

BJJ FUNdamentals

Adult White to Blue & Youth Curriculum

Welcome to the Brazilian JiuJitsu Curriculum for White to Blue Belt and Youth BJJ. This set is designed to introduce you to both the fundamental techniques and concepts that will follow you through to Black Belt and beyond. Each basic technique can have many variations each with its own merit. It's important that you focus on the conceptual understanding of what you wish to happen. The course structure is broken down into phases to maximize learning by chaining certain techniques and counters together. For more experienced grapplers, you may choose to skip around and use the syllabus to locate the techniques most applicable to you.

Core Skills – Starter Phase

- ✓ Tie Belt
 - ✓ Tap out
 - ✓ Shrimp
 - ✓ Bridge
 - ✓ Breakfalls (front, side, back)
 - ✓ Shoulder Rolls (forward, back)
 - ✓ Sit-out
 - ✓ Umpa Escape – In Top Mount
 - ✓ Keylock – Side Control
 - ✓ Guard Break – In Guard
 - ✓ Hip Escape – In Side Control
 - ✓ Scissor Sweep – Guard
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Top Mount

- ✓ Armbar – Phase 3
 - ✓ X-Choke – Phase 1
 - ✓ Ezekiel – Phase 8
 - ✓ Keylock – Phase 6
 - ✓ Head and Arm Choke – Phase 8
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Mounted

- ✓ Elbow-knee Escape to Half Guard – Phase 7
 - ✓ Leg Grab to Half Guard – Phase 1
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Side Control

- ✓ Kimura – Phase 3
 - ✓ Straight Arm Lock – Phase 3
 - ✓ Head and Arm Choke – Phase 3
 - ✓ Guillotine – Phase 5
 - ✓ Paper Cutter – Phase 2
 - ✓ Darce Choke – Phase 7
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In Side Control

- ✓ Elbow-knee Escape – Phase 6
 - ✓ Backdoor Escape – Phase 7
 - ✓ Armpit Escape – Phase 5
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Kesa-Gatame

- ✓ Step-over Armbar – Phase 7
- ✓ Keylock with Hands – Phase 5
- ✓ Keylock with Legs – Phase 5
- ✓ Head and Arm Choke – Phase 7

In Kesa-Gatame

- ✓ Elbow-knee Escape – Phase 8
- ✓ Elbow-knee Escape to Armlock – Phase 8
- ✓ Back Door Escape – Phase 5
- ✓ Leg Over Head Escape – Phase 8

Knee on Belly

- ✓ Armbar – Phase 1
- ✓ Spin Armbar – Phase 1
- ✓ Baseball Choke – Phase 5
- ✓ Paper Cutter – Phase 2

In Knee on Belly

- ✓ Umpa to Half Guard – Phase 2
- ✓ Feed the Lapel and go to knees – Phase 5

Guard

- ✓ Flower Sweep – Phase 4
- ✓ Hip Bump Sweep – Phase 3
- ✓ Guillotine Choke – Phase 3
- ✓ Armbar – Phase 4
- ✓ Triangle Choke – Phase 4
- ✓ Omoplata – Phase 4
- ✓ X-Choke – Phase 1
- ✓ Baseball Choke – Phase 5
- ✓ Kimura – Phase 3
- ✓ Double ankle sweep – Phase 8
- ✓ Butterfly sweep – Phase 7
- ✓ Ezekiel – Phase 8

In Guard

- ✓ Standing Guard Break – Phase 2
- ✓ Achilles Lock – Phase 8
- ✓ Knee Cut Guard Pass – Phase 1
- ✓ Stack Pass – Phase 7
- ✓ Bull Fighter Pass – Phase 2
- ✓ Leg Weave Pass – Phase 1

Half Guard

- ✓ Single butterfly sweep – Phase 7
- ✓ Lockdown – Phase 6
- ✓ Electric chair submission – Phase 6
- ✓ Electric chair sweep – Phase 6
- ✓ Underhook to back take – Phase 4
- ✓ Hip escape to guard – Phase 7

In Half Guard

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- ✓ Foot Wedge to Top Mount – Phase 1
 - ✓ Foot Wedge to Kesa-Gatame – Phase 1
 - ✓ Back Step Pass – Phase 3
 - ✓ Hip Switch Pass – Phase 6
 - ✓ Lockdown Break – Phase 6
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Back Mount

- ✓ Rear naked choke – Phase 6
 - ✓ Single collar choke – Phase 3
 - ✓ Armbar – Phase 2
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In Back Mount

- ✓ Back to the Mat Escape – Phase 4
 - ✓ Pass the Arm Over Head Escape – Phase 6
 - ✓ Mule Kick Escape – Phase 2
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North South

- ✓ NS Choke – Phase 4
 - ✓ Kimura – Phase 4
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In North South

- ✓ Swing Escape – Phase 4
 - ✓ Ezekiel – Phase 8
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Turtle

- ✓ Sit Out to Back Take – Phase 2
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On Turtle

- ✓ Clock Choke – Phase 2
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Takedowns

- ✓ O-Goshi – Phase 4
 - ✓ Koshi Guruma – Phase 3
 - ✓ O Soto Gari – Phase 8
 - ✓ Tani O Toshi – Phase 6
 - ✓ Uke Waza – Phase 6
 - ✓ Ippon Seoi Nage – Phase 5
 - ✓ Single Leg – Phase 7
 - ✓ Double Leg – Phase 2
 - ✓ Takedown with Double Under Hooks – Phase 1
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Transitions

- ✓ Mount to Kesa-Gatame – Phase 8
 - ✓ Mount to Back Mount (Giftwrap) – Phase 2
 - ✓ Kesa-Gatame to Side Control – Phase 3
 - ✓ Side Control to Kesa-Gatame – Phase 5
 - ✓ Mount to Knee-on-Belly – Phase 1
 - ✓ Side Control to Mount (2 variations) – Phase 6
 - ✓ Kesa-Gatame to North South – Phase 4
 - ✓ Knee on Belly to Kesa-Gatame – Phase 7
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STARTER TECHNIQUES

- ✓ Tie Belt
- ✓ Tap out
- ✓ Shrimp
- ✓ Bridge
- ✓ Breakfalls (front, side, back)
- ✓ Shoulder Rolls (forward, back)
- ✓ Sit-out
- ✓ Umpa Escape: Top Mount
- ✓ Keylock: Side Control
- ✓ Guard Break: Guard
- ✓ Hip Escape: Side Control
- ✓ Scissor Sweep: Guard

PHASE I

- ✓ X-Choke: Mount
- ✓ X-Choke: Guard
- ✓ Knee Cut Guard Pass
- ✓ Leg Weave Guard Pass
- ✓ Foot Wedge to Top Mount: In Half Guard
- ✓ Foot Wedge to Kesa-Gutame: In Half Guard
- ✓ Leg Grab to Half Guard: Mounted
- ✓ Armbar: Knee on Belly
- ✓ Spinning Armbar: Knee on Belly
- ✓ Mount to Knee on Belly Transition
- ✓ Takedown with Double Underhooks

STARTER TECHNIQUES

- ✓ Tie Belt
- ✓ Tap out
- ✓ Shrimp
- ✓ Bridge
- ✓ Breakfalls (front, side, back)
- ✓ Shoulder Rolls (forward, back)
- ✓ Sit-out
- ✓ Umpa Escape: Top Mount
- ✓ Keylock: Side Control
- ✓ Guard Break: Guard
- ✓ Hip Escape: Side Control
- ✓ Scissor Sweep: Guard

PHASE 2

- ✓ Umpa to Half Guard: In Knee on Belly
- ✓ Paper Cutter: Side Control
- ✓ Paper Cutter: Knee on Belly
- ✓ Mule Kick Escape: In Back Mount
- ✓ Armbar: Back Mount
- ✓ Clock Choke: On Turtle
- ✓ Sit-out & Take Back: Turtle
- ✓ Standing Guard Break: In Guard
- ✓ Bull Fighter Pass: In Guard
- ✓ Mount to Back Mount (Giftwrap) Transition
- ✓ Double Leg Takedown

STARTER TECHNIQUES

- ✓ Tie Belt
- ✓ Tap out
- ✓ Shrimp
- ✓ Bridge
- ✓ Breakfalls (front, side, back)
- ✓ Shoulder Rolls (forward, back)
- ✓ Sit-out
- ✓ Umpa Escape: Top Mount
- ✓ Keylock: Side Control
- ✓ Guard Break: Guard
- ✓ Hip Escape: Side Control
- ✓ Scissor Sweep: Guard

PHASE 3

- ✓ Kimura: Side Control
- ✓ Straight Arm Lock: Side Control
- ✓ Head and Arm Choke – Side Control
- ✓ Armbar: Top Mount
- ✓ Hip Bump Sweep: Guard
- ✓ Guillotine: Guard
- ✓ Kimura: Guard
- ✓ Single Collar Choke: Back Mount
- ✓ Back Step Pass: In Half Guard
- ✓ Kesa-Gatame to Side Control Transition
- ✓ Koshi Guruma

STARTER TECHNIQUES

- ✓ Tie Belt
- ✓ Tap out
- ✓ Shrimp
- ✓ Bridge
- ✓ Breakfalls (front, side, back)
- ✓ Shoulder Rolls (forward, back)
- ✓ Sit-out
- ✓ Umpa Escape: Top Mount
- ✓ Keylock: Side Control
- ✓ Guard Break: Guard
- ✓ Hip Escape: Side Control
- ✓ Scissor Sweep: Guard

PHASE 4

- ✓ Triangle Choke: Guard
- ✓ Omoplata: Guard
- ✓ Armbar: Guard
- ✓ Flower Sweep: Guard
- ✓ Swing Escape: North-South
- ✓ NS Choke: North-South
- ✓ Kimura (Figure 4): North South
- ✓ Underhook to back: Half Guard
- ✓ Back to Mat Escape: In Back Mount
- ✓ Kesa-Gatame to North South Transition
- ✓ O-Goshi

STARTER TECHNIQUES

- ✓ Tie Belt
- ✓ Tap out
- ✓ Shrimp
- ✓ Bridge
- ✓ Breakfalls (front, side, back)
- ✓ Shoulder Rolls (forward, back)
- ✓ Sit-out
- ✓ Umpa Escape: Top Mount
- ✓ Keylock: Side Control
- ✓ Guard Break: Guard
- ✓ Hip Escape: Side Control
- ✓ Scissor Sweep: Guard

PHASE 5

- ✓ Baseball Choke: Guard
- ✓ Baseball Choke: Knee on Belly
- ✓ Keylock with Hands: Kesa-Gatame
- ✓ Keylock with Legs: Kesa-Gatame
- ✓ Back Door Escape: In Kesa-Gatame
- ✓ Guillotine: Side Control
- ✓ Armpit Escape: In Side Control
- ✓ Feed Lapel & Go to Knees: In Knee on Belly
- ✓ Side Control to Kesa-Gatame Transition
- ✓ Ippon Seoi Nage (or Drop Knee Seoi Nage)

STARTER TECHNIQUES

- ✓ Tie Belt
- ✓ Tap out
- ✓ Shrimp
- ✓ Bridge
- ✓ Breakfalls (front, side, back)
- ✓ Shoulder Rolls (forward, back)
- ✓ Sit-out
- ✓ Umpa Escape: Top Mount
- ✓ Keylock: Side Control
- ✓ Guard Break: Guard
- ✓ Hip Escape: Side Control
- ✓ Scissor Sweep: Guard

PHASE 6

- ✓ Lockdown: Half-Guard
- ✓ Electric chair submission: Half-Guard
- ✓ Electric chair sweep: Half-Guard
- ✓ Lockdown Break: In Half-Guard
- ✓ Hip Switch Pass: In Half-Guard
- ✓ Pass the Arm Over Head Escape: In Back Mount
- ✓ Rear naked choke: Back Mount
- ✓ Keylock: Top Mount
- ✓ Side Control to Mount Transition (2 Variations)
- ✓ Tani O Toshi
- ✓ Uke Waza

STARTER TECHNIQUES

- ✓ Tie Belt
- ✓ Tap out
- ✓ Shrimp
- ✓ Bridge
- ✓ Breakfalls (front, side, back)
- ✓ Shoulder Rolls (forward, back)
- ✓ Sit-out
- ✓ Umpa Escape: Top Mount
- ✓ Keylock: Side Control
- ✓ Guard Break: Guard
- ✓ Hip Escape: Side Control
- ✓ Scissor Sweep: Guard

PHASE 7

- ✓ Step-over Armbar: Kesa-Gatame
- ✓ Head and Arm Choke: Kesa-Gatame
- ✓ Stack Pass: In Guard
- ✓ Butterfly sweep: Guard
- ✓ Single butterfly sweep: Half-guard
- ✓ Hip escape to guard: Half-guard
- ✓ Elbow-knee escape to Half Guard: Top mount
- ✓ Darce Choke: Side Control
- ✓ Backdoor Escape: In Side Control
- ✓ Knee on Belly to Kesa-Gatame Transition
- ✓ Single Leg Takedown

STARTER TECHNIQUES

- ✓ Tie Belt
- ✓ Tap out
- ✓ Shrimp
- ✓ Bridge
- ✓ Breakfalls (front, side, back)
- ✓ Shoulder Rolls (forward, back)
- ✓ Sit-out
- ✓ Umpa Escape: Top Mount
- ✓ Keylock: Side Control
- ✓ Guard Break: Guard
- ✓ Hip Escape: Side Control
- ✓ Scissor Sweep: Guard

PHASE 8

- ✓ Achilles Lock
- ✓ Double Ankle Sweep: Guard
- ✓ Ezekiel: Mount
- ✓ Ezekiel: Guard
- ✓ Ezekiel: North South
- ✓ Head & Arm Choke: Top Mount
- ✓ Leg Over Head Escape: Kesa-Gatame
- ✓ Elbow Knee Escape: In Kesa-Gatame
- ✓ Elbow Knee Escape to Armlock: In Kesa –Gatame
- ✓ Mount to Kesa-Gatame Transition
- ✓ O Soto Gari