



Blue Belt

Lesson Plan syllabus for Academy Jiu-Jitsu blue belt.

Overview & purpose

Your blue belt represents that we believe you can defend yourself against a larger, stronger unskilled opponent in a physical altercation. These are the basic movements, techniques, and positions that will build a solid foundation in self defense.

Education standards

1. Showing up to class well kempt, with a clean uniform, and on time.
2. Showing respect to instructors and fellow students
3. Being attentive in class and showing initiative outside of class to retain lessons.
4. Demonstrating self control on and off the mat.
5. The ability to demonstrate techniques with precision and control.

Objectives

1. Confidently demonstrate techniques on the syllabus.
2. Demonstrate active situational self defense techniques in sparring rounds.
3. Spar confidently from all learned positions.
10 min Standing (5 min self defense, 5min grappling only), 2 min self defence guard bottom, 4 min grappling guard top, 4 min grappling guard bottom. 2 min self defence bottom side, 4 min side top, 4 min side bottom. 2 min self defence mount bottom. 4 min mount top, 4 min mount bottom. 2 min self defence back, 4 min back control escapes, 4 min back control attacks.

Materials needed

1. Personal syllabus and notes.
2. A clean Gi.
3. A pair of MMA gloves.
4. A mouth guard.

Movement

1. Stand in Base
2. Moving in base (Forward, Back, Left, Right, Pivot)
3. 4-points of base
4. Break falls
 - a. Backwards
 - b. Forwards
 - c. Side
5. Hip escapes
 - a. 2 feet
 - b. Outside leg
 - c. Inside leg
 - d. Rising hip escape
6. 360 guard
7. Bridges
 - a. Basic
 - b. Stepping over
 - c. Thread the needle
8. Shoulder roll (forward and back)
9. Crucifix mobility drill

Stand up

1. Wrist grabs
 - a. Low single hand grab
 - b. Low 2-on-1 hand
 - c. Both wrists
 - d. High single hand grab
 - e. High 2-on-1 grab
 - f. High grab both wrists
2. Strikes
 - a. Jab
 - b. Cross
 - c. Hook
 - d. Elbow
 - e. Push kick (teep)
 - f. Knees
 - g. Thai roundhouse (leg kick)
3. Bridge the gap (Clinch)
 - a. Haymaker defense

- b. Push kick entry
- c. Single lapel grab
4. Takedowns from clinch
 - a. Body fold
 - b. Leg hook
 - c. Pull guard
5. Takedowns from striking
 - a. Double leg
 - b. Single leg
6. Tackle defence
 - a. Hands stop + knee
 - b. Sprawl to guillotine
7. Shell concepts
8. Bear hug defence
 - a. Arms pinned (Front + Behind)
 - b. Under arms (Front + Behind)
9. Rear headlock defence
 - a. Shoulder throw
 - b. Being pulled backward (Osoto Gari)
 - c. Locked Mata leao escape to clinch
10. Side Headlock escape
 - a. w/ tall posture
 - b. w/ low posture
 - c. w/ punches
 - d. Being pulled down
11. Front head lock
 - a. Guillotine defense
 - b. Defence against knees
12. Arm drag
 - a. To rear clinch w/ choke takedown
 - b. To rear clinch to trip takedown

Guard (passing)

1. Torreander pass
2. Standing knee through
3. Double under pass
4. Open closed guard to leg on shoulder pass
5. Standing closed guard pass
6. Standing closed guard pass to straight foot lock

7. Guillotine defence (von flue)
8. Arm bar defense (stack)
9. Triangle defense (posture)

Guard (defense)

1. Punch Block series 1-5
2. Submissions
 - a. Cross choke (Lvl 1)
 - b. Arm bar off forearm choke (lvl 1)
 - c. Triangle choke (lvl2)
3. Sweeps + Transitions
 - a. Sit over sweep to mount (lvl 1)
 - b. hook sweep to mount (lvl1)
 - c. Transition to back off forearm choke (level 1.5)
 - d. Scissor sweep to mount (lvl 2+3)
 - e. Front sweep to mount (lvl 3.5)
 - f. Back sweep to mount (lvl 4)
 - g. Leg hook sweep to standing in base (lvl 4)

Side control (top)

1. Hand placement control and transitions
2. Transition to knee ride
3. Transition to mount
 - a. Step over
 - b. Knee ride
4. Americana
5. Kimura
6. Paper cutter choke
7. Near side arm bar
8. Far side arm bar

Side control (bottom)

1. Punch defence
2. Headlock escapes (kesa-gatame)
 - a. shoulder connection pull reversal to arm bar

- b. frame connection with arms reversal to arm bar
- c. leg hook/shoulder connection to back control shoulder lock
3. Kuzure kesa gatame escape (frame)
4. Guard recovery (cross face)
5. Escape to knees (under hook)
6. North- south reversal (pillow)

Mount (top)

1. Maintenance
 - a. Pushing chest
 - b. Pushing side to side
 - c. Pushing legs
 - d. Bridging left and right
 - e. Rolling over and getting up
2. Figure 4 (Americana)
3. Armbar off chest push
4. Cross choke
5. Triple threat attacks
 - a. Half Nelson choke
 - b. Arm bar
 - c. Take the back

Mount (bottom)

1. Bridge and roll
2. Elbow knee escapes
 - a. Hip frame
 - b. Leg hook
 - c. Grapevine
3. Punch defence
 - a. To bridge and roll
 - b. To elbow knee escape

Back (attack)

1. Mata leão (rear naked choke)
2. Double lapel choke
3. Arm bar
4. Transition to mount

Back (escapes)

1. Punch defence
2. Double under
3. Double over
4. Seat belt grip
5. Face down sprawled out
6. Choke defence 2 on 1
(Rickson/Relson)