



## Basic program - WHITE to BLUE BELT

### FUNDAMENTALS

- ROLLING FORWARD
- ROLLING BACKWARD
- STAND UP FALLS
  1. BACKWARDS
  2. SIDEWAYS
  3. FORWARD— IN THE KNEES (for Kids)
- HIP SCAPE
- TECHNICAL STAND UP
- TURN BELLY DOWN
- PUMMELING
- 5 POINTS OF BODY CONTROL

### TAKE DOWNS

- OSOTO GARI
- O GOSHI
- KOSHI GURUMA
- SEOI NAGE
- MOROTE GARI
- OUCHI GARI
- KOUCHI GARI
- DEASHI HARAI
- HIP DEFENSE
- BODY LOCK
- SUPLEX DEFENSE
- GOING TO THE BACK FROM DOUBLE LEG TAKE DOWN



## SELF DEFENSE

- HOLDING THE WRIST
  1. ONE HAND
  2. HAND OPPOSITE DIRECTION
  3. 2 HANDS
- HEAD LOCK (standing sideways)
  1. PUNCH
  2. FALL
- HEAD LOCK (on the bottom)
  1. ROLLING
  2. TAKING THE BACK
- STANDING GUILHOTINE and THE DEFENSE
- HOLDING THE T-SHIRT (collar)
  1. ONE HAND
  2. TWO HANDS
- HOLDING THE T-SHIRT (shoulder)
- KEEPING THE BASE FROM PUSHING OR PULLING
- GRABBING FROM BEHIND
  1. OVER THE ARMS (two variations)
  2. UNDER THE ARMS
  3. NECK
  4. NECK PULLING
- SUCKER PUNCH DEFENSE
- STRAIGHT PUNCH and THE DEFENSE
- FRONT KICK and THE DEFENSE
- SIDE KICK and THE DEFENSE
- HIGH KICK and THE DEFENSE



## GUARD

- POSTURE (top)

1. *KEEPING THE POSTURE*
2. *ARMS and HANDS POSITION*

- POSTURE (bottom)

1. *GRIPS*
2. *BREAKING THE POSTURE*

- REPLACING THE GUARD (bottom)

- SUBMISSIONS

1. *ARMBARS*
2. *LAPEL CHOCKE ( PALMS UP / THUMB ON THE COLOR)*
3. *TRIANGLE*
4. *KIMURA*
5. *GUILHOTINE*

## HALF GUARD

- POSTURE (top)

1. *KEEPING THE UNDERHOOK*
2. *GRIPS*

- POSTURE (bottom)

1. *GETTING THE UNDER HOOK*
2. *GRIPS*
3. *BREAKING THE POSTURE*

- REPLACING THE GUARD (bottom)

1. *SHRIMPING IN*
2. *LIFTING THE OPPONENT*

## OPENNING THE GUARD

- FROM THE KNEES

1. *KNEE ON THE BUTT*
2. *BASING ON ONE FOOT*
3. *BASE (one knee up)*

- FROM STANDING

4. *STANDING UP*
5. *BASE*



## PASSING THE GARD

- STACK PASS WITH BOTH ARMS UNDER THE LEGS(from the guard)
- STACK PASS FORE ARM IN THE LEG / ONE LEG IN THE SHOULDER (from the guard)
- BULL PASS (from standing)
- SAME SIDE KNEE OVER (from the guard)
- CROSSING THE KNEE (from the guard)
- CROSSING THE KNEE ( from half guard)

## SWEEPS

- SCISSORS
- HIP BUMP
- HOLDING THE PANTS
- HOLDING THE HEELS (when opponent standing)
- BACK FLIP (when opponent standing putting his weight forward)

## SIDE CONTROL

- ARMS and LEGS POSITIONS ON THE BOTTOM
- ARMS and LEGS POSITIONS ON THE TOP
- CONTROL (top)
  1. *KEPPING THE UNDER HOOK*
  2. *SWITCHING BASE*
- REPLACING THE GUARD
- SCAPE
- GO TO THE MOUNT
- GO TO KNEE ON BELLY
  3. *CONTROL (top)*
  4. *SCAPE (bottom)*
- SUBMISSIONS
  5. *KIMURA*
  6. *AMERICANA*



## MOUNT

- HIGH
  1. CONTROL (top)
  2. ESCAPE
- MEDIUM
  3. CONTROL (top)
  4. ESCAPE
- LOW
  5. CONTROL (top)
  6. ESCAPE
- SCAPES
  7. CONTROL (top)
  8. ESCAPE – HIP ESCAPE / UPA
- HOOKS
  1. CONTROL (top)
  2. SCAPE
- GOING TO THE BACK
- SUBMISSIONS
  1. TRADITIONAL LAPEL CHOKE
  2. EZEQUIEL CHOKE
  3. ARM LOCK

## BACK

- CONTROL
- ESCAPE
- DEFENDING THE NECK
- TAKING THE BACK FROM MOUNT
- LAPEL CHOKE
- REAR NACKED