

Core Combatives

It is Through real world experience and study of effective combat applications we are able to deliver the this cutting edge curriculum to students to looking for complete jiu-jitsu education.

Technique List	
1	Pummel for underhooks + full cycle
2	Strike distancing to slip clinch + hammer lock
3	Body lock escape + Mount maintenance + hammer lock
4	T position to hip toss + side control to mount
5	Penetration step + guilotine choke from guard
6	T position - single leg + bull fighter pass
7	Guilotine choke defence standing + side control hammer lock
8	Pummel to body fold takedown + upa escape
9	Low line double + guard posture break and punch block
10	Punch to t position knee block + kimura
11	Basic sprawl to back hooks + kimura hip bump sweep
12	Plum defence + mounted armlock
13	Rear clinch base and escape + back take from mount
14	over underbody lock + triangle choke
15	T position headlock defence + hip escape to guard or bellydown
16	Standing guillotine escape + back take rnc
17	Single leg + guard guilotine escape
18	Double leg + scissor sweep
19	Leg hook trip - closed guard armlock
20	Crazy monkey to clich + canopener defence
21	Round house kick defence + side control headlock escape
22	Standing armlock - upkick game to tripod
23	Open guard retention + open guard royce or tripod sweep
24	50/50 attacks + staight jacket back or armlock
25	Sprawl to back control - side control kimura combo
26	3 pummels 1 shoot - katagatame choke top and bottom
27	High crotch - elevator sweep



core
jiu-jitsu

Complete Martial Arts Training

This is the only reality tested & proven effective approach to jiu-jitsu for everything from personal protection to world class competition available anywhere in the local area.

Start at any time

No prior experience is needed to participate in any lesson, making it easy for new students to start at any time.

100 % percent your easiest way to get educated

Earn your stripes

Once you have a good understanding of the basics (usually done each lesson 3x) you are eligible to test for belt promotion giving you access to a much wider variety of classes at the academy ranging from.

Mastery of the art, competition in the Sport or cross training for mixed competition.

A one of a kind story in the martial arts
www.bjjmississauga.com/history