

BMAA JUNIOR ADVANCED CURRICULUM

1/1/2010

BRAZILIAN JIU-JITSU

Four Months		Four – Eight Months		Four – Eight Months		Four – Eight Months	
	<i>BLUE</i>	<i>BLUE/P</i>	<i>PURPLE</i>	<i>P/BROWN</i>	<i>BROWN</i>	<i>BROWN/B</i>	<i>BLACK</i>
Throws	Pummeling	Crazy Horse Single Leg		Ippon-Seio-nage		<i>Uchi-mata</i>	
Positions of Control	Pin Drill II (<i>S-Mount</i>) Regain Guard From ½ Crack the Turtle Remount Technique Headlock Counters	½ Guard→Back Punch Block Series – Guard Clinch Haymaker Punch Defense		Knee on Stomach		<i>Arm Drag</i> <i>Duck Under</i> <i>½ Guard Triple Attack</i>	
Escapes & Counters	<i>North South</i>	<i>Hadaka-jime</i> <i>Guilotine</i> <i>San-kaku-jime</i> <i>Collar Chokes</i> <i>Juji-gatame</i> <i>Kimura</i> <i>Straight Ankle Lock</i>		<i>Turtle Control</i> <i>100 Kilos</i>		<i>Sit-up Sweep</i> <i>Knee on Stomach</i>	
Sweeps	Double Ankle Sweep	Elevator Scissors Sweep		Hook Sweep			
Pass Guard		Hip Lift		Pass ½ Guard			<i>One Arm Trap</i>
Submissions	<i>Hadaka-jime</i> <i>Guilotine</i> <i>San-kaku-jime</i> (Δ) <i>Kata Gyaku-juji-jime</i> <i>Ude-garami</i> <i>Juji-gatame</i> <i>Kimura</i> <i>Waki-gatame</i> <i>Wrist Locks</i>	<i>Arm Triangle</i> <i>Clock Choke</i> <i>Anaconda</i> <i>Omo-plata</i> <i>Ashi-gatame</i>					<i>North South Choke</i> <i>Straight Ankle Lock</i>
Striking	Push Kick	Roundhouse Kick	Knees	Catch Kicks			

**Competition Team Techniques*

***BJJ Competition Team Training** is for kids that want to focus their training on Brazilian Jiu-Jitsu for competition. They will participate in competitions locally as well as regionally. There may be an additional cost to participate in this program. Inquire about practice schedule & cost.