

**LITTLE LIONS / TEENS – FUNDAMENTALS/INTERMEDIATES - DURATION : 45 MINUTES (Teens is 60 Mins)**

Lesson	Warm up	Games	Standing	Break	Ground Technique			Break	Sequence	Game	Final Thoughts
#	5 min	5 min	10 mins	2 min	Intro (3 M)	V1 (3 M)	Fight Sim (3M)	2 min	5 min	5 min	2 min
1	Attention Games Running/Tumbling 101 Stance/Strikes	Animal Races	Zombie Punch Defense (Bodylock)		Mount Retention	Key Lock	Mount Control		Body lock -> Mount -> Retention -> Keylock	Virus	Discipline vs Self Discipline
2	Attention Games Running/Tumbling 101 Stance/Strikes	Relay Race	Zombie Front Defense (Throat/Bear Hug)		Upa Escape	Punch Variation	Mount Escape		Fall down -> Under Mount -> Bridge and Roll	Sneak Attack	Gracie Family History
3	Attention Games Running/Tumbling 101 Stance/Strikes	Sumo	Zombie Punch Defense (Back Clinch)		Back Control + RNC	Getting to Mount	Back Control (Belly Up)		Sucker Punch Defense -> Mat return -> Back Mount -> RNC	Tug of war	Health and Fitness
4	Attention Games Running/Tumbling 101 Stance/Strikes	Knee & Shoulder Tag	Zombie Back Defense (Choke and Bear Hug)		Back Escape 1	Back Escape 2	Back Escape		Escape Back Mount -> Guard -> Standup	Rescue the princess	Bullying and being a bully
5	Attention Games Running/Tumbling 101 Stance/Strikes	Samurai Stuck in the Mud	Vampire Punch Defense ( Double/Single Leg )		Key-lock (Side Control)	Achieving the Mount	Side Control Top		Double Leg -> Side Control -> Keylock	Dodge Ball 1	VT1 History
6	Attention Games Running/Tumbling 101 Stance/Strikes	Belt Drag Race	Werewolf Tackle Defense (Sprawl/Guillotine)		Return to Guard	X-Choke	Side Control Bottom		Escape Side Control -> Guard -> Kimura	Dodge Ball 2	Respecting your Parents and coaches
7	Attention Games Running/Tumbling 101 Stance/Strikes	Animal Races	Vampire Throw (Drop Shoulder Throw)		Ankle Sweep	Tripod	Closed Guard (bottom)		Guillotine Vs Double Leg -> Guard -> Kimura/Guillotine.	Virus	Being a Blackbelt
8	Attention Games Running/Tumbling 101 Stance/Strikes	Relay Race	Giant Topple (Footsweep / Osoto Gari)		Scissor Sweep	Sit-up Sweep	Closed Guard (Bottom)		Guillotine Defense -> Mount -> Rolled off -> Sweep	Sneak Attack	Gracie Family History
9	Attention Games Running/Tumbling 101 Stance/Strikes	Sumo	Troll Wrist Grab Defense 1-3		Triangle	Triangle (Big Guy Variation)	Open Guard (bottom)		Wrist Escape Fail -> Guard Defense -> Triangle	Tug of war	Dealing with Challenge
10	Attention Games Running/Tumbling 101 Stance/Strikes	Knee & Shoulder Tag	Troll Protection (Covering, Falling & Up-kicks)		Elbow Escape	X Choke (Guard)	Mount Escape		Covering/Fall -> Up-kick -> Mounted -> Escape to Guard -> X Choke	Rescue the princess	Bullying and being a bully
11	Attention Games Running/Tumbling 101 Stance/Strikes	Samurai Stuck in the Mud	Troll Headlock Escape Standing		Headlock escape	Arm lock (Technical Mount)	Headlock Bottom		Headlock Escape Standing -> Mount -> Armlock	Dodge Ball 1	Goal setting
12	Attention Games Running/Tumbling 101 Stance/Strikes	Belt Drag Race	Troll Shirt Grab Defense (Windmill)		Mount Arm lock	Guard Arm lock	Mount & Guard		Shirt Grab Defense -> Pull Guard -> Armlock	Dodge Ball 2	Respecting your Community