



# Brazilian Jiu-jitsu

## WHITE BELT TO 1-STRIPE WHITE

### FALLS

Simple Sit Down

### POSITIONS

Closed Guard

Side Control

### TRANSITIONS

Knee Inside Pass from Closed Guard

Hip Escape from Side Control

### ARMLOCKS

Americana from Side Control



## Brazilian Jiu-jitsu

### 1-STRIPE TO 2-STRIPE WHITE

#### POSITIONS

Mount

#### TRANSITIONS

Side Control to Mount

Bridging Escape from Mount

#### ARMLOCKS

Americana from Mount

### 2-STRIPE TO 3-STRIPE WHITE

#### POSITIONS

Back Control

#### TRANSITIONS

Single Leg Guard Pass

Double Leg Guard Pass

#### CHOKES

Rear Naked Choke from Back Control



## Brazilian Jiu-jitsu 3-STRIPE TO 4-STRIPE WHITE

### FALLS

Kneeling Side Fall

Forward Roll

### SWEEPS

Scissor Sweep

### ARMLOCKS

Kimura from Guard

Kimura from Guard Defense

## 4-STRIPE WHITE TO GRAY/WHITE BELT

### POSITIONS

Butterfly Guard

### SWEEPS

Hooking Sweep

Double Hooking Sweep

### ARMBARS

Armbar from Mount



## Brazilian Jiu-jitsu

### GRAY/WHITE TO 1-STRIPE GRAY/WHITE

#### TRANSITIONS

Armbar Escape (Bottom)



Armbar Escape (Top)



#### ARMBARS

Armbar from Guard



### 1-STRIPE TO 2-STRIPE GRAY/WHITE

#### TRANSITIONS

Back Control Escape Left



Back Control Escape Right



### 2-STRIPE TO 3-STRIPE GRAY/WHITE

#### TRANSITIONS

Rear Naked Choke Escape



#### SWEEPS

Sitting Rollover Sweep





## Brazilian Jiu-jitsu

### 3-STRIPE TO 4-STRIPE GRAY/WHITE

#### POSITIONS

Knee-on-Belly

#### TRANSITIONS

Knee-on-Belly Escape

#### ARMBARS

Near Armbar from Knee-on-Belly

### 4-STRIPE GRAY/WHITE TO GRAY BELT

#### ARMLOCKS

Kimura from Side Control

### GRAY BELT TO 1-STRIPE GRAY

#### TRANSITIONS

Elbow Escape from Mount

Butterfly Guard Pass



## Brazilian Jiu-jitsu 1-STRIPE TO 2-STRIPE GRAY

### TRANSITIONS

Knee-on-Belly Side to Side



Knee-on-Belly Around the Head



### ARMBARS

Far Armbar from Knee-on-Belly



## 2-STRIPE TO 3-STRIPE GRAY

### POSITIONS

North/South



### TRANSITIONS

Side Control to North/South





## Brazilian Jiu-jitsu 3-STRIPE TO 4-STRIPE GRAY

### POSITIONS

Half Guard



### TRANSITIONS

Basic Half Guard Pass



Half Guard to Back



## 4-STRIPE GRAY TO GRAY/BLACK BELT

### TRANSITIONS

Mount Movement Drill



### CHOKES

Guillotine from Open Guard



Guillotine Defense





## Brazilian Jiu-jitsu GRAY/BLACK BELT TO 1-STRIPE GRAY/BLACK

### TRANSITIONS

Cross Foot Takedown from Knees



### CHOKES

Cross Lapel Choke from Guard



Cross Lapel Choke from Mount



## 1-STRIPE TO 2-STRIPE GRAY/BLACK

### POSITIONS

Kesa-Gatame w/Underhook



Elbow Escape from Kesa-Gatame



## 2-STRIPE TO 3-STRIPE GRAY/BLACK

### POSITIONS

Turtle Control



### TRANSITIONS

Back Control from Turtle



Back Control Flatten







## Brazilian Jiu-jitsu 3-STRIPE TO 4-STRIPE GRAY/BLACK

### TRANSITIONS

Double Knee Standing Pass

### SWEEPS

Leg Grab Rollover Sweep

## 4-STRIPE GRAY/BLACK TO YELLOW/WHITE BELT

### SWEEPS

Back Sweep

### CHOKES

Collar Choke from Back Control