

JUNIOR FUNDAMENTALS

JIU JITSU 2020

UNIT 1 UPPER BODY TAKEDOWNS // MOUNT AND BACK			
LESSON	STANDING TECHNIQUE	GROUND TECHNIQUE	LESSON FOCUS
L 1	Zombie Punch Defense (Bodylock)	Retention & Key Lock	Finishing in Mount
L 2	Zombie Front Defense (Throat/Bear Hug)	Upa Escape	Escaping Mount 1
L 3	Zombie Punch Defense (Back Clinch)	Total Control & RNC	Finishing in Back Mount
L 4	Zombie Back Defense (Choke and Bear Hug)	Back Escape 1 & 2	Escaping Back Mount

UNIT 2 LOWERS BODY TAKEDOWNS // SIDE CONTROL AND GUARD			
LESSON	STANDING TECHNIQUE	GROUND TECHNIQUE	LESSON FOCUS
L 5	Vampire Punch Defense (Double/Single Leg)	Crazy Legs, Key-lock & Mounting	Side Control Top
L 6	Werewolf Tackle Defense (Sprawl/Guillotine)	Return to Guard & X Choke	Side Control Escape
L 7	Vampire Throw (Drop Shoulder Throw)	Ankle Sweep	Guard Finishes 1
L 8	Giant Topple (Footsweep / Osoto Gari)	Scissor Sweep & Sit-up Sweep	Guard Sweep 1

UNIT 3 SELF DEFENSE SITUATIONS // ESCAPES AND SUBMISSIONS			
LESSONS	STANDING TECHNIQUE	GROUND TECHNIQUE	LESSON FOCUS
L 9	Troll Wrist Grab Defense 1-3	Triangle	Guard Finish 2
L 10	Troll Protection (Covering, Falling & Up-kicks)	Elbow Escape & X Choke	Mount Escape 2
L 11	Troll Headlock Escape Standing	Headlock escape & Arm lock.	Headlock Escape
L 12	Troll Shirt Grab Defense (Windmill)	Mount & Guard Arm lock	Arm-Lock Top & Bottom