

BMAA JUNIOR BEGINNER'S CURRICULUM

1/1/2010

| White Belt with Yellow Stripe* |  |
|--------------------------------|--|
| 1.                             | <i>Shoot (Double Leg)</i>              |
| 2.                             | <i>Iron Finger</i>                     |
| 3.                             | <i>Mat Drill #1</i>                    |
| 4.                             | <i>Shoot Walking</i>                   |
| 5.                             | <i>3-2-1 Hit It</i>                    |
| 6.                             | <i>Top Mount</i>                       |
| 7.                             | <i>Back Mount &amp; Seat Belt Grip</i> |

| Yellow Belt with Orange Stripe |   |
|--------------------------------|---|
| 1.                             | <i>O-soto-gari</i>                                      |
| 2.                             | <i>100 Kilos</i>  |
| 3.                             | <i>Around The World (100kilos-NS-100kilos-Topmount)</i> |
| 4.                             | <i>Upa I</i>  |
| 5.                             | <i>Escape Closed Guard II (Run Like the Dog)</i>        |
|                                |   |
|                                |   |

| Yellow Belt |   |
|-------------|---|
| 1.          | <i>Ko-soto-gari</i>                               |
| 2.          | <i>Teeter Totter→Shoot</i>                        |
| 3.          | <i>Bridges</i>                                    |
| 4.          | <i>Flip</i>                                       |
| 5.          | <i>Froggies</i>                                   |
| 6.          | <i>3-2-1 Sprawl</i>                               |
| 7.          | <i>Rolling</i>                                    |
| 8.          | <i>Shrimping (Wiggles)</i>                        |
| 9.          | <i>Closed Guard</i>                               |
| 10.         | <i>Escape Closed Guard I (Basic Elbow Escape)</i> |

| Orange Belt |  |
|-------------|--|
| 1.          | <i>Swimming Arms</i>                   |
| 2.          | <i>100 kilos→Seat Belt Grip</i>        |
| 3.          | <i>Spider Guard (Sticky Feet)</i>      |
| 4.          | <i>Pass Guard (Windshield Wipers)</i>  |
| 5.          | <i>Sit Up Sweep</i>                    |
| 6.          | <i>Escape Headlock (Pull the Hair)</i> |
|             |  |
|             |  |

**P = I need a lot of practice.**

**p = I need a little practice.**

**? = I don't know this move at all.**

\*Additional Requirements

Student Creed

Attention stance, at ease stance, courtesy bow, sparring stance (ready position), seiza position, kumikata & kuzushi

Warm-up routine exercises

Black stripes for job lists and/or extracurricular achievements

| Orange Belt with Green Stripe |  |
|-------------------------------|--|
| 1.                            | <i>Kessa-gatame</i>                                      |
| 2.                            | <i>Turtle (Sit out)→Take Back (Looking for Daylight)</i> |
| 3.                            | <i>Sprawl→Spin→Take Back</i>                             |
| 4.                            | <i>Establish Guard from Under 100 kilos</i>              |
| 5.                            | <i>Upa II</i>  |
| 6.                            | <i>Knee Up the Middle Pass (Contra-lateral)</i>          |

***INTERMEDIATE***

| Green Belt with Blue Stripe** |   |
|-------------------------------|---|
| 1.                            | <i>O-Goshi</i>                                |
| 2.                            | <i>Crazy Horse</i>                            |
| 3.                            | <i>Stand to Base</i>                          |
| 4.                            | <i>Knee Up the Middle Pass (Ipsi-lateral)</i> |
| 5.                            | <i>Escape Head Lock (Drop &amp; Roll)</i>     |
| 6.                            | <i>Wrist Escapes</i>                          |

| Green Belt |                            |
|------------|----------------------------|
| 1.         | <i>O-uchi-gari</i>         |
| 2.         | <i>Crack the Turtle</i>    |
| 3.         | <i>Escape Kessa-gatame</i> |
| 4.         | <i>Escape Back Mount</i>   |
| 5.         | <i>Escape Bear Hug</i>     |

**Advanced Class  
&/or  
BJJ Competition Team Training\***

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**Advanced Class** is for kids that want to advance their training in Brazilian Jiu-Jitsu and to learn the basics of striking. Classes are held on Tuesdays, Thursdays & Saturdays. See our online schedule for training days & times.

**\*BJJ Competition Team Training** is for kids that want to focus their training for Brazilian Jiu-Jitsu competition. As part of the Competition Team, children will participate in competitions locally as well as regionally and receive published national ranking. Inquire about days & times. There may be additional costs to participate in this program.

**\*\*Intermediate Kids** (e.g. Green Belts) may be eligible to move into our advanced junior program on Tuesdays, Thursdays & Saturdays.