core jiu-jitsu

Complete Martial Arts Training

CORE BJJ LESSON PLAN FEBRUARY 2022

	LESSON 1	LESSON 2	LESSON 3	LESSON 4
STANDING	PUMMEL FOR UNDERHOOKS	FOLD TAKEDOWN OFF BODYLOCK	BASIC COLLAR GRIP BREAKING SEQUENCE	HEADLOCK SNAP DOWN TO GO BEHIND
BASE DRILLS	HEADLOCK DEFENCE STANDING	FOLD TAKEDOWN OFF BODYLOCK	HEADLOCK ESCAPE TO REAR TRIP / MOUNT	OPEN AND CLOSING BASE FROM MOUNT
TECHNIQUE 1	UPA ESCAPE - HANDS ON BODY	OPEN GUARD ON GROUND PUSH TO MOUNT (KNEE IN THE MIDDLE)	UPA ESCAPE - HANDS ON BODY	HAND IN COLLAR OPEN BASE --> STRAIGHT JACKET ---> STRIAGHT ARMLOCK
TECHNIQUE 2	HIP ESCAPE - HANDS ON FLOOR	OPEN GUARD ON GROUND QUICK STACK TO SIDE	SCISSOR SWEEP	HAND IN COLLAR OPEN BASE --> BACK CONTROL
DRILLING	ESCAPE TRIFECTA - UPA ESCAPE & HIP ESCAPE COMBO	GUARD PASS TO MOUNT AND MOUNT ESCAPE DRILL	SECURE SIDE CONTROL & SPAR TO MOUNT	GUARD PASS TO MOUNT ---> PARTNER FEEDS --> CHOKE/ BACKTAKE/ ARMLOCK

LESSON PLAN SCHEDULE

	TUESDAY - 6PM	THURSDAY - 6PM	SATURDAY - 11:00AM
Week 1	L1	L1	L2
Week 2	L1	L2	L2
Week 3	L3	L2	L3
Week 4	L3	L4	L4
Movements	Upa	Shrimp	Stand in base