

## COMPETITION TEAM CURRICULUM

4/1/2009

### BRAZILIAN JIU-JITSU

|                            | BLUE                                                                                                                                                                                                         | BLUE/P                                                          | PURPLE | P/BROWN                       | BROWN | BROWN/B                         | BLACK |
|----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|--------|-------------------------------|-------|---------------------------------|-------|
| Throws                     | Pummeling                                                                                                                                                                                                    | Ippon-seoi-nage                                                 |        |                               |       | Uchi-mata                       |       |
| Positions of Control       | Arm Drag<br>Regain Guard from ½                                                                                                                                                                              | Ushiro-kessa<br>Turtle Control→Back<br>Back Mount Contingencies |        | Butterfly Guard<br>Duck under |       | Wizzer<br>½ Guard Triple Attack |       |
| Escapes & Counters Against | Hadaka-jime    Guillotine    San-kaku-jime    Juji-gatame    Kimura<br>North South    Knee on Stomach<br>Sit-up Sweep                                                                                        |                                                                 |        |                               |       |                                 |       |
| Sweeps                     | Scissors Sweep*<br>Push Sweep                                                                                                                                                                                | Flower Sweep                                                    |        | Butterfly Sweep               |       | ½ Guard Sweep                   |       |
| Pass Guard                 | Revisit Beginner Strategies                                                                                                                                                                                  |                                                                 |        | Pass Butterfly Guard          |       |                                 |       |
| Submissions                | Sode-guruma-jime    Hadaka-jime    Guillotine    San-kaku-jime    Arm Triangle    Kata-ha-jime*    Okuri-eri-jime*    Clock choke*<br>Ude-garami    Juji-gatame    Kimura<br>Straight Ankle Lock<br>Knee Bar |                                                                 |        |                               |       |                                 |       |

\* Requires a Judo Gi

### STAND-UP

|                 | BLUE                                               | BLUE/P         | PURPLE                               | P/BROWN                    | BROWN | BROWN/B    | BLACK |
|-----------------|----------------------------------------------------|----------------|--------------------------------------|----------------------------|-------|------------|-------|
| Kicks           | Push kick<br>Combinations                          | Knees          | Lead Leg Round<br>Spinning Back kick |                            |       |            |       |
| Hand Techniques | Jab    Cross    Hook    Uppercut<br>Kick Exchanges | Superman Punch |                                      | Catch Kicks<br>Parry Kicks |       |            |       |
| Clinch          |                                                    | Thai Clinch    |                                      | Counter to Clinch          |       | Duck Under |       |
| Other           | Escape Bear Hug                                    |                | Lateral Movement<br>Ground & Pound   |                            |       |            |       |