



Curriculum for Fundamental Little Bulldogs

Total Class Duration: 50 Minutes

WEEK 1

Guard Top

CLASS 1

SELF DEFENSE
Defense against straight punches with double leg takedown.

SPORT JIU-JITSU
1. Safe posture
2. Opening the guard on the knees
3. Side control: blocking the hips and controlling the shoulder (passing the shoulder (passing over the legs)).

Specific Training: Closed Guard.
Cool Down: Brief talk about Jiu-Jitsu history.

CLASS 2

SELF DEFENSE
Single leg takedown.

SPORT JIU-JITSU
1. Safe posture
2. Opening the guard on the knees
3. Side control: blocking the hips and controlling the shoulder (double under pass).

WEEK 2

Side Control Top Position (ATacks)

CLASS 1

SELF DEFENSE
Cross punch defense with outside foot sweep takedown.

SPORT JIU-JITSU
Basic knee on belly and mount attack.

Game: Side to Side

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

CLASS 2

Americana from side control and mount

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 3

Guard Bottom

CLASS 1

SELF DEFENSE
Rocking chair technique and stand-up technique.

SPORT JIU-JITSU
Closed guard from butterfly guard and stand position.

Game: Head touch guard defense.

Specific Training: Starting from closed guard.
Cool Down: Discussion on leadership.

CLASS 2

TECHNIQUES:
1. Hip up sweep.

WEEK 4

Turtle Position

CLASS 1

SELF DEFENSE
Turtle position escape by trapping the arm and rolling.

SPORT JIU-JITSU
Basic back attack while holding the lapels.

Game: Hide the ball or sprawl catching the ball.
Specific Training: Turtle position attack and defense.
Cool Down: Discussion on discipline.

CLASS 2

TECHNIQUES:
1. Basic back escape by sliding the hip over the legs

2. Rear neck choke (for grey belts).

WEEK 5

Mount

CLASS 1

SPORT JIU-JITSU
1. Mount attack
2. Mount escape using a bridge.

Specific Training: Techniques from the mount position.
Cool Down: Discussion on stranger safety.

CLASS 2

TECHNIQUES:
1. Americana from mount position (for grey belts).

WEEK 6

Takedowns

CLASS 1

SELF DEFENSE
Break falls when someone pushes the chest, pedal technique, and technical stand-up.

SPORT JIU-JITSU
Double leg takedowns.

Game: Tag bulldog on the back of the GI.
Specific Training: Footstep technique or turn the wheel takedown.
Cool Down: Discussion on the Jiu-Jitsu point system.

CLASS 2

TECHNIQUES:
Outside foot sweep.

WEEK 7

Back Control (Attacking & Defense)

CLASS 1

SELF DEFENSE
Wrist control escape.

SPORT JIU-JITSU
Back attack using collars.

Specific Training: Various techniques.
Cool Down: Brief talk about Jiu-Jitsu values or rules.

CLASS 2

TECHNIQUES:
Back take escape using bridge and hip escape.

WEEK 8

Side Control and Knee on Belly

CLASS 1

SELF DEFENSE
Cross punch defense with outside foot sweep takedown.

SPORT JIU-JITSU
Basic knee on belly escape.

Game: Side to Side.
Specific Training: Attacks from side control position or "deep crocodile."
Cool Down: Discussion on discipline.

CLASS 2

TECHNIQUES:
Mount attack defense and side control escape using hip escape.

WEEK 9

Guard (Bottom)

CLASS 1

SELF DEFENSE
Blocking punches and kicks while on the ground, using legs to defend, moving away with butterfly guard, and technical stand-up.

SPORT JIU-JITSU
GUARD BOTTOM
Kimura (for grey belts and up).

Specific Training: Techniques related to guard bottom.
Cool Down: Brief discussion about Jiu-Jitsu values.

CLASS 2

TECHNIQUES:
1. Hip up sweep.
2. Pull guard training.

WEEK 10

Turtle Position to Back Control

CLASS 1

SELF DEFENSE
Collar escape control using the shark fin technique.

SPORT JIU-JITSU
Back take with lapel control or seat belt.

Specific Training: Techniques related to turtle position and back control.
Cool Down: Brief discussion about Jiu-Jitsu history.

CLASS 2

TECHNIQUES:
1. Rear neck choke (for grey belts).
2. Turtle position escape by rolling over the shoulder

WEEK 11

Side Control to Mount

CLASS 1

SELF DEFENSE
Escape from headlock and execute a takedown.

SPORT JIU-JITSU
1. Mount attacks.
2. Mount escape.

Specific Training: Techniques related to side control to mount
Cool Down: Brief discussion about the benefits of Jiu-Jitsu.

CLASS 2

TECHNIQUES:
1. Knee on belly.
2. Americana from mount.

WEEK 12

Takedowns

CLASS 1

SELF DEFENSE:
Break falls when someone pushes the chest, plus pedal technique and technical stand-up.

SPORT JIU-JITSU:
Double leg takedowns.

Game: Tag bulldog on the back of the GI.
Specific Training: Footstep technique or turn the wheel takedown.
Cool Down: Discussion on the Jiu-Jitsu point system.

CLASS 2

TECHNIQUES:
Outside foot sweep.

WEEK 13

Self-Defense

CLASS 1

Cross punch defense with outside foot sweep.

Jab and straight defense with double or single leg.

Game: Touch the bulldogs.
Specific Training.

Cool Down: Short talk about Jiu-Jitsu values

CLASS 2

Headlock escape takedown.
Ground headlock escape

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