



Curriculum for Fundamental Bulldogs

Total Class Duration: 50 Minutes

WEEK 1
Guard Top

CLASS 1	CLASS 2
SELF DEFENSE Straight punches defense with double leg.	SELF DEFENSE Straight punches defense with single leg.
SPORT JIU-JITSU Safe posture opening the guard on the knees and side control, blocking the hips and controlling the shoulder (passing over the legs).	SPORT JIU-JITSU Safe posture opening the guard on the knees and side control, blocking the hips and controlling the shoulder (double under pass).

Game: Head touch attack and defense.
Specific Training: Closed Guard.
Cool Down: Brief discussion on the history of Jiu-Jitsu.

WEEK 2
Side Control Top Position (ATacks)

CLASS 1	CLASS 2
SELF DEFENSE Cross punch defense with outside foot sweep takedown.	SELF DEFENSE Americana from side control and mount.
SPORT JIU-JITSU Basic knee on belly and mount attack.	

Game: Side to Side
Specific Training: Starting from side control position.
Cool Down: Discipline

WEEK 3
Guard Bottom

CLASS 1	CLASS 2
SELF DEFENSE Strike defense from closed guard with kimura.	SELF DEFENSE Triangle Hip up sweep Scissors sweep
SPORT JIU-JITSU Cross collar choke, Kimura.	

Game: Guard control without hands.
Specific Training: Guard control without and with hand grips.
Cool Down: Brief discussion on Jiu-Jitsu values or rules.

WEEK 4
Turtle Position

CLASS 1	CLASS 2
SELF DEFENSE Striking defense, trapping the arm and rolling over the shoulder to reverse the opponent.	SELF DEFENSE Basic back escape, sliding the hip over the legs.
SPORT JIU-JITSU Basic back attack holding the lapels and rear neck choke.	

Game: Back-to-back
Specific Training: Turtle position attack and defense.
Cool Down: Jiu-Jitsu benefits

Class Breakdown:

Warm-Up:
7 minutes

Self-Defense:
10 minutes

Water Break:
2 minutes

Sport Jiu-Jitsu:
18 minutes

Specific Training:
18 minutes

Cool Down:
5 minutes

WEEK 5
Mount

CLASS 1	CLASS 2
SELF DEFENSE Arms trapped escape.	SELF DEFENSE Americana escape with bridge Hip bump escape
SPORT JIU-JITSU Cross collar choke escape with bridge.	

Game: China wall
Specific Training: Mount position
Cool Down: Health behavior

WEEK 6
Guard Top (Standing Position)

CLASS 1	CLASS 2
SELF DEFENSE Strike defense with hips throwing (cross punch).	SELF DEFENSE Double under pass.
SPORT JIU-JITSU Stand up breaking the guard and pass Knee cut pass.	

Game: Touch the bulldogs on the back.
Specific Training: From closed guard and open guard.
Cool Down: Short talk about the sport Jiu-Jitsu.

WEEK 7
Back Control (Defense)

CLASS 1	CLASS 2
SELF DEFENSE Rear neck choke escape from stand position	SELF DEFENSE Back escape flipping yourself using the opponent's arm over the shoulder. Back escape controlling the legs, walking over, and flipping the body
SPORT JIU-JITSU Back take escape using bridge and hip escape.	

Game: Back to Back.
Specific Training: Back control
Cool Down: Short talk about Jiu-Jitsu values or rules

WEEK 8
Side Control

CLASS 1	CLASS 2
SELF DEFENSE Headlock position escape from the ground. Cross punch defense and hips throwing.	SELF DEFENSE Side control escapes using hip escape to close the guard, finishing with kimura. Knee on belly escape.
SPORT JIU-JITSU Ground escape from headlock position.	

Game: Side to side.
Specific Training: Side control position.
Cool Down: Brief discussion about Jiu-Jitsu self-defense.

WEEK 9
Guard Bottom (Opponent on Stand Position)

CLASS 1	CLASS 2
SELF DEFENSE Blocking punches and kicks on the ground, using butterfly technique to stand up.	SELF DEFENSE Double ankle sweep. Triangle.
SPORT JIU-JITSU GUARD BOTTOM Guard pull technique, Tripod sweep.	

Game: Socks hunting.
Specific Training
Cool Down: Short talk about Jiu-Jitsu values.

WEEK 10
Turtle Position to Back Control

CLASS 1	CLASS 2
SELF DEFENSE Strike defense from turtle position and technical stand-up.	SELF DEFENSE Rear neck choke from turtle Turtle position escape, rolling over the shoulder.
SPORT JIU-JITSU Back take with lapel control or seat belt and rear neck choke with armbars.	

Game: Bulldogs.
Specific Training.
Cool Down: Short talk about Jiu-Jitsu history

WEEK 11
Side Control to Mount

CLASS 1	CLASS 2
SELF DEFENSE Headlock position escape takedown.	SELF DEFENSE Knee on belly Cross collar choke from mount Armbars from mount
SPORT JIU-JITSU Mount attacks and Americana from mount.	

Game: Side to side.
Specific Training.
Cool Down: Short talk about Jiu-Jitsu benefits

WEEK 12
Takedown

CLASS 1	CLASS 2
SELF-DEFENSE: Jab and cross escape with double leg or hips throwing.	SELF-DEFENSE Foot sweeps Body lock takedown 3. Lock down half guard pass.
SPORT JIU-JITSU: Hands takedown.	

Game: Ankle pick game.
Specific Training
Cool Down: Short talk about Jiu-Jitsu values

WEEK 13
Self-Defense

CLASS 1	CLASS 2
SELF DEFENSE Cross punch defense with outside foot sweep.	SELF DEFENSE Headlock escape takedown. Ground headlock escape.
SPORT JIU-JITSU Jab and straight defense with double or single leg.	

Game: Touch the bulldogs.
Specific Training.
Cool Down: Short talk about Jiu-Jitsu values

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