

Fundamentals Course Content

Basic Movement on the ground

- Shrimping
- Shrimping Flow
- Break falling
 - Backwards
 - Sideways (Rolling)
 - Bridging

How to move an opponent using the Gi

Basic throws:

- Headlock throw after blocking swinging punch
- Hip throw after blocking slap

Gi Gripping system

- From Grips
 - Single leg takedown
 - Double leg takedown

Gi Grip breaks of collar and sleeves

Takedown to guard pass:

- Torreando pass
- Knee cut pass
- Open Guard Passing (Dirty feet)

JiuJitsu Postions

- **Mount**
- Mount Attacks
 - Mounted X Choke
 - Mounted (pop up) armbar
- Mount Escapes
 - Trap and roll escape
- **Guard**
- Guard Pull to closed guard
 - Closed guard X choke
 - Closed guard armbar

Closed guard omoplata

Closed guard triangle

- Guard break:
Knee behind butt & push back
- **Side Control**
Standing to ground ending on ground (top & bottom)
Side control position flow
- Side Control Attacks
100kg Americana/ armlock/ Kimura
- Side Control Escapes
Scarf hold
modified Scarf hold
100kg
- **Back**
Back - standing to ground
Gift wrap to back take
- Back Attacks
RNC
straight collar choke
- Back Escapes

Putting it all together