

10TH PLANET

J I U J I T S U
AUBURN

Student Starter Guide
www.10thplanetauburn.com



WELCOME TO: 10TH PLANET JIU-JITSU AUBURN

WHILE YOU ARE TRAINING WITH US, WE ASK THAT YOU OBSERVE & FOLLOW THESE GUIDELINES.

GENERAL ETIQUETTE

WE STRIVE TO MAINTAIN A POSITIVE ATMOSPHERE WITH A SENSE OF COMMUNITY HERE AT 10TH PLANET AUBURN.
HERE IS HOW YOU CAN HELP

PLEASE COME TO CLASS WITH A POSITIVE ATTITUDE AND REMEMBER TO GREET YOUR INSTRUCTORS AND CLASSMATES!

MAKE NEW STUDENTS AND VISITORS FEEL WELCOME IN OUR ACADEMY; INTRODUCE YOURSELF!

REMOVE ALL JEWELRY AND MAKEUP PRIOR TO CLASS.

IF YOU ARE LATE FOR CLASS, PLEASE ASK FOR PERMISSION TO PARTICIPATE FROM THE INSTRUCTOR.

PARTICIPATION IN A CLASS REQUIRES THAT YOU ARE INVOLVED IN EVERY PORTION OF THE CLASS. SPECIFICALLY: THE WARM UP, TECHNIQUE, DRILLING, AND LIVE TRAINING. IF YOU ARE INJURED AND CANNOT PARTICIPATE IN A PORTION OF THE CLASS, PLEASE DISCUSS THIS WITH AN INSTRUCTOR BEFOREHAND.

IF YOU NEED TO PURCHASE A BEVERAGE, OR OTHER MERCHANDISE,
PLEASE DO SO AT THE BEGINNING OR END OF A CLASS SO AS NOT TO DISRUPT THE CLASS DYNAMIC.

SMALL CHILDREN SHOULD BE SUPERVISED AT ALL TIMES AND ARE NOT ALLOWED TO CLIMB, RUN AROUND OR PLAY LOUDLY WHILE CLASS IS IN SESSION.

TALKING ON THE BENCHES SHOULD BE QUIET AND KEPT TO A MINIMUM WHILE CLASS IS IN SESSION.

WHILE WE ENCOURAGE YOU TO STUDY WITH PARTNERS AND SHARE YOUR KNOWLEDGE,
PLEASE REFRAIN FROM TEACHING OR INSTRUCTING DURING CLASS UNLESS YOU HAVE THE INSTRUCTORS PERMISSION TO DO SO.

HYGIENE

WE ARE COMMITTED TO MAINTAINING A CLEAN & SAFE MARTIAL ARTS SCHOOL. LETS WORK TOGETHER TO KEEP OUR SPACE HYGIENIC.
HERE IS HOW YOU CAN HELP:

REMOVE ALL OUTDOOR FOOTWEAR BEFORE STEPPING ON THE MAT. WHILE REMOVING FOOTWEAR, REFRAIN FROM STEPPING ONTO NON-MATTED OR OUTDOOR SPACE WITH YOUR BARE FEET. SANDALS OR OTHER FOOTWEAR MUST BE WORN AT ALL TIMES OFF THE MAT.

WASH YOUR TRAINING GEAR AFTER EVERY CLASS; KEEP YOUR TOENAILS AND FINGERNAILS TRIMMED AND CLEAN;
LONG HAIR SHOULD BE PULLED BACK OR BRAIDED; OFFENSIVE BODY ODOR WILL NOT BE TOLERATED.

IF YOU HAVE ANY TYPE OF SKIN INFECTION, PLEASE BE CONSIDERATE OF YOUR PEERS AND STAY OFF THE MATS.

IF YOU ARE SCRATCHED DURING TRAINING, PLEASE CLEAN AND COVER THE WOUND BEFORE CONTINUING. IF YOU NOTICE BLOOD ON THE MAT, PLEASE NOTIFY A STAFF MEMBER SO IT CAN BE WASHED AND DISINFECTED IMMEDIATELY.

WE HIGHLY RECOMMEND YOU SHOWER IMMEDIATELY AFTER CLASS, AS THIS HAS BEEN SHOWN TO GREATLY REDUCE THE POSSIBILITY OF SKIN INFECTION.
YOU ARE WELCOME TO SHOWER BEFORE CLASS AS WELL.

PLEASE PICK UP AFTER YOURSELVES BOTH ON AND OFF THE MAT. BOTTLES AND CANS SHOULD BE PLACED IN THE RECYCLE BINS AND ALL OTHER GARBAGE SHOULD BE THROWN OUT. VALUABLES SUCH AS WALLETS AND JEWELRY WILL BE KEPT IN A LOST AND FOUND.
ALL LEFTOVER CLOTHING AND GEAR WILL BE DONATED TO CHARITY.

ABIDING BY THESE GUIDELINES WILL HELP KEEP OUR SCHOOL A CLEAN AND ENJOYABLE PLACE TO TRAIN
PLEASE DO YOUR PART AS A VALUED MEMBER OF THE FAMILY.



THANK YOU,
S.I.M.S. MARTIAL ARTS ACADEMY
Home of 10th Planet Jiu-Jitsu Auburn





Auburn Class Schedule

1916 O St, Auburn, NE, 68305

Starts January 4th 2025 until Further Notice.

Adult Class Schedule

Mon - Thurs 6pm-7:15pm
Adult JiuJitsu ages 15+

Youth Class Schedule

Mon - Thurs 5:15pm - 6pm
Youth Jiu-Jitsu All Ages 6+

Mon - Thurs 4:45pm - 5:15pm
Youth Karate ages 6+



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NOW ENROLLING



AUBURN DOJO HOLIDAY SCHEDULE

1916 O St, Auburn, NE, 68305

THE DOJO WILL BE CLOSED THE FOLLOWING DATES IN 2025.

January 1st and 2nd
January 20th
Feb 17th
February 19th
March 10th
April 16th - 21st
May 12th and 14th
May 26th
July 3rd
September 1st
Oct 9th and 13th
Nov 27th
Dec 24th 25th and 31st.



NOW ENROLLING
SIMSDOJO.COM



New Student Starter Guide

Welcome to 10th Planet Jiu-Jitsu Auburn!

Our Jiu-Jitsu Academy offers premium **Jiu-Jitsu and Self-Defense** instruction for the entire family. The Martial Art Jiu-Jitsu is a great way to get in shape, build a skill, learn to defend yourself and others, or simply increase happiness and wellness. The art has grown in popularity due to the huge number of benefits it offers. To put it simply: **Jiu-Jitsu Changes Lives**. As one of the Few **Black Belts** of the Art in the state, I'm incredibly honored to bring this powerful Discipline directly to you.

Jiu-Jitsu is for everybody! Any shape or size, any race color or creed, any religion, any back ground you can think of. What makes this possible is we are all on the same path of **Continual Self Improvement**. What makes this possible is training in an environment where everyones Ego's are in check and Everyone respects everyone on and off the mats. Always remember to **check your ego at the door** and always show love to your team mates. They are the ones who help you get better. Without a team behind you on the mats, you can not progress.

With that said, We are so excited to have you on the mats with us and share in this **incredible art**. Before we get to rolling there are some very important tips to help you **succeed** and some information you will need to know and understand before training begins.

Please be sure to review all the class info below and feel free to share this new student starter guide with **friends and families**. The more awesome beings on the mats with us, the better the training is for us all.

I can't wait to share my **Jiu-Jitsu** with you all. Thank you for your support

Respectfully,

The Stewart Family
-Derek, Katie, Malia, Izzy, and Kingston





The Jiu-Jitsu Journey

Jiu-Jitsu will become one of the most challenging and rewarding activities you have ever taken part in. There is no other art in the world quite like it. The truth and pure honesty that the art presents us can be very real look within. The humility gained during training allows us to develop an unshakeable confidence that resides within a balanced mind and body. If given the opportunity jiu-jitsu will change your life for the better in unimaginable ways.

THE KEY:

Above all other advice is to simply Train! Attend as many classes as you can. You came into this art to get good at it. Make the commitment to put forth your best effort into your classes. You will see results at a faster rate which will motivate you to train more and keep you less likely to slip and lose track of your initial goals. Take note of how you feel after you train. You'll notice every time that you feel amazing. Remember that feeling. That freedom: how much relief it brings. Remember that every time you get on the mat you get better. You may not notice or feel it right away but jiu-jitsu is a game of repetition and each day is more repetition and more reps = improvement.

Train as often as you can:

Repetition:

Will increase your skill at performing and executing the techniques. The more training you get the more reps you get. The amount of repetitions you can get in will rocket you to success or hold you back. Jiu-Jitsu is about creating a healthier, happier, and balanced Mind Body and Spirit. With those 3 components of our life in harmony we are effective and productive beyond measure. Something we should all strive for. This balance can allow us to reach the goals within we seek to achieve. Prioritize your Training Schedule. Set it and Commit.

Be Consistent:

You need as many repetitions as possible. Stay on a consistent training schedule and routine so your reps can become automatic and you can stay progressing even on the tough days you may not be as focused. Training is training, even if you are having a rough day and are looking for excuses to miss practice, SHOW UP! You will feel better after class. You will see the progress made over missing the

class, the energy gained after rolling always relieves stress and leaves you feeling refreshed. Stay Consistent. Your future black belt self will thank you for it.

Help When You Can:

The dojo is a beautiful community with individuals all striving to become better all with different backgrounds, experience, personal problems, their own demons they are overcoming on the mats, etc. The mats become a very personal growth experience for many. Its important we as a team are all collectively looking to help when we can because we all at times in our jiujiitsu journey will need help. Be Patient. Be Understanding. Be Tough. As the Great Moses Powell would say “Each One, Teach One” OSS!!

Tap Often and Tap Early:

Check all Egos at the Door! As the great Kendrick Lamar said: “BE HUMBLE!” There is much power gained in tapping out. Every tap is a lesson learned and a lesson learned is you becoming better. As the saying goes “In Jiu-Jitsu there is no losing, Just Winning and Learning.” Tapping early protects you and partners from injuries that may keep you off the mat not training and that just means your ego kept you from getting better at jiujiitsu! When you tap out be sure to tap your partner 3 times at least and make a verbal Tap by saying loud enough for your partner to not confuse your voice with anyone else voice the words “Tap Tap Tap.” Safety is the highest priority.

Private Lessons are Powerful:

My great friend and mentor from 10th Planet Phoenix “Yoda” John Botello describes beginning jiujiitsu as a great battle ship that has incredible potential but has holes all over its body and has it sunk to the bottom of the jiujiitsu ocean floor. Each technique, path, sequence, or movement you learn patches those holes. The fundamentals and basics (Jiu-Jitsu 101) will patch those holes of your Jiu-Jitsu battle ship so you can be in the fight. Now that your ship is patched and afloat moving along the jiujiitsu ocean you now have to learn the strategies and science to the art of war that we call jiujiitsu! Private lessons help you patch your holes more quickly. **email info@simsdojo.com for info.**

Take note of how great you feel after training. This feeling happens only after you train; not before. If you are having a stressful time with life, feeling unhealthy, or down in general. TRAIN.





Etiquette and Safety

Respect for ourselves and others

When training remember that you are always looking out for your partners. In training you'll be expected to work and train with a variety of training partners. Some days you'll have the same training partner the whole class, other days you'll rotate through many training partners. We're all family out here! The mix of training partner helps us learn to apply our technique to a variety of body types and skill levels. This is a crucial part to the development of our jiu-jitsu. "Being Comfortable with being uncomfortable is jiu-jitsu" - Tom Deblasse

Warm Ups:

Each class will start with jiu-jitsu and self defense oriented movement flows and exercises to get ready for technical and live training. The warm ups are critical to your development as a student. The prepare your body for training. Don't neglect the warm ups. Enjoy the warm ups. Your pace should grow in strength. Start slow.

Technical Training and Flowing:

After our warm up series and movements we go into technical training. Technical training must be done when we are tuned up and ready, not exhausted! We need to retain all the details needed in this complex art. In technical training we are in the lab, take notes if you must . repetition is key when practicing technique. **Slow is smooth and smooth is fast.** Start slow with your technique and work to make it flow without missing the steps. Sometimes you need to squeeze, other times you have to flow. Working to control the separating and seamless continuation of the moment is where the skill develops. . When you are performing repetitions of the technique always attempt to perform the move to the best of your ability each rep. Quality over quantity will add up faster. Notes are fantastic to remember the steps of the sequences. Tip: use your phone and build a notebook of jiu-jitsu notes. It helps.



Etiquette and Safety

Live Drilling and Live Rolling:

The intensity is picking up right here. In live drilling start out slow and finish strong, work to match your partners intensity, not overpower it. If you match their intensity and succeed in your training goal then its done with technique, if you have to overpower then you are struggling and forcing rather than using a technical approach. Technique Conquers All - Caio Terra

Sometimes your partner will feel a different pace and vibe than you, I always encourage you to learn to adjust your pace and comfort zone and learn to adopt that partners style and intensity. The growth in jiu-jitsu comes from so many areas more than just technique. When you can mimic feel and repeat your opponents patterns you can begin to break them in ways outside of just technical knowledge. These experiences are important when you compete or roll against high level opponents. Take advantage of these opportunities in training.

Each One Teach one

Help everyone on the mats if you can. Its a jiu-jitsu community where we all want to get better at this endless art. Help the new guys shrimp, be a patient partner, Build the bridge instead of burning! Help where you can.

Mat Safety

Right of Way While Rolling

In live rolling bodies are moving everywhere and a lot of action is happening. The rule of thumb that is followed is Upper belts have the right of way when rolling. If your roll is the way of an upper belts roll its your responsibility to adjust your roll, if you see a roll intruding on an upper belts roll please remind them nicely of the right of way rule.

When an Instructor is on the mat, he/she has the ultimate right of way. If you bump into him once, that's incidental; if it happens twice, you need to move. After the Coach, tradition affords precedence to the senior belts: black, brown and purple in that order.

Submissions and Tapping

Tap early.

One of the things that makes jiu-jitsu more effective than some other martial arts is that we can execute our moves at 100% certainty when sparring, which allows us to have a better understanding of our techniques. What makes this possible is the concept of



Etiquette and Safety

submission, also known as tapping, which is a way of acknowledging that you have been caught with a technique that could result in your being injured or rendered unconscious. Tap Early and Build.

Submissions can be indicated verbal or physical

By tapping your opponent's body repeatedly with your hand. The rule of thumb is that three taps in a row is a definitive tap. One tap could be interpreted as an attempt to push the person you are tapping to, as could two taps. Three taps is the universal standard for a submission.

If you cannot touch your opponent due to the position you are in, you can also tap the mat with your hand, or if necessary, you can even tap with your foot. You can verbally submit by saying "tap" or otherwise indicating that you are submitting. **Any sounds that you make OR hear that indicate you or your partner are in pain must and will be interpreted as a verbal submission. Respect**

Catch and Release

Sometimes a person is caught in a submission that they should tap to without realizing the danger they are in. In that case, the person applying the submission should continue to hold the submission in place but not apply finishing pressure and inform their partner that they are caught. If the person who is caught in the submission disagrees, apply finishing pressure slowly.

There are some techniques such as a bicep slicer or heel hook where the person being attacked will not necessarily feel pain until it is too late - in that case, the offensive player should inform their training partner that they are caught and explain the danger. Take their word for it. With that being said it is up to us all to look out for the safety of all of our training partners if you have the experience and rank take the higher road and let the sub go before damage can occur and explain the situation. We are working to build a strong team. Teamwork and cooperation is key on the mats.

Hygiene:

jiujitsu is a contact sport. Cleanliness is a must. Keep your uniforms and gear washed and smelling clean. Always wash your training gear after classes and never go off the mats bare foot or walk on the mats with shoes :-)



General Safety Rules

Remove all jewelry

Including necklaces, earrings, and rings (even wedding rings) before drilling or rolling.

Bring a Towel!

Jiu-Jitsu will make you work hard! Be ready to sweat.

Wear Class Uniforms

Represent for your team and wear approved equipment. Be sure to check with coach on required Class gear.

No Shoes on the mats - wear footwear off the mats - only be barefoot On the Mats.

YOU ARE A REPRESENTATIVE OF THIS ACADEMY , The Art, Its Instructors, and Students. Act Accordingly

You are learning one of the most effective martial arts in the world. Some of these techniques can do serious harm to someone or even cause death. You are becoming a jiu-jitsu superhero. Use your powers wisely. Your jiu-jitsu has the fingerprints of your instructors and their lineage all over your technique and within this art you become a true representation of your academy. Act accordingly and carry the traditions on with respect and honor!

Be Nice

Pay Attention

Do Your Best.

Keep it Simple.



Jiu-Jitsu *Lineage and Rank*

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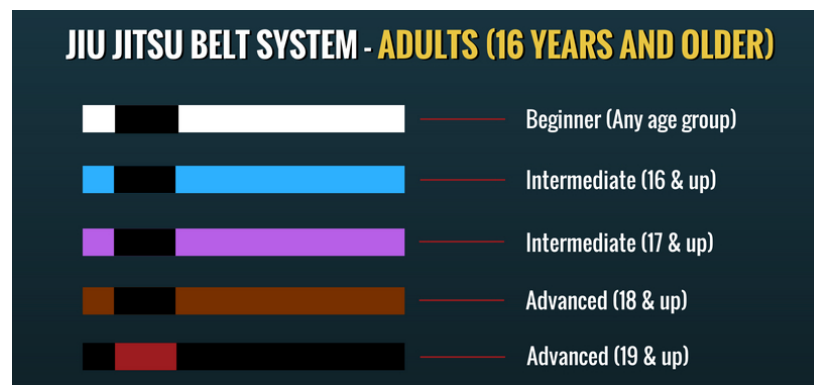
We are incredibly proud of our Jiu-Jitsu Lineage that is rooted in the founders of the Art Itself.

Mitsuyo Maeda → Carlos Gracie Sr. → Helio Gracie → Carlos Gracie Jr. → Rickson Gracie → Jean Jacques Machado → Eddie Bravo → Derek Stewart

Our aim is to keep the value and tradition of the jiu-jitsu belt pure maintaining the strict requirements that have helped keep the art as prominent and valued as it is today. Below are the minimum age requirements before earning rank. In addition to the minimum age requirement. We have strict standards based on competition history, performance and understanding of the curriculums, and other factors determined by the instructor.

Your growth in jiu-jitsu is your own personal journey that will have varied lengths of time that differs student to student. The nature of the art is that competitors tend to get promoted faster due to their constant test of their technique. However competition is not required it is merely the quick answer for those who are hungry to progress.

For those patient and not competing enjoy the journey and focus on your jiu-jitsu improving. Focus on the ability to execute your technique against resistance successfully over time with minimal force and maximum control.



www.10thplanetauburn.com



Uniform Policy

Adult Uniform Policy:

Students must wear an official 10th Planet Rash Guard and Fight Shorts. 10th Planet Auburn rash guards are available Online Directly [Here](#).



Youth Uniform Policy:

Students must wear an official 10th Planet Rash Guard and Fight Shorts. 10th Planet Auburn rash guards are available Online Directly [Here](#).



Uniform Probation 45 Days

All new students have up to 45 days to get their required student uniform in order.

Questions? Let us know. All student uniforms are available right online.

www.10thplanetauburn.com





Jiu-Jitsu for Kids

Our Youth Students learn cutting edge Jiu-Jitsu, develop powerful self-discipline and confidence, and have a blast while doing it.

Through the practice of jiu-jitsu students become more flexible, stronger, develop more patience, become more confident and many more benefits too much to list .

Having been a childhood martial artist myself, I understand the importance of the traditions of self-discipline and constant improvement. To help facilitate these attributes with more efficiency we have implemented an incredible Character building attribute system for each belt level our students progress towards.

Along with the physical techniques of the art, they learn about the Character Building Attribute associated with each belt as well. Learn More below...

Along with Monthly Progress Reports, a detailed curriculum, and a positive encouraging training environment 10th Planet Auburn is ready to help its students reach and shatter their goals.

Take some time to review the Rules of the Dojo and our Belt Attributes to help you get started. Questions? Email info@simsdojo.com





Jiu-Jitsu Youth Belts

Our Youth Students earn rank in the Prestigious Art of Jiu-Jitsu.

Youth students are eligible for rank at a certain age and time in rank. As with adult rank there are various factors that can determine a students promotion. For youth students the largest factor is Class Attendance! Don't Miss Class!

There are 4 Stripes to be earned per belt before students may progress to the next belt. Youth Students go through a Testing Process for each Stripe and Belt Level. Students must complete 20 Classes before eligible for the next Stripe on their belt.

Skill Level Group	Kids Belt Group	Belt	Belt Sample	Age Group	Minimum time in Grade
Beginner	White belt group	White		Any	Beginner
Intermediate	Gray belt group	Gray/White		4-15	8 months in previous belt
		Solid Gray		5-15	8 months in previous belt
		Gray/Black		6-15	8 months in previous belt
Intermediate	Yellow belt group	Yellow/White		7-15	8 months in previous belt
		Solid Yellow		8-15	8 months in previous belt
		Yellow/Black		9-15	8 months in previous belt
Advanced	Orange belt group	Orange/White		10-15	8 months in previous belt
		Solid Orange		11-15	8 months in previous belt
		Orange/Black		12-15	8 months in previous belt
Advanced	Green belt group	Green/White		13-15	8 months in previous belt
		Solid Green		14-15	8 months in previous belt
		Green/Black		15-15	8 months in previous belt



Youth Stripe System

For Our Youth Jiu-Jitsu Students there are 4 White Stripes and 1 Red Stripe to indicate you have met the attendance requirements to test at next belt testing. Testings are Quarterly www.simsdojo.com for full schedule. Review Testing Requirements before submitting testing applications. Two examples are shown below.

12 Classes are required per stripe at Novice Levels (White Belt and Gray White Belt) Gray Belt and Above require 20 classes per stripe.

WHITE BELT



GREY/WHITE BELT





YOUTH JIU-JITSU BELT ATTRIBUTES

White Belt – Attitude – “Attitude is Everything!”

Life is 10% what happens to you and 90% what you do with it.

Grey/White Belt – Responsibility – “Success; If It’s To Be, It’s Up To Me!”

You do what you most want to.

Grey Belt – Commitment – “No Goals – No Glory!”

Advance towards your dreams; try to live the life you imagine and you will meet with uncommon success.

Grey/Black Belt – Courtesy – “To Get Respect – Give respect !”

Learning to treat each other the way we should is the key to true human greatness.

Yellow/White Belt – Confidence – “Believe and Succeed!”

Only believing in yourself and your abilities can make your dreams reality.

Yellow Belt – Determination – “Never, Never Quit!”

Desire creates power! See your goal and never falter.

Yellow/Black Belt – Enthusiasm – “Feel The Power of excitement! “

Enthusiasm cannot be taught, it can only be shared.

Orange /White Belt - Quality – “Trifles Make Perfection.”

Excellence is attention to detail.

Orange Belt – Persistence – “Water and Wind Eat Mountains.”

Nothing takes the place of persistence. Talent will not, genius will not, education will not. Persistence and determination alone are omnipotent.

Orange/Black Belt – Integrity – “Be Honest Within or All is a Lie.”

All that you say and do, reveals your inner self.

Green Belt – Leadership – “Example Inspires!”

Those who are lifting the world onward and upward are those who encourage more than criticize.

SIMS Martial Arts Academy

Home of 10th Planet Jiu-Jitsu Auburn

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www.10thplanetauburn.com

“We Build Character”





RULES OF THE DOJO

#1 BE NICE!

(BE FRIENDLY KIND AND RESPECTFUL ALWAYS)

#2 PAY ATTENTION

(THE DETAILS MATTER)

#3 DO YOUR BEST

(REMEMBER THE 40% RULE)

#4 PAY YOUR RESPECTS

(HONOR FAMILY FRIENDS AND COACHES)

#5 TAKE CARE OF YOUR DOJO

(THIS IS HOME TO US ALL- RESPECT HOME)

#6 BE LIKE WATER

(KEEP THE FOOD HOME, HYDRATE AND BE READY TO FLOW)

#7 KEEP A CLEAN MIND, BODY, AND SPIRIT

(A CLEAN DOJO MAKES IT ALL POSSIBLE)

#8 LET NOTHING DISTURB YOUR PEACE

(CELL PHONES SILENT, BACKGROUND TALK LIMITED - HONOR THE PEACE)

#9 HONOR YOUR COMMITMENTS

(BE ON TIME - LATE: BUY YOUR TIME IN BURPEES)

10# BELIEVE IN YOURSELF

(WE INSPIRE THROUGH ACTION. BELIEVE IT AND ACHIEVE IT!)

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"We Build Character"





SIMS MARTIAL ARTS ACADEMY

2025 FUNDAMENTALS UPGRADE



Cover Page



SIMS MARTIAL ARTS ACADEMY

2025 FUNDAMENTALS UPGRADE

THE STANDARD

1. Snap down, Sprawl control, body spins x 2, back control, RNC.

advanced - proper corner turn to beat elbow, proper break down to position, proper finish rnc.

Marcelo cartwheel to the back, arm bar from back.

-
2. Snap down, sprawl control, Guillotine

Advanced path - from guillotine switch to arm in grip trap head, shrimp, butterfly hook, sweep to mount, mounted guillotine

advanced part 2 - Forward roll to anaconda choke, back roll re mount to back take.

-
3. Duck Under, Spiral Ride, Back control, RNC.

advanced - throw by, arm drag, and Russian tie to the back, then tonnon roll to chair, and back control.

advanced - throw by, arm drag, and Russian tie to the back, Renzo Hook to back control.



SIMS MARTIAL ARTS ACADEMY

2025 FUNDAMENTALS UPGRADE

THE FULL CLIP

1. Single Leg Takedown, Leg drag, side control, knee on belly, mount, S Mount, Arm Bar

Single leg outside trip to Ankle lock.

Defense - leg circles, shrimp and get open guard, guard retention drill

-
2. Single Leg takedown, leg drag, side control. Bottom person recovers closed guard, 2 arm bars, hip bump sweep to the mount.

-
3. double leg straight to side control, knee on belly, mount, super man mount, americana Fig4 straight arm lock.

Advanced: Double leg recover closed guard, 3 basic closed guard passes (wedge and slide, Standing pass, step around pass) establish mount arm triangle.



SIMS MARTIAL ARTS ACADEMY

2025 FUNDAMENTALS UPGRADE

OLD SCHOOL

1. 50/50 clinch - Outside trip to side control - Americana, Fig 4 straight arm lock.

2. 50/50 clinch - Outside trip to knee on belly, two knee on belly skips, mount. Mount 101 (see the 101 vid section for the breakdown) Swim Swim, defend bridge x 2, defend the knee push x 2.

3. 50/50 clinch - knee tap outside trip to side control - bottom person recovers closed guard - Arm bar triangle omoplata combo - partner rolls out of omoplata - establish side control - partner escapes to closed guard - other person does Arm bar triangle omo plata combo.



SIMS MARTIAL ARTS ACADEMY

2025 FUNDAMENTALS UPGRADE

TILL INFINITY

1. Arm bar triangle omoplata - partner rolls out - recover guard, repeat. Advanced Dead Orchard, Meat Hook Triangle, Rubber guard path to omoplata, K Guard Sweep - .

-
2. Two Kimura's Hip Bump sweep to mount - escape to half guard - escape to closed guard - repeat.

-
3. Same as 2 except person does a kimura, a guillotine, and then a triangle from the guillotine, the returns to closed guard after the tap, then hip bump sweeps, mounts, escape as above and repeat.
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SIMS MARTIAL ARTS ACADEMY

2025 FUNDAMENTALS UPGRADE



End