



# TIGER CUBS JIU JITSU

Welcome to the  
Tiger Cubs Jiu Jitsu study guide!



# WELCOME

As a Jiu Jitsu student, it's crucial to have a solid grasp of the foundational techniques and positions in the art. This guide will provide an overview of various techniques, from striking to submissions, and positions on the ground. Designed for Jiu Jitsu students training in the True Warrior Army Jiu Jitsu system under Toby TigerHeart Gear, this guide will also provide tips for training and improving your skills. Understanding the basics is essential in developing the skills and confidence to progress in Jiu Jitsu. Whether you're a beginner or a seasoned practitioner, this guide is an excellent resource to help you achieve your goals. Let's dive in and explore the world of Tiger Cubs Jiu Jitsu!

As a Jiu Jitsu student, it is important to have a strong understanding of the foundational techniques and positions in the art. This study guide will cover various techniques from striking to submissions and positions on the ground, as well as provide tips for training and improving your skills. It is designed for Jiu Jitsu students who are training in the True Warrior Army Jiu Jitsu system under Toby TigerHeart Gear.



## Jab

The jab is a straight punch thrown with the lead hand. It is a basic and effective strike used to create distance and set up other strikes.

## Cross

The cross is a straight punch thrown with the rear hand. It is a powerful strike used to follow up the jab or as a counter to an opponent's attack.

## Lead Front Kick

The lead front kick is a basic kick that targets the opponent's midsection. It is used to create distance and disrupt an opponent's attack.

## Rear Front Kick

The rear front kick is a more powerful version of the lead front kick. It is thrown with the rear leg and aimed at the opponent's midsection.



## Shot

The shot is a technique used to close the distance between you and your opponent quickly. It involves lowering your level and driving forward to take your opponent down.

## Sprawl

The sprawl is a defensive technique used to defend against the shot. It involves sprawling your legs back and dropping your hips to prevent your opponent from taking you down.

## Break Fall

The break fall is a technique used to safely fall to the ground. It involves tucking your chin, slapping the ground with your hands, and rolling onto your back.

## SW Standup

The SW standup is a technique used to stand up from the ground quickly. It involves turning to your side and pushing off the ground with your hand and foot to stand up.

## Front Roll

The front roll is a technique used to roll forward over your shoulder. It is often used to escape from an opponent's attack or to transition to a new position.

## Back Roll

The back roll is a technique used to roll backwards over your shoulder. It is often used to escape from an opponent's attack or to transition to a new position.

## Granby Roll

The Granby roll is a technique used to escape from an opponent's control when they have your back. It involves rolling over your shoulder and reversing the position.



## | Head Stand

The head stand is a technique used to hold your opponent down and control them on the ground. It involves placing your head on the ground and using your legs to control your opponent.

## | Shoulder Stand

The shoulder stand is a technique used to hold your opponent down and control them on the ground. It involves placing your shoulder on the ground and using your legs to control your opponent.

## | Hip Escape

The hip escape is a technique used to create space and escape from an opponent's control on the ground. It involves moving your hips to the side and pushing off the ground with your feet.

## | Seated Hip Escape

The seated hip escape is a technique used to create space and escape from an opponent's control when you are seated on the ground. It involves moving your hips to the side and pushing off the ground with your feet.

## | Judo Roll

The Judo roll is a technique used to safely fall to the ground when your opponent throws you. It involves tucking your chin, rolling over your shoulder, and landing on your back.



# UKE/TORI TECHNIQUES

The concepts of Uke and Tori originate from the Japanese martial art of Judo, and they represent the two partners in a training session. The word "Uke" comes from the Japanese verb "ukeru," which means "to receive." On the other hand, the word "Tori" comes from the Japanese verb "toru," which means "to take" or "to capture."

In Judo, Uke and Tori represent more than just the physical roles of the training partners. They also represent different philosophies and mindsets that are essential to the practice of Judo. Uke is seen as the more passive partner, whose role is to receive and help Tori practice their techniques. Uke needs to be receptive, open-minded, and willing to learn from Tori's actions. Uke must also be willing to give constructive feedback to Tori and help them improve their techniques.

On the other hand, Tori represents the more active partner, whose role is to take action and apply their techniques on Uke. Tori must be confident, decisive, and skilled in their techniques. They also need to be attentive to Uke's reactions and feedback, and make adjustments accordingly. In Judo, the role of Tori is not just to defeat Uke but to learn from the experience of training with them.

In addition to Judo, the concepts of Uke and Tori are also relevant in other martial arts like Jiu Jitsu and Aikido. In these martial arts, the roles of Uke and Tori are similar, but there may be differences in how they are applied. For example, in Jiu Jitsu, the role of Uke is more active, and they are often the ones initiating the techniques, while Tori's role is to react and respond to Uke's actions.

Overall, the concepts of Uke and Tori represent a fundamental aspect of martial arts training. They emphasize the importance of being a good training partner, being receptive to feedback, and striving for mutual improvement. By understanding and applying these concepts, martial artists can create a positive and productive training environment, where both partners can learn and grow together.



## | Parry Straight Strikes

The parry is a defensive technique used to deflect an opponent's straight punch. It involves using your lead hand to redirect the punch to the side.

## | Block Hooking Strikes

The block is a defensive technique used to block an opponent's hook punch. It involves using your rear hand to block the punch.

## | Block and Counter

This technique involves blocking your opponent's strike and immediately countering with a strike of your own. It requires quick reflexes and good timing.

## | Wrist Pummel

The wrist pummel is a technique used to break an opponent's grip on your wrist. It involves rotating your wrist and pulling your arm free.



## | Wrist Pummel to Arm Drag

The wrist pummel to arm drag is a technique used to take your opponent's back from a standing position. It involves pummeling for wrist control and then dragging your opponent's arm across your body to take their back.

## | Greco Roman Pummel

The Greco Roman pummel is a technique used to gain control of your opponent's upper body. It involves pummeling for control of their arms and chest.

## | Double Overhooks Escapes/RNC

The double overhooks escape is a technique used to escape from an opponent's control when they have double overhooks on you. It involves breaking their grip and taking their back. The Rear Naked Choke (RNC) is a submission hold applied from the back position.

## | Pummel to Double Underhooks to Back

The pummel to double underhooks to back is a technique used to take your opponent's back from a standing position. It involves pummeling for underhook control and then using that control to take their back.

## | Pummel to Overhook Underhook to Back

The pummel to overhook underhook to back is a technique used to take your opponent's back from a standing position. It involves pummeling for overhook and underhook control and then using that control to take their back.







## | Leg Sweeps

Leg sweeps are techniques used to take your opponent down by sweeping their legs out from under them. There are various types of leg sweeps including inside and outside sweeps.

## | Seoi Nage

Seoi Nage is a technique used to throw your opponent over your shoulder. It involves grabbing your opponent's lapel or sleeve and rotating your body to throw them.

## | O Goshi

O Goshi is a technique used to throw your opponent over your hip. It involves grabbing your opponent's waist and rotating your body to throw them.

## | Uchi Mata

Uchi Mata is a technique used to throw your opponent by lifting their leg and throwing them over your hip.

## | Kata Guruma

Kata Guruma is a technique used to throw your opponent by wrapping your arm around their neck and pulling them forward.



## | Pummel to Double Underhooks to Suplex

The pummel to double underhooks to suplex is a technique used to take your opponent down by lifting them off the ground and throwing them backwards.

## | Pummel to Double Underhooks to Bodylock Takedown

The pummel to double underhooks to bodylock takedown is a technique used to take your opponent down by driving forward and lifting them off the ground.

## | Pummel to Overhook/Underhook Bodylock Takedown

The pummel to overhook/underhook bodylock takedown is a technique used to take your opponent down by wrapping your arm around their body and driving forward.

## | Single Leg Takedown

The single leg takedown is a technique used to take your opponent down by grabbing one of their legs and lifting it off the ground.

## | Single to Double Leg Transition

The single to double leg transition is a technique used to transition from a single leg takedown to a double leg takedown.



# GROUNDED POSITIONS

## | Grounded Warrior

The grounded warrior position is a position where you are lying on your back with your feet up and your knees bent. It is a defensive position used to protect yourself from an opponent's attacks.

## | Turtle

The turtle position is a defensive position used when your opponent has taken your back. It involves curling up into a ball and protecting your neck and limbs.

## | Back w Hooks

The back with hooks position is a dominant position where you have taken your opponent's back and have your hooks in. It is a position used to control your opponent and set up submissions.

## | Side Mount

The side mount position is a dominant position where you are on top of your opponent with one leg between their legs and the other leg over their body. It is a position used to control your opponent and set up submissions.



## | Knee on Belly

The knee on belly position is a dominant position where you are on top of your opponent with one knee on their belly. It is a position used to control your opponent and set up submissions.

## | Mount

The mount position is a dominant position where you are on top of your opponent with both legs over their body. It is a position used to control your opponent and set up submissions.

## | Top Ref Position

The top referee position is a position where you are on top of your opponent with one arm under their neck and the other arm over their body. It is a position used to control your opponent and set up submissions.

## | Bottom Ref Position

The bottom referee position is a defensive position where you are on your back with your opponent on top of you. It is a position used to protect yourself and look for opportunities to escape.

## | North/South

The north/south position is a dominant position where you are on top of your opponent with your head near their feet. It is a position used to control your opponent and set up submissions.

## | Butterfly Guard

The butterfly guard is a position where you are seated on the ground with your feet on your opponent's hips. It is a position used to control your opponent's movement and set up sweeps and submissions.



# SWEEPS

## Kimura Sweep (Hip Bump Sweep)

The Kimura sweep, also known as the hip bump sweep, is a sweep used to take your opponent from the bottom position to the top position. It involves using a Kimura grip to control your opponent's arm and bumping your hips to sweep them over.

## Scissor Sweep

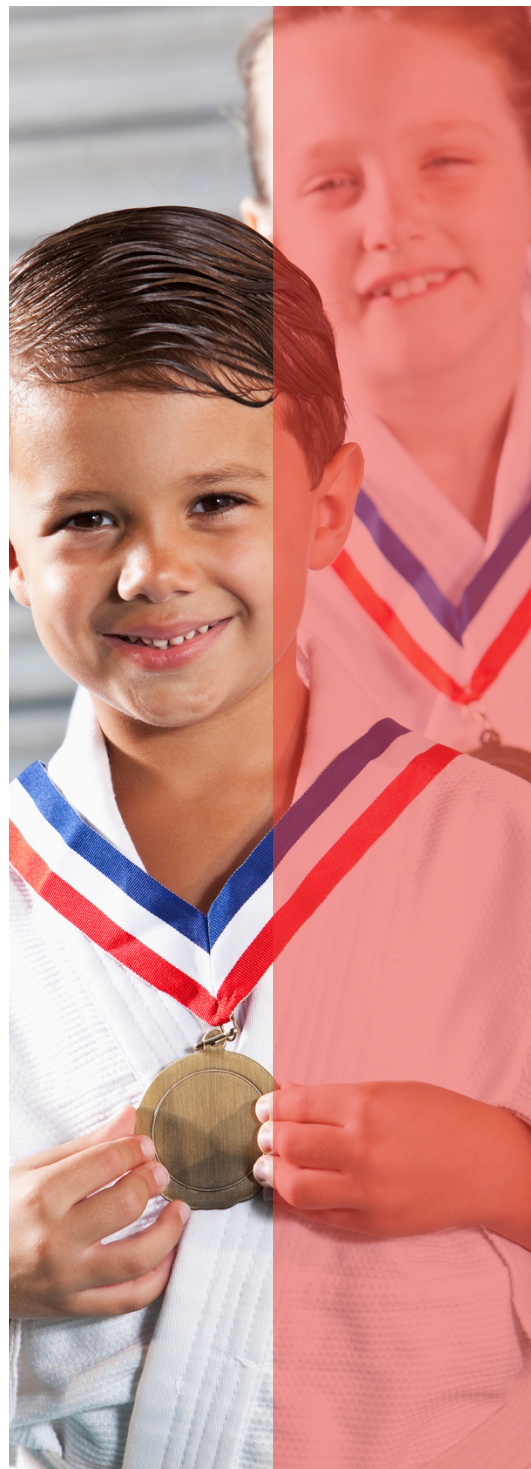
The scissor sweep is a sweep used to take your opponent from the bottom position to the top position. It involves using one leg to hook your opponent's leg and the other leg to kick them over.

## Pendulum Sweep

The pendulum sweep is a sweep used to take your opponent from the bottom position to the top position. It involves using your legs to swing your opponent back and forth and then kicking them over.

## Butterfly Hook Sweeps

Butterfly hook sweeps are sweeps used to take your opponent from the bottom position to the top position. They involve using your feet to hook your opponent's legs and sweep them over.



# SUBMISSIONS FROM GUARD



## | Guillotine

The guillotine is a submission hold applied from the guard position. It involves wrapping your arm around your opponent's neck and squeezing.

## | Arm In Guillotine

The arm in guillotine is a variation of the guillotine that involves trapping your opponent's arm inside the hold.

## | Kimura

The Kimura is a submission hold applied from the guard position. It involves controlling your opponent's arm and applying pressure to their shoulder joint.

## | Triangle

The triangle is a submission hold applied from the guard position. It involves wrapping your legs around your opponent's neck and arm to choke them.

## | Armbar

The armbar is a submission hold applied from the guard position. It involves controlling your opponent's arm and hyperextending their elbow joint.



# BLOOD CHOKES

## Rear Naked Choke

The rear naked choke is a blood choke applied from the back position. It involves wrapping your arm around your opponent's neck and cutting off the blood supply to their brain.

## Front Naked Choke

The front naked choke is a blood choke applied from the front position. It involves wrapping your arm around your opponent's neck and applying pressure to their carotid arteries.

## Kronos (Anaconda Choke)

The Kronos, also known as the Anaconda choke, is a blood choke applied from the side control position. It involves wrapping your arm around your opponent's neck and applying pressure to their carotid arteries.

## Kamos (Darce Choke)

The Kampos, also known as the Darce choke, is a blood choke applied from the side control position. It involves trapping your opponent's arm and applying pressure to their carotid arteries.



## | Arm Triangle

The arm triangle is a blood choke applied from the side control position. It involves trapping your opponent's arm and applying pressure to their carotid arteries with your own arm.

## | Bow & Arrow

The bow and arrow choke is a blood choke applied from the back position. It involves using your opponent's gi to apply pressure to their carotid arteries.

## | Leg Triangle Choke

The leg triangle choke is a blood choke applied from the guard position. It involves wrapping your legs around your opponent's neck and applying pressure to their carotid arteries.





## TRAINING TIPS

- » Practice the techniques in a safe and controlled environment with a partner who is also committed to learning.
- » Focus on perfecting the basic techniques before moving on to more advanced techniques.
- » Consistency is key. Regular training and practice will help you improve your skills.
- » Take care of your body. Jiu Jitsu can be physically demanding, so make sure to warm up properly and stretch before and after training.
- » Learn from your mistakes. It's natural to make mistakes when learning a new skill. Use them as an opportunity to learn and improve.





# CONCLUSION

Jiu Jitsu is a challenging and rewarding martial art that requires dedication and commitment to learn. By focusing on the foundational techniques and positions covered in this study guide, you can build a strong foundation for your Jiu Jitsu journey. Remember to practice regularly, take care of your body, and always strive to improve your skills. Good luck!



# STRIKING TECHNIQUES

- Jab
  - Cross
  - Lead Front Kick
  - Rear Front Kick
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# SOLO TECHNIQUES

- Shot
  - Sprawl
  - Break Fall
  - SW Standup
  - Front Roll
  - Back Roll
  - Granby Roll
  - Head Stand
  - Shoulder Stand
  - Hip Escape
  - Seated Hip Escape
  - Judo Roll
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# UKE/TORI TECHNIQUES

- Parry Straight Strikes
  - Block Hooking Strikes
  - Block and Counter
  - Wrist Pummel
  - Wrist Pummel to Arm Drag
  - Greco Roman Pummel
  - Double Overhooks Escapes/RNC
  - Pummel to Double Underhooks to Back
  - Pummel to Overhook Underhook to Back
  - Leg Sweeps
  - Seoi Nage
  - O Goshi
  - Uchi Mata
  - Kata Guruma
  - Pummel to Double Underhooks to Suplex
  - Pummel to Double Underhooks to Bodylock Takedown
  - Pummel to Overhook/Underhook Bodylock Takedown
  - Single Leg Takedown
  - Double Leg Takedown
  - Single to Double Leg Transition
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# GROUNDED POSITIONS

- Grounded Warrior
- Turtle
- Back w Hooks
- Side Mount
- Knee on Belly
- Mount
- Top Ref Position
- Bottom Ref Position
- North/South
- Butterfly Guard

# SWEEPS

- Kimura Sweep (Hip Bump Sweep)
- Scissor Sweep
- Pendulum Sweep
- Butterfly Hook Sweeps

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# SUBMISSIONS FROM GUARD

- Guillotine
- Arm In Guillotine
- Kimura
- Triangle
- Armbar

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# BLOOD CHOKES

- Rear Naked Choke
- Front Naked Choke
- Kronos (Anaconda Choke)
- Kampos (Darce Choke)
- Arm Triangle
- Bow & Arrow
- Leg Triangle Choke

Remember to practice these techniques in a safe and controlled environment with a partner who is also committed to learning. Consistency and dedication will help you improve your skills and become a better Jiu Jitsu practitioner.

