



**BRAZILIAN JIU JITSU &
MIXED MARTIAL ARTS**

INTERMEDIATE PROGRAM

| WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 |
|------------------------|----------------------------|----------------------------|-----------------------------|
| STAND UP TECHNIQUE | STAND UP TECHNIQUE | STAND UP TECHNIQUE | STAND UP TECHNIQUE |
| OGOSHI DOUBLE LEG | OSOTO GARI SINGLE LEG | OUCHI GARI DOUBLE LEG | HARAI GOSHI DOUBLE LEG |
| GROUND TECHNIQUE | GROUND TECHNIQUE | GROUND TECHNIQUE | GROUND TECHNIQUE |
| CLOSED GUARD | SIDE CONTROL | GUARD PASSING | MOUNT |

| WEEK 5 | WEEK 6 | WEEK 7 | WEEK 8 |
|------------------------------|-----------------------------------|---------------------------------|--------------------|
| STAND UP TECHNIQUE | STAND UP TECHNIQUE | STAND UP TECHNIQUE | STAND UP TECHNIQUE |
| KOUCHI GARI INSIDE TRIP | GI SNAPDOWN SNAP DOWN TO FHL | KATA GURUMA FIREMANS THROW | REAR TAKEDOWNS |
| GROUND TECHNIQUE | GROUND TECHNIQUE | GROUND TECHNIQUE | GROUND TECHNIQUE |
| HALF GUARD | TURTLE & FRONT HEADLOCK | GUARD PASSING | BACK CONTROL |

| WEEK 9 | WEEK 10 | WEEK 11 | WEEK 12 |
|-------------------------------|--------------------------|-------------------------------|------------------------|
| STAND UP TECHNIQUE | STAND UP TECHNIQUE | STAND UP TECHNIQUE | STAND UP TECHNIQUE |
| SEOI NAGE SHOULDER THROW | ANKLE PICK KNEE TAP | COLLAR DRAG LATERAL DROP | STANDING LEGLOCK ENTRY |
| GROUND TECHNIQUE | GROUND TECHNIQUE | GROUND TECHNIQUE | GROUND TECHNIQUE |
| OPEN GUARD | GUARD RETENTION | GUARD PASSING | LEGLOCKS |

| WEEK 13 | WEEK 14 | WEEK 15 | WEEK 16 |
|---------------------------------|----------------------------------|----------------------------------|--------------------|
| STAND UP TECHNIQUE | STAND UP TECHNIQUE | STAND UP TECHNIQUE | STAND UP TECHNIQUE |
| KOSOTO GARI LOW SINGLE LEG | KOSHI GURUMA HEADLOCK THROW | UCHI MATA BEAR HUG TAKEDOWN | TAKEDOWN DEFENCE |
| GROUND TECHNIQUE | GROUND TECHNIQUE | GROUND TECHNIQUE | GROUND TECHNIQUE |
| OPEN GUARD | ESCAPES | GUARD PASSING | ESCAPES |