

ADULT JIU JITSU – INTERMEDIATE - DURATION : 60 MINUTES

Lesson	Warm up	Standing Drills	Standing Sequence	Break	Ground Technique		Break	Rolling	Finisher	Final Thoughts
#	5 Mins	10 M	3 M	2 M	Intro (10 M)	Position (10 M)	2 min	10 M	5 Minutes (2 sets)	2 M
1	Int Warmup	Turn-table & Running Double	Revise all together		Hands on the Mat - Kimura, Guillotine, Sit-up Sweep	Closed Guard		Start in Closed Guard	L Pushup X10 Plank Front/Side - 30 Secs Team Squats X 20	Importance of Base
2	Int Warmup	Sprawl & Spin Drill	Revise all together		Hands off the Mat – Armlock, X Choke, Scissor Sweep	Closed Guard		Start in Closed Guard	L Pushup X10 Plank Front/Side - 30 Secs Team Squats X 20	Importance of Falling
3	Int Warmup	Sprawl Counter to their back	Revise all together		The Triangle & Oma Plata – Hands on/off the mat	Closed Guard		Start in Closed Guard	L Pushup X10 Plank Front/Side - 30 Secs Team Squats X 20	Trust
4	Int Warmup	Guillotine Counter	Revise all together		Tilt Sweep	Closed Guard		Start Standing	L Pushup X10 Plank Front/Side - 30 Secs Team Squats X 20	Hygiene
5	Int Warmup	Single Leg Standing	Revise all together		Posture & Standing-Pass	Pass Closed Guard		Start in Closed Guard	Partner Row X 10 Supermans (back) X 20 Neck Tuck Front/Back X 20	Gracie History
6	Int Warmup	Single Leg on Knees	Revise all together		Fund # 3 Bull pass – Standard and Steering	Pass Open Guard		Start in Open Guard	Partner Row X 10 Supermans (back) X 20 Neck Tuck Front/Back X 20	VT1 History
7	Int Warmup	Single Leg Defense	Revise all together		Fund # 3 Double Under	Pass Open Guard		Start in Open Guard	Partner Row X 10 Supermans (back) X 20 Neck Tuck Front/Back X 20	Importance of Self Defense
8	Int Warmup	Single to: Back // Double // Body lock	Revise all together		Fund # 3 Knee Through	Pass Open Guard		Start Standing	Partner Row X 10 Supermans (back) X 20 Neck Tuck Front/Back X 20	Why we bow
9	Int Warmup	Pummelling & Body Lock	Revise all together		Floating - 360 & Knee Ride	Top Position Attack		Start in Side Control	Dive Bomber X 6 Partner Leg Press X 20 Team Lunges X 16	Leverage over Strength
10	Int Warmup	Body Lock Defence	Revise all together		Americana & Armlock	Top Position Attack		Start in Mount	Dive Bomber X 6 Partner Leg Press X 20 Team Lunges X 16	Chess: Combinations
11	Int Warmup	Counter to Headlock // Guillotine	Revise all together		Pinning – Position 1-3	Top Position Attack		Start in Position 3 (facing Legs)	Dive Bomber X 6 Partner Leg Press X 20 Team Lunges X 16	Eating for Jiu Jitsu
12	Int Warmup	Body Lock Snap Down (Hips-back counter)	Revise all together		Kimura & Head/Arm Choke	Top Position Attack		Start Standing	Dive Bomber X 6 Partner Leg Press X 20 Team Lunges X 16	Hydration and mindfulness

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#	5 Mins	10 M	3 M	2 M	Intro (10 M)	Position (10 M)	2 min	10 M	5 Minutes (2 sets)	2 M
13	Int Warmup	Post Position – Drag & Spin Choke	Revise all together		Escape Side Control, Kesa Gatame & Knee Ride Pins	Side Control Bottom		Start in Side Control Bottom	L Pushup X10 Plank Front/Side - 30 Secs Team Squats X 20	Importance of Self Defense
14	Int Warmup	Post Position – Strike and Crash	Revise all together		Prevent Side Control, Kesa Gatame & Knee Ride	Side Control Bottom		Start in Side Control Bottom	L Pushup X10 Plank Front/Side - 30 Secs Team Squats X 20	Importance of avoiding Trouble
15	Int Warmup	Throat/Shirt Grab Defense	Revise all together		Escaping Mount 1-3	Mount (under)		Start in Mount (under)	L Pushup X10 Plank Front/Side - 30 Secs Team Squats X 20	Modify JJ for Street
16	Int Warmup	Punch/Baton Defense 1 & 2	Revise all together		Escaping Back Mount 1-2	Back Mount (under)		Start Back Mount (under)	L Pushup X10 Plank Front/Side - 30 Secs Team Squats X 20	Body-scan/Blade Awareness
17	Int Warmup	Tomoe Nage	Revise all together		The Gripping System 101 – Double Sleeve	Open Guard (Double Sleeve)		Start in Open Guard (Double Sleeve)	Partner Row X 10 Supermans (back) X 20 Neck Tuck Front/Back X 20	Gracie History
18	Int Warmup	Sumi Gaeshi	Revise all together		Triangle, Armlock, Oma Plata (Vs Standing)	Open Guard (Spider)		Start in Open Guard (Spider)	Partner Row X 10 Supermans (back) X 20 Neck Tuck Front/Back X 20	VT1 History
19	Int Warmup	Pulling Guard	Revise all together		Tripod Series – Double Ankle (+ Lift Variation), Tripod & Sickles sweep	Open Guard (Any)		Start in Open Guard	Partner Row X 10 Supermans (back) X 20 Neck Tuck Front/Back X 20	Importance of Self Defense
20	Int Warmup	Ankle Pick from Guard Pull fake	Revise all together		Guard Retention – Corkscrew & Punch Post	Open Guard (Any)		Start Standing (get to open)	Partner Row X 10 Supermans (back) X 20 Neck Tuck Front/Back X 20	Why we bow
21	Int Warmup	3 Postures // 3 Movements // 3 Grips	Revise all together		Half Guard 101 Series – Back Take & Return to Guard	Half Guard		Start in Half Guard	Dive Bomber X 6 Partner Leg Press X 20 Team Lunges X 16	Leverage over Strength
22	Int Warmup	Shoulder Throw – Standing & Drop	Revise all together		Fighting the Whizzer – Knee Pick & Rollover	Half Guard		Start in Half Guard	Dive Bomber X 6 Partner Leg Press X 20 Team Lunges X 16	Chess: Combinations
23	Int Warmup	Hip Throw	Revise all together		Flattened out – <i>Ready Position</i> - Return to Guard, Bridge, Stretch	Half Guard (flattened)		Half Guard	Dive Bomber X 6 Partner Leg Press X 20 Team Lunges X 16	Eating for Jiu Jitsu
24	Int Warmup	Inside & Outside Trip	Revise all together		Fighting the <i>Cross Over Pass</i> – Ebi Counter & Back Take	Half Guard (Cross over)		Start Standing	Dive Bomber X 6 Partner Leg Press X 20 Team Lunges X 16	Hydration and mindfulness