iv. SAFETY TIP: Be careful while stacking your weight on your partner. Recognize their flexibility limitations. Relax as your partner puts pressure forward.

26. UNDER SPRAWL

SUMMARY: Being caught under a Sprawl can be scary. Not because of the danger, but really because your takedown failed. Have no fear, we will strategize the quickest wayst to escape!

- a. Peek out
 - i. OVERVIEW: In this situation, you are trapped under a sprawl and the opponent wraps their arms around your chest.
 - ii. REMINDER: Pick your knee up and your elbow. When you slide your leg through, extend your chest and hips for powerful posture.
 - iii. COMMON ERRORS: Sliding your leg through without posturing yourself and opening your chest.
 - iv. SAFETY TIP: Although this technique can be done while posted on your hands, it is sometimes safer to have your elbows on the ground.
- b. Guard Pull (Front & turtle)
 - i. OVERVIEW: Pulling guard is never ideal. But sometimes it is necessary for safety and to prevent things from getting worse.
 - ii. REMINDER: Step your leg out to the side and slide your leg through to grab the opponent with your guard.
 - iii. COMMON ERRORS: Stepping the wrong leg up. Not sliding in purposefully.
 - iv. SAFETY TIP: Low Risk.
- c. Guillotine defense
 - i. OVERVIEW: The Guillotine Choke is very dangerous technique to be trapped in. It is even worse to be stuck in the guard with it.
 - ii. REMINDER: Focus on getting your weight on your partner and proper arm position. Focus on survival. The escape will be available, but you must keep yourself safe.
 - iii. COMMON ERRORS: Trying to escape too quickly. Panicking.
 - iv. SAFETY TIP: This technique is difficult for both people to practice. One partner is allowing weight to squash them, while the other is preserving their neck. Monitor the pressure.

27. ELBOW ESCAPES FROM MOUNT

SUMMARY: When your opponent has good balance on top, you will have to resort to the “Elbow Escape series”. These techniques will also become extremely beneficial as you progress to higher ranks. You partner’s will be very difficult to turn over.

- a. Rickson Escape

- i. OVERVIEW: In this situation, your opponent is postured up to strike you and they have good base.
 - ii. REMINDER: Straighten one arm out, pressing against your partner's navel. Using the same side foot, pressing into the mat, make a powerful hip escape, driving your partner back.
 - iii. COMMON ERRORS: Not straightening the arm out. Trying to slide out, instead of pressing your partner back.
 - iv. SAFETY TIP: Low Risk.
- b. Low Base Opponent - Standard Elbow Escape
 - i. OVERVIEW: Your opponent has their hands on their mat and good balance.
 - ii. REMINDER: Start with your arms tucked in. Get one leg on the mat with your knee cap pointed towards an ankle. Use your elbows and knees.
 - iii. COMMON ERRORS: Not tucking your arms in. Getting on to your side too much or too little.
 - iv. SAFETY TIP: Low risk.
- c. Foot Trap Variations
 - i. OVERVIEW: Your opponent has their hands on the mat and good balance. They are keeping their feet strong against you.
 - ii. REMINDER: Follow the same procedures as the regular elbow escape. You will use your heels or your toes to trap your partner's foot, thus making it easy to push their leg to half guard.
 - iii. COMMON ERRORS: Same problems as standard elbow escape. Make sure that when you secure half guard, you immediately face the other leg and begin your guard recovery procedures.
 - iv. SAFETY TIP: Low risk.

28. BACK TAKE FROM GUARD

SUMMARY: There are a few movements from within the guard that can allow you to go from the bottom, to the best position in a fight!

- a. Angle to side against forearm
 - i. OVERVIEW: Unskilled (Non-Jiu-Jitsu) opponents within the guard, will commonly place their forearm onto your throat to pin you.
 - ii. REMINDER: As soon as they start driving their weight forward, lift your hips and stretch your legs. Also, turn your face to face their elbow, protecting your throat. Use their weight and the tension created to slip their arm across. Getting an angle is VERY important.
 - iii. COMMON ERRORS: Not stretching the legs. Leaving the throat exposed and forgetting to focus on your angle.
 - iv. SAFETY TIP: The top person should use caution when putting their weight on their partners neck. Your non pinning arm can be used on the ground to help give or relieve pressure.

- b. Arm Triangle
 - i. OVERVIEW: After getting the angle, an arm triangle is possible.
 - ii. REMINDER: Lock a rear choke grip. Your non choking hand will grab the side of your own head. Squeeze with arms and legs to finish.
 - iii. COMMON ERRORS: Losing the angle. Stretching your legs instead of squeezing.
 - iv. SAFETY TIP: When you squeeze, constrict everything. Do no stretch. This will crank your partner's neck.
- c. Back Take
 - i. OVERVIEW: If the arm triangle fails, take the back.
 - ii. REMINDER: Use a palm to palm grip for control until its time to let go. Use your arm to reach across the back to the "lat". Keep your leg heavy on the back. Your bottom leg stretches into their leg to make it easier to climb the back.
 - iii. COMMON ERRORS: Taking your leg off the back. Not having an angle.
 - iv. SAFETY TIP: Low risk.

29. BACK MOUNT ESCAPES

SUMMARY: If someone were to get on your back in a fight, it could be catastrophic. Knowing how to defend their choke and escape this position is crucial.

- a. Back to floor, turn on top
 - i. OVERVIEW: Skilled opponent has the back mount w/hooks.
 - ii. REMINDER: Protect your neck at all times. Use your hands, tuck your chin, lift your shoulders.
 - iii. COMMON ERRORS: Not defending the choke enough. Trying to only spin on top when your back hits the floor.
 - iv. SAFETY TIP: Low Risk
- b. Back to floor recover guard
 - i. OVERVIEW: You are in a very bad position. Flattened to the ground with hooks.
 - ii. REMINDER: Protect your neck. Immediately get onto one shoulder and post the opposite foot.
 - iii. COMMON ERRORS: Not protecting choke. Not getting onto the shoulder enough.
 - iv. SAFETY TIP: Be cautious while putting your weight into your partners back.

30. SELF-DEFENSE GRABS

SUMMARY: Our Jiu-Jitsu foundations course was designed to help you develop the most important skills in Jiu-Jitsu, as quickly as possible. All of the situation, positions, and techniques,

are the most probably occurrences in a fight. This last technique series features some random techniques and grabs that do not fit into the other categories.

- a. Two handed throat grab
 - i. KEY DETAILS: Hide neck, step back, roll head out, base.
- b. Wall Pin
 - i. KEY DETAILS: Grab elbows, slide to the side, rotate.
- c. Arm Drag:
 - i. KEY DETAILS: Opponent posts arm on shoulder, swim hand inside to grab the wrist, use the other hand to pull elbow across.
- d. Wrist Grabs (One hand, two handed, inverted)
 - i. KEY DETAILS: Establish your base. Bend your elbow to create leverage. Pull towards the thumb.
- e. Double Collar grab to trip
 - i. KEY DETAILS: Swim your hands up through their arms, hug their arms tightly, move to the side and trip.
- f. Muay Thai Clinch Defense
 - i. KEY DETAILS: Frame your forearm over their arms, posture yourself, and put your other palm on your forehead to block a counter elbow strike.

UNIT 1 = Lesson 1 & Lesson 30a // Lesson 30d

UNIT 2 = Lesson 7 & Lesson 2

UNIT 3 = Lesson 14 & Lesson 3

UNIT 4 = Lesson 11 & Lesson 30f

UNIT 5 = Lesson 17 & Lesson 19

UNIT 6 = Lesson 22 & Lesson 9

UNIT 7 = Lesson 4 & Lesson 26

UNIT 8 = Lesson 30e & Lesson 12

UNIT 9 = Lesson 30c & Lesson 18

UNIT 10 = Lesson 15 & Lesson 5

UNIT 11 = Lesson 21 & Lesson 29

UNIT 12 = Lesson 23 & Lesson 13

UNIT 13 = Lesson 15 & Lesson 5

UNIT 14 = Lesson 15 & Lesson 5

UNIT 15 = Lesson 16 & Lesson 10

UNIT 16 = Lesson 24 & Lesson 20

UNIT 17 = Lesson 8 & Lesson 25