

# Basics of BJJ: White to Blue (Kids Curriculum)

## Core Skills

- ✓ 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

## Top Mount

- ✓ X-Choke 1
- ✓ Armbar 4
- ✓ Keylock 6
- ✓ Head and Arm 8
- ✓ Ezekiel (Sleeve Choke) 8

## Mounted

- ✓ Leg Grab to Half Guard 1
- ✓ Umpa Escape 4
- ✓ Elbow-knee Escape to Half Guard 7

## Side Control

- ✓ Paper Cutter 2
- ✓ Kimura 3
- ✓ Straight Arm Lock 3
- ✓ Head and Arm Choke 3
- ✓ Guillotine 7
- ✓ Darce 7

## In Side Control

- ✓ Armpit Escape 5
- ✓ Elbow-knee Escape 6
- ✓ Backdoor Escape 7

## Kesa-Gatame

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

## In Kesa-Gatame

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

## Knee on Belly

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

## In Knee on Belly

- ✓ Umpa to Half Guard 2
- ✓ Shrimp to Shin-on-shin to Half Guard 5
- ✓ Feed the Lapel and go to knees 7

## Guard

- ✓ Scissor Sweep 1
- ✓ X-Choke 1
- ✓ Hip Bump Sweep 3
- ✓ Guillotine Choke 3
- ✓ Kimura 3
- ✓ Flower Sweep 4
- ✓ Armbar 4
- ✓ Triangle Choke 4
- ✓ Omoplata 4
- ✓ Baseball Choke 5
- ✓ Butterfly sweep 7

## In Guard

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

<ul style="list-style-type: none"> <li>✓ Double ankle sweep 8</li> <li>✓ Ezekiel (Sleeve Choke) 8</li> </ul>	
<p><b>Half Guard</b></p> <ul style="list-style-type: none"> <li>✓ Underhook to back take 4</li> <li>✓ Lockdown 6</li> <li>✓ Electric chair submission 6</li> <li>✓ Electric chair sweep 6</li> <li>✓ Hip escape to guard 7</li> <li>✓ Single butterfly sweep 7</li> </ul>	<p><b>In Half Guard</b></p> <ul style="list-style-type: none"> <li>✓ Foot Wedge to Top Mount 1</li> <li>✓ Foot Wedge to Kesa 1</li> <li>✓ Back Step Pass 3</li> <li>✓ Hip Switch Pass 6</li> <li>✓ Lockdown Break 6</li> <li>✓</li> </ul>
<p><b>Back Mount</b></p> <ul style="list-style-type: none"> <li>✓ Armbar 2</li> <li>✓ Single collar choke 3</li> <li>✓ Rear naked choke 6</li> </ul>	<p><b>In Back Mount</b></p> <ul style="list-style-type: none"> <li>✓ Mule Kick Escape 2</li> <li>✓ Back to the Mat Escape 4</li> <li>✓ Pass the Arm Over Head 6</li> </ul>
<p><b>North South</b></p> <ul style="list-style-type: none"> <li>✓ NS Choke 4</li> <li>✓ Kimura (Figure 4) 4</li> </ul>	<p><b>In North South</b></p> <ul style="list-style-type: none"> <li>✓ Swing Escape 4</li> <li>✓ Ezekiel (Sleeve Choke) 8</li> </ul>
<p><b>Turtle</b></p> <ul style="list-style-type: none"> <li>✓ Sit Out and Take Back 2</li> </ul>	<p><b>On Turtle</b></p> <ul style="list-style-type: none"> <li>✓ Clock Choke 2</li> </ul>
<p><b>Takedowns</b></p> <ul style="list-style-type: none"> <li>✓ Takedown from Double Under Hooks 1</li> <li>✓ Double Leg 2</li> <li>✓ Koshi Guruma 3</li> <li>✓ O Soto Gari 3</li> <li>✓ O-Goshi 4</li> <li>✓ Ippon Seoi Nage 5</li> <li>✓ Tani O Toshi 6</li> <li>✓ Single Leg 7</li> <li>✓ Uke Waza 8</li> </ul>	<p><b>Transitions</b></p> <ul style="list-style-type: none"> <li>✓ Mount to Knee-on-Belly 1</li> <li>✓ Mount to Back Mount (Giftwrap) 3</li> <li>✓ Mount to Kesa-Gatame 5</li> <li>✓ Side Control to Mount (2 variations) 5</li> <li>✓ Kesa-Gatame to North South 7</li> <li>✓ Knee on Belly to Kesa-Gatame 7</li> <li>✓ Kesa-Gatame to Side Control 8</li> <li>✓ Side Control to Kesa-Gatame 8</li> </ul>

## Phase I

<b>No Stripe White Belts</b>	<b>1 Stripe White Belts and Above</b>
<ul style="list-style-type: none"><li>✓ Tie Belt</li><li>✓ Tap out</li><li>✓ Shrimp</li><li>✓ Bridge</li><li>✓ Breakfalls (front, side, back)</li><li>✓ Shoulder Rolls (forward, back)</li><li>✓ Sit-out</li><li>✓ Umpa Escape – Top Mount</li><li>✓ Keylock – Side Control</li><li>✓ Guard Break – Guard</li><li>✓ Hip Escape – Side Control</li><li>✓ Scissor Sweep – Guard</li></ul>	<ul style="list-style-type: none"><li>✓ X-Choke: Mount</li><li>✓ X-Choke: Guard</li><li>✓ Foot Wedge to Top Mount: Half Guard</li><li>✓ Foot Wedge to Kesa-Gutame: Half Guard</li><li>✓ Leg Grab to Half Guard: Mounted</li><li>✓ Single butterfly sweep: Half guard</li><li>✓ Armbar: Knee on Belly</li><li>✓ Spinning Armbar: Knee on Belly</li><li>✓ Mount to Knee on Belly: Transition</li><li>✓ Knee on Belly to Kesa Gutame</li><li>✓ Takedown from Double Underhooks</li></ul>

## Phase 2

<b>No Stripe White Belts</b>	<b>1 Stripe White Belts and Above</b>
<ul style="list-style-type: none"><li>✓ Tie Belt</li><li>✓ Tap out</li><li>✓ Shrimp</li><li>✓ Bridge</li><li>✓ Breakfalls (front, side, back)</li><li>✓ Shoulder Rolls (forward, back)</li><li>✓ Sit-out</li><li>✓ Umpa Escape – Top Mount</li><li>✓ Keylock – Side Control</li><li>✓ Guard Break – Guard</li><li>✓ Hip Escape – Side Control</li><li>✓ Scissor Sweep – Guard</li></ul>	<ul style="list-style-type: none"><li>✓ Umpa to Half Guard: In Knee on Belly</li><li>✓ Paper Cutter: Side Control</li><li>✓ Paper Cutter: Knee on Belly</li><li>✓ Mule Kick Escape: Back Mount</li><li>✓ Armbar: Back Mount</li><li>✓ Clock Choke: On Turtle</li><li>✓ Sit-out &amp; Take Back: Turtle</li><li>✓ Standing Guard Break: In Guard</li><li>✓ Bull Fighter Pass: In Guard</li><li>✓ Double Leg Takedown</li></ul>

### Phase 3

#### No Stripe White Belts

- ✓ 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

#### 1 Stripe White Belts and Above

- ✓ Kimura: Side Control
- ✓ Straight Arm Lock: Side Control
- ✓ Hip Bump Sweep: Guard
- ✓ Guillotine: Guard
- ✓ Kimura: Guard
- ✓ Single Collar Choke: Back Mount
- ✓ Mount to Back Mount (Giftwrap): Transition
- ✓ Back Step Pass: Half Guard
- ✓ O Soto Gari
- ✓ Koshi Guruma

## Phase 4

### No Stripe White Belts

- ✓ 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

### 1 Stripe White Belts and Above

- ✓ Triangle Choke: Guard
- ✓ Uma Plata: Guard
- ✓ Armbar: Guard
- ✓ Flower Sweep: Guard
- ✓ Armbar: Top Mount
- ✓ Swing Escape: North-South
- ✓ NS Choke: North-South
- ✓ Underhook to back: Half Guard
- ✓ Back to Mat Escape: Back Mount
- ✓ Kimura (Figure 4): North South
- ✓ O-Goshi

## Phase 5

### No Stripe White Belts

- ✓ 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

### 1 Stripe White Belts and Above

- ✓ Baseball Choke - Guard
- ✓ Baseball Choke – Knee
- ✓ Keylock with Hands: Kesa-Gutame
- ✓ Keylock with Legs: Kesa-Gutame
- ✓ Back Door Escape: Kesa-Gutame
- ✓ Mount to Kesa Gutame: Transition
- ✓ Side Control to Kesa-Gutame
- ✓ Knee on Belly to Kesa Gutame
- ✓ Shrimp to Shin-on-Shin to Half Guard
- ✓ Side Control to Mount
- ✓ Ippon Seoi Nage or Drop Seoi Nage

## Phase 6

### No Stripe White Belts

- ✓ 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

### 1 Stripe White Belts and Above

- ✓ Lockdown: Half-Guard
- ✓ Electric chair submission: Half-Guard
- ✓ Electric chair sweep: Half-Guard
- ✓ Lockdown Break: Half-Guard
- ✓ Hip Switch Pass: Half-Guard
- ✓ Pass the Arm Over Head: In Back Mount
- ✓ Rear naked choke: Back Mount
- ✓ Keylock: Top Mount
- ✓ Tani O Toshi



## Phase 7

<b>No Stripe White Belts</b>	<b>1 Stripe White Belts and Above</b>
<ul style="list-style-type: none"><li>✓ Tie Belt</li><li>✓ Tap out</li><li>✓ Shrimp</li><li>✓ Bridge</li><li>✓ Breakfalls (front, side, back)</li><li>✓ Shoulder Rolls (forward, back)</li><li>✓ Sit-out</li><li>✓ Umpa Escape – Top Mount</li><li>✓ Keylock – Side Control</li><li>✓ Guard Break – Guard</li><li>✓ Hip Escape – Side Control</li><li>✓ Scissor Sweep – Guard</li></ul>	<ul style="list-style-type: none"><li>✓ Step-over Armbar – Kesa-Gutame</li><li>✓ Head and Arm - Kesa-Gutame</li><li>✓ Stack Pass - Guard</li><li>✓ Butterfly sweep – Guard</li><li>✓ Single butterfly sweep – Half-guard</li><li>✓ Hip escape to guard – Half-guard</li><li>✓ Hip escape to Half Guard – Top mount</li><li>✓ Single Leg</li><li>✓ Darces Choke: Side Control</li><li>✓ Kesa-Gatame to North South</li><li>✓ Knee on Belly to Kesa-Gatame</li></ul>

## Phase 8

### No Stripe White Belts

- ✓ 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

### 1 Stripe White Belts and Above

- ✓ Achilles Lock
- ✓ Double Ankle Sweep: Guard
- ✓ Ezekiel-Mount
- ✓ Ezekiel-Guard
- ✓ Ezekiel-North South
- ✓ Head & Arm: Top Mount
- ✓ Kesa Gatame to Side Control
- ✓ Side Control to Kesa Gatame
- ✓ Elbow Knee Escape: Kesa Gatame
- ✓ Leg Over Head Escape: Kesa Gutame
- ✓ Elbow Knee Escape to Armlock: Kesa Gutame
- ✓ Uke Waza