



Curriculum Women Only

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).

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 under pass).

Specific Training: Closed Guard.

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

WEEK 2

Side Control Top Position (ATAcks)

CLASS 1

SELF DEFENSE

Head lock positions scape from side control position.

SPORT JIU-JITSU

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

CLASS 2

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

2. Armbar from side control.

Specific Training: Starting from side control position.

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

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 leg triangle.

SPORT JIU-JITSU

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

CLASS 2

1. Scissor Sweep + pendulum sweep.

2. Lasso sweep.

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

SELF DEFENSE

Technical escape when the arms been held against the wall.

SPORT JIU-JITSU

1. Basic back attack grabbing the lapels or seat belt.

2. Rear neck choke from back take.

CLASS 2

1. Clock choke.

2. Crucifix.

Specific Training: Turtle position attacks and defenses.

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

WEEK 5

Mount

CLASS 1

SELF DEFENSE

Strike defense from mount.

SPORT JIU-JITSU

BACK/ TURTLE

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

CLASS 2

1. Armbar escape.

2. Replacing the half guard.

Specific Training: Mount attacks and defenses

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

WEEK 6

Guard Top (Standing Position)

CLASS 1

SELF DEFENSE

1. Strike defense moving under the arm going behind. (Cross punch).

2. Hair control escape.

SPORT JIU-JITSU

SIDE MOUNT

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

CLASS 2

1. Leg drag pass.

2. Spider guard pass.

Specific Training: From closed guard and open guard.

Cool Down: Brief discussion on sport Jiu-Jitsu.

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.

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.

Specific Training: Back control position.

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

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.

CLASS 2

1. Kesa Gatame position escapes.

2. Baseball choke from the bottom.

3. Omoplata from the bottom

Specific Training: Side control position.

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

WEEK 9

Guard Bottom (Opponent on Stand Position)

CLASS 1

SELF DEFENSE

Choke from guard, defense using armbar variations.

SPORT JIU-JITSU

GUARD BOTTOM

1. Guard pull technique.

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

CLASS 2

1. Omoplata sweep.

2. Ankle sweep.

Specific Training: Guard game.

Cool Down: Brief discussion about Jiu-Jitsu values.

WEEK 10

Turtle Position (Defenses)

CLASS 1

SELF DEFENSE

Log drag escape, whit back on the floor.

SPORT JIU-JITSU

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

2. Turtle position escape, pulling to half guard.

CLASS 2

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

2. Clock choke escape.

Specific Training: Turtle position.

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

WEEK 11

Side Control to Mount

CLASS 1

SELF DEFENSE

Headlock position escape takedown.

SPORT JIU-JITSU

1. Mount attacks.

2. Americana from mount.

CLASS 2

1. Knee on belly.

2. Cross collar choke.

3. Armbar.

Specific Training: Side control and mount

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

WEEK 12

Half Guard (Top)

CLASS 1

TAKEDOWN:

Inside hook takedown (collar side).

1. Tripod pass to side control.

2. Tripod pass to mount.

CLASS 2

1. Kimura from half guard.

2. Lapel choke from half guard.

3. Lock down half guard pass.

Specific Training: Half guard.

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

WEEK 13

Half Guard (Bottom)

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.

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