



Curriculum for Fundamental Adults

Total Class Duration: 60 Minutes

WEEK 1

Guard Top

CLASS 1

SELF DEFENSE

Defense against straight punches with a double leg takedown.

SPORT JIU-JITSU

1. Safe posture and opening the guard on the knees.
2. Side control: blocking the hips and controlling the shoulder (passing over the legs).

Specific Training: Closed Guard.

Cool Down: Brief discussion on the history of Jiu-Jitsu.

CLASS 2

SELF DEFENSE

Defense against straight punches with a single leg takedown.

SPORT JIU-JITSU

1. Safe posture and opening the guard on the knees.
2. Side control: blocking the hips and controlling the shoulder (double underpass).

WEEK 2

Side Control Top Position (ATacks)

CLASS 1

SELF DEFENSE

Block a cross punch + osoto-gari.

SPORT JIU-JITSU

1. Knee on belly + transition to the other side, attacking submissions with Kimura grip (armbar + bow and arrow).

Specific Training: Starting from side control position

Cool Down: Brief discussion on Jiu-Jitsu values or rules.

CLASS 2

1. Americana when the opponent frames the neck + Kimura when the opponent underhooks the arm.

2. Armbar from side control.

Class Breakdown:

WARM-UP:
7 MINUTES

SELF-DEFENSE & TAKEDOWNS:
16 MINUTES

WATER BREAK:
2 MINUTES

SPORT JIU-JITSU:
20 MINUTES

SPECIFIC TRAINING:
10 MINUTES

COOL DOWN:
5 MINUTES

WEEK 3

Guard Bottom (Opponent on Knees Position)

CLASS 1

SELF DEFENSE

Strike defense from closed guard using an arm triangle

SPORT JIU-JITSU

1. Cross collar choke + armbar + triangle + omoplata.

Specific Training: Guard control without and with hand grips.

Cool Down: Brief discussion on Jiu-Jitsu values or rules.

CLASS 2

1. Scissor Sweep + pendulum sweep.

2. Lasso sweep

WEEK 4

Turtle Position

CLASS 1

SELF DEFENSE

Double leg defense attacking the neck or sprawl to go behind.

SPORT JIU-JITSU

1. Basic back attack grabbing the lapels or seat belt.
2. Rear neck choke from back take.

Specific Training: Turtle position attacks and defenses.

Cool Down: Brief discussion on Jiu-Jitsu values or rules.

CLASS 2

1. Clock choke.

2. Crucifix.

WEEK 5

Mount

CLASS 1

SELF DEFENSE

Strike defense from mount.

SPORT JIU-JITSU

1. Mount escape using a bridge while defending against a cross collar choke.

Specific Training: Mount attacks and defenses

Cool Down: Brief discussion on the history of Jiu-Jitsu.

CLASS 2

1. Armbar escape.

2. Replacing the half guard.

WEEK 6

Guard Top (Standing Position)

CLASS 1

SELF DEFENSE

Strike defense with a single leg takedown (cross punch or straight punch).

SPORT JIU-JITSU

Standing up, breaking the guard, and passing using knee cut or double under.

Specific Training: From closed guard and open guard

Cool Down: Brief discussion on sport Jiu-Jitsu.

CLASS 2

1. Leg drag pass.

2. Spider guard pass.

WEEK 7

Back Control (Defense)

CLASS 1

SELF DEFENSE

Rear neck choke escape from a standing position.

SPORT JIU-JITSU

Back control escape using bridge and hip escape.

Specific Training: Back control position.

Cool Down: Brief discussion about Jiu-Jitsu values or rules

CLASS 2

1. Straight ankle lock when the opponent crosses their feet.

2. Back control escape by flipping yourself using the opponent's arm over the shoulder.

WEEK 8

Side Control (Defenses)

CLASS 1

SELF DEFENSE

Cross punch defense + hip throws.

SPORT JIU-JITSU

GUARD BOTTOM

1. Side control escapes, using hip escape to close the guard.
2. Knee on belly escape to half guard.

Specific Training: Side control position.

Cool Down: Brief discussion about Jiu-Jitsu self-defense.

CLASS 2

1. Kesa Gatame position escapes.

2. Baseball choke from the bottom.

3. Omoplata from the bottom

WEEK 9

Guard Bottom (Opponent on Stand Position)

CLASS 1

SELF DEFENSE

Blocking punches from closed guard bottom + clinch + leg triangle.

SPORT JIU-JITSU

GUARD BOTTOM

1. Guard pull technique.
2. Push-pull sweep, tripod sweep, triangle, and armbar attack from open guard.

Specific Training: Guard game.

Cool Down: Brief discussion about Jiu-Jitsu values.

CLASS 2

1. Omoplata sweep.

2. Ankle sweep.

WEEK 10

Turtle Position (Defenses)

CLASS 1

SELF DEFENSE

Strike defense from turtle position + technical stand-up.

SPORT JIU-JITSU

1. Back take defense from turtle, holding the arm and rolling.

2. Turtle position escape, pulling to half guard.

Specific Training: Turtle position.

Cool Down: Brief discussion on the history of Jiu-Jitsu.

CLASS 2

1. Turtle position escape to stand-up, breaking grips.

2. Clock choke escape.

WEEK 11

Side Control to Mount

CLASS 1

SELF DEFENSE

Headlock position escape takedown.

SPORT JIU-JITSU

1. Mount attacks.

2. Americana from mount.

Specific Training: Side control and mount

Cool Down: Brief discussion on the benefits of Jiu-Jitsu.

CLASS 2

1. Knee on belly.

2. Cross collar choke.

3. Armbar.

WEEK 12

Half Guard (Top)

CLASS 1

TAKEDOWN:

Inside hook takedown (collar side).

1. Tripod pass to side control.

2. Tripod pass to mount.

Specific Training: Half guard.

Cool Down: Brief discussion on the benefits of Jiu-Jitsu.

CLASS 2

1. Kimura from half guard.

2. Lapel choke from half guard.

3. Lock down half guard pass.

WEEK 13

Half Guard (Top)

CLASS 1

TAKEDOWN:

Inside hook takedown (arm side).

1. Knee shield to back control.

2. Whizzer sweep.

CLASS 2

1. Kimura from half guard.

2. Deep half guard sweep.

3. Bumping sweep.

Specific Training: Half guard.

Cool Down: Brief discussion on the benefits of Jiu-Jitsu.

Curriculum for Fundamental Adults

Total Class Duration: 60 Minutes

