

EXPERIENTIAL
JIU-JITSU CURRICULUM

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Introduction

Welcome to the first ever Experiential Jiu-Jitsu Curriculum, a dynamic and evolving framework designed to provide a comprehensive foundation for the practice and teaching of both Gi and No-Gi Jiu-Jitsu. This curriculum is not just a collection of techniques; it is a living document, intentionally crafted to be adaptable and responsive to the needs of instructors, students, academies, and organizations within the Jiu-Jitsu community.

Why a Living Document? At the heart of this curriculum is the recognition that Jiu-Jitsu itself is an evolving martial art, continually influenced by new insights, techniques, and practical applications discovered through competition, practice, and cross-disciplinary learning. As such, a static curriculum would fail to capture the essence of Jiu-Jitsu's dynamic nature. Our curriculum is designed to grow and change, encouraging users to modify, expand, and refine the content to keep pace with the evolution of the sport and the needs of practitioners.

Purpose and Scope

This curriculum serves as an overall structure and starting point, offering a scaffold on which Jiu-Jitsu academies and organizations can build to certify instructors and identify gaps in training. It aims to ensure a high level of expertise and understanding among practitioners, providing a path from foundational techniques to advanced strategies and concepts.

We encourage instructors and organizations to personalize this curriculum by incorporating their unique insights, techniques, and philosophies. This adaptability ensures that the curriculum remains relevant and effective, reflecting the diverse and innovative nature of Jiu-Jitsu practice worldwide.

Continuous Improvement and Community Contribution

By providing a structured yet flexible framework, this curriculum aids in certifying instructors who are well-versed in a broad spectrum of Jiu-Jitsu techniques and teaching methodologies. It also helps academies and organizations to identify and address training gaps, ensuring that practitioners receive a well-rounded education that prepares them for both the challenges of competition and the demands of self-defense.

To effectively distribute the teaching hours for Assistant Instructors (80 hours) and Primary Instructors (160 hours) across the outlined sections of your Experiential Jiu-Jitsu Curriculum, we'll aim for a balanced allocation that ensures comprehensive coverage of all areas. This structured approach ensures both depth and breadth in teaching, facilitating a well-rounded understanding and skill set in Jiu-Jitsu.

To progress from a student to an Assistant Instructor, an individual must successfully complete a minimum of 80 hours of dedicated training in each of the designated areas. This training should be comprehensive, covering the breadth and depth of techniques and principles critical to Jiu-Jitsu. During

this period, the student's performance and understanding of the material will be closely evaluated by a Primary Instructor to ensure readiness for the next step in their teaching path.

Upon fulfilling the role of an Assistant Instructor and accumulating 180 hours of teaching experience under this designation, the individual may then be considered for promotion to a Primary Instructor. This phase allows the Assistant Instructor to teach new instructors, plan and prepare training curriculums, refine their teaching skills, and demonstrate their ability to effectively convey complex concepts to students of varying skill levels.

Assistant Instructors

Example of 80 Hours as a Student being Observed.

ESCAPES - 20 Hours

- Focus on key escape techniques from various positions such as Mount, Side Control, Back Mount, and North South, ensuring a solid defensive foundation.

Submission Techniques - 20 Hours

- A mix of Armbars, Kimuras, Omoplatas, Triangle Chokes, and Leg Locks, introducing students to basic submissions and defenses.

Sweeps - 15 Hours

- Detailed exploration of various sweeps from bottom positions, emphasizing the importance of position reversal.

Advanced Positions and Guards - 10 Hours

- Knee on Belly, various Guard techniques, laying the groundwork for more advanced practices.

Guard Passing - 15 Hours

- A focused segment on various Guard Passing techniques, ensuring students understand the mechanics of overcoming an opponent's guard.

Primary Instructors

Example Breakdown of 160 Hours Instructing Alongside the Primary Instructor.

ESCAPES - 40 Hours

- Comprehensive training on escape techniques, with more complex drills and scenario-based training to handle higher resistance levels.

Submission Techniques - 40 Hours

- An extensive deep dive into submissions, covering not just the techniques but also setups, variations, and live drilling for real-world application.

Sweeps - 30 Hours

- Advanced strategies in sweeping techniques, including more intricate sweeps from various guards, with a focus on live application and fluidity between techniques.

Advanced Positions and Guards - 20 Hours

- Exploring advanced positions like Knee on Belly and a wider array of Guards, including Spider Guard, De La Riva, and X-Guard, with an emphasis on transitions and control.

Guard Passing - 30 Hours

- Advanced guard passing techniques, focusing on overcoming sophisticated guard strategies with precision, timing, and pressure.

Combining Classes for Cohesive Learning

For both Assistant and Primary Instructors, the key to a successful curriculum implementation lies in the ability to combine related sections into cohesive, longer classes. This could mean integrating ESCAPES with Submission Techniques or Sweeps with Guard Passing in a single session to illustrate the connection between defense and offense, or how to transition smoothly from one position to another. The goal is to

not only teach techniques in isolation but to show their practical application within the flow of a Jiu-Jitsu match or sparring session.

To effectively combine classes into extended sessions while ensuring each contributes towards instructor certification hours, a strategic approach is needed. This approach maintains the curriculum's integrity and maximizes both teaching and learning efficiency. Here's how to implement this strategy for Assistant and Primary Instructors, focusing on the combination of 2 classes into 1.5-hour sessions and 3 classes into 2-hour sessions:

Combining Two Classes into 1.5-Hour Sessions

When merging two classes into a 1.5-hour session, the aim is to select complementary topics that offer a coherent learning experience. This could involve pairing a technique with its counter or combining related techniques that flow naturally from one to the other. Here's how this can be structured:

- **Session Planning:** Dedicate the first 45 minutes to the detailed instruction and practice of the first technique. The next 45 minutes will focus on the second technique, ensuring a seamless transition between them. For example, a Mount Escape technique can be followed by a related submission from the top position.
- **Instructor Hours:** Each 1.5-hour session counts as two instructional hours towards certification. This acknowledgment encourages instructors to create more dynamic and integrated lessons.

Combining Three Classes into 2-Hour Sessions

Merging three classes into a 2-hour session requires a focus on efficiency and the ability to highlight the connection between techniques. This format is particularly suitable for advanced topics where students can benefit from seeing a broader picture of how techniques interlink.

- **Session Planning:** Allocate approximately 40 minutes to each of the first two techniques, with a shorter, 40-minute segment for the third. This allows for an introduction, detailed walkthrough,

and drilling of each technique, with the final part possibly serving as a scenario-based application combining all three techniques.

- **Instructor Hours:** Each 2-hour session is considered equivalent to three instructional hours. This compensates for the condensed format by recognizing the additional planning and skill required to teach multiple concepts effectively within a limited timeframe.
- **Guidelines for Success**
- **Variety and Balance:** Ensure a balanced mix of techniques, from defensive to offensive, across the curriculum to provide a well-rounded skill set.
- **Interactive Learning:** Include drilling, sparring, and Q&A segments within each session to enhance understanding and application of techniques.
- **Feedback and Adaptation:** Solicit feedback from students to refine future sessions, tailoring the curriculum to meet the evolving needs of the class.

By following this structured allocation of teaching hours, instructors can ensure that students receive a balanced and comprehensive training experience, preparing them for both defensive and offensive scenarios in Jiu-Jitsu. This approach also allows for flexibility in curriculum delivery, accommodating the varying skill levels and learning speeds of students.

ESCAPES

Mount Escape - Arm Trap and Roll

Learning Objectives:

1. To understand the principles and mechanics of the Arm Trap and Roll escape from the Full Mount position.
2. To develop the ability to effectively trap an opponent's arm and execute a roll to reverse the position.
3. To enhance defensive skills and improve positional awareness while under Full Mount.

Education Eligibility: Participants should possess the following:

- Functional use of one arm and one leg.
- Adequate core and upper body strength for executing a roll.
- Ability to coordinate body movements effectively under pressure.

Ice Breaker Activity (5 minutes): Begin with a dynamic warm-up focusing on core strengthening exercises and bridging movements, preparing the body for the technical demands of the escape technique.

Technical Breakdown:

Understanding Full Mount (5 minutes)

1. Recognize the dynamics and control aspects of the Full Mount position.
2. Identify key points where the top player establishes control and potential vulnerabilities in their weight distribution.

Initiating the Escape - Arm Trap (15 minutes)

1. Choose an arm of the opponent to trap – Secure the opponent's arm by trapping it with your arm and firmly pulling it to your chest with a two on one grip, or double wrist grip.
2. Simultaneously, step over and trap the same side foot of the opponent to prevent them from posting and maintaining balance.

Executing the Roll (15 minutes)

1. Utilize a bridging motion to lift your hips and off-balance the opponent.
2. Roll towards the trapped arm side, looking over that shoulder while using your legs and core to drive the movement.
3. Complete the roll, ending up in the opponent's guard or a more dominant position.

Safety Considerations:

- Stress the importance of controlled and measured movements to prevent injuries.
- Instruct participants to practice the technique at a slow and steady pace, prioritizing form, and safety.
- Encourage a tap-out or verbal indication if any discomfort or potential injury risk is encountered.
- Ensure the use of proper mats and a safe training environment.

Partner Drills (20 minutes):

1. Alternate roles where one partner applies Full Mount and the other practices the Arm Trap and Roll escape.
2. Gradually introduce resistance to allow the bottom player to adapt to different levels of pressure and control.

Reflection and Feedback: End the session with a partner discussion, focusing on the escape's effectiveness, challenges faced, and potential areas for improvement in technique and execution.

Mount Escape - Armpit Escape Technique

Learning Objectives:

1. To master the Armpit Escape from the Mount position, focusing on the correct timing and movement.
2. To develop an understanding of how to create space and leverage for escaping the Mount.
3. To improve defensive capabilities and transition skills from a disadvantaged position.

Education Eligibility: Participants must have:

- The ability to use both arms and legs effectively.
- Adequate core strength for executing escape movements.
- The capacity to perform coordinated movements under pressure.

Ice Breaker Activity (5 minutes): Begin with a series of mobility exercises, concentrating on shoulder and hip movements, to prepare the body for the specific demands of the Armpit Escape- like rear rolls and bridging.

Technical Explanation:

Understanding Mount Position (5 minutes):

1. Discuss the dynamics of the Mount position, highlighting the top player's control points, thigh squeeze core stability and balance.
2. Emphasize the importance of staying calm and looking for opportunities to escape.

Initiating the Armpit Escape (15 minutes):

1. Identify the correct moment to initiate the escape, usually when the opponent shifts their weight high or attempts a move. You Can force this movement by bridging and using a push knee simultaneously.
2. Slide your hands under the opponent's armpits and elevate them beyond your head and bridge them over either shoulder, ensuring to tuck the head as you roll –then either roll completely over attempting to put your feet in the armpit, replacing your hands ending up in a side rear mount.

Completing the Escape (15 minutes):

1. Bridge to create further space and off-balance the opponent.
2. Slip your head and shoulders through the space under the groin (out the back door).
3. Continue the movement to turn onto your knees, escaping the mount and moving into a more favorable position.

Safety Considerations:

- Stress the importance of controlled movements to minimize the risk of injury.
- Practice the escape technique slowly, focusing on correct positioning and movement.
- Instruct partners to provide realistic but safe resistance.
- Ensure the training area is equipped with suitable mats for grappling.

Partner Drills (20 minutes):

1. Alternate between being in the Mount position and practicing the Armpit Escape.
2. Gradually increase resistance to provide a realistic experience while maintaining safety.

Reflection and Feedback: End the session with a discussion, allowing participants to share their experiences, challenges faced, and insights gained from practicing the Armpit Escape.

Mount Escape - Hip Bump to X-Guard Transition

Learning Objectives:

1. To understand and execute the Hip Bump to X-Guard transition as an escape from the Mount position.
2. To develop the ability to create necessary leverage and space for transitioning into the X-Guard.
3. To enhance overall grappling skills by integrating a complex escape and transition sequence.

Education Eligibility: Participants must be proficient in:

- Utilizing both arms and legs effectively for grappling maneuvers.
- Executing hip bumps (oopa) and bridging movements.

- Understanding and applying the principles of X-Guard.

Ice Breaker Activity (5 minutes): Begin with a focused warm-up, including hip mobility exercises and drills that emphasize bridging and hip movement, to prime the body for the specific demands of the escape.

Technical Explanation:

Understanding Mount Position (5 minutes):

1. Analyze the dynamics of the Mount position, focusing on the top player's typical control strategies.
2. Discuss the importance of timing and movement efficiency for escaping the Mount.

Initiating the Hip Bump (15 minutes):

1. Choose the opportune moment for the hip bump, typically when the opponent shifts their weight.
2. Execute a strong pushing knee to the rear of the opponent and hip bump combination to create space and disrupt the opponent's balance.
3. Use your elbows and arms to assist in creating space, pushing up against the opponent's hips or thighs.

Transitioning to X-Guard (15 minutes):

1. As the opponent is off-balanced, slide one knee in-between their legs and hook the instep of the foot around the backside of one of their thighs or buttocks.
2. Position your other leg across the top of your first leg, placing the instep on the inside top front of the thigh of the same leg establish the X-Guard. Your arm will hook the inside of the opposite leg of the top player, with their shin trapped between your shoulder and neck.
3. Use the X-Guard hooks to extend, lift and control the opponent, preparing for a sweep or transition to a better position.

Safety Considerations:

- Emphasize the importance of controlled movements to avoid injury.
- Practice the technique at a moderate pace, ensuring correct form and partner safety.

- Encourage partners to provide realistic but safe resistance.

Partner Drills (20 minutes):

1. Practice alternating roles, where one partner applies the Mount and the other executes the Hip Bump to X-Guard transition.
2. Introduce progressive resistance, allowing participants to experience the technique under more realistic conditions while ensuring safety.

Reflection and Feedback: Conclude the session with a peer-to-peer discussion, encouraging participants to share their experiences, challenges encountered, and insights gained from practicing the Hip Bump to X-Guard escape. Discuss the differences in leg length and troubles involved with size disparity.

Mount Escape - Hip Bump to Single X Guard

Learning Objectives:

1. To master the Hip Bump escape from the Mount, transitioning into the Single X Guard or Standing Leg Entanglement.
2. To develop the ability to create space and leverage for complex guard transitions under an opponent's mount.
3. To enhance defensive grappling skills, particularly focusing on transitioning from a disadvantaged position to a leg lock setup.

Education Eligibility: Participants should be proficient in:

- Utilizing both arms and both legs for grappling maneuvers.
- Executing hip bumps, bridging movements, and leg hooking techniques.
- Basic understanding of X Guard and leg lock principles.

Ice Breaker Activity (5 minutes): Start with a dynamic warm-up focusing on hip mobility and bridging exercises, preparing participants for the movement patterns involved in the escape and transition.

Technical Explanation:

Understanding Mount Position (5 minutes):

1. Discuss the strategic aspects of the Mount, highlighting typical control methods employed by the top player.
2. Emphasize the significance of proper timing and movement fluidity for a successful escape.

Executing the Hip Bump (15 minutes):

1. Identify the right moment for the hip bump, usually when the opponent adjusts their weight.
2. Perform a powerful pushing single knee and then a bridging hip bump to create space and unbalance the opponent.
3. Employ arms to assist in creating space, targeting the opponent's hips or thighs.

Transition to Single X Guard (15 minutes):

1. As the opponent loses balance, insert one knee leg between their legs creating a frame, hooking the instep of your foot on the back of the thigh and buttock establishing the Single frame.
2. Adjust the position of your other leg onto the outside of your opponent's leg with the bottom of your foot on their hip (your knees should be higher and pinching your opponent's knee between your legs), positioning it for either looking to elevate sweep or transitioning into a leg lock setup.

Safety Considerations:

- Stress the need for controlled and safe execution to prevent injuries.
- Practice the technique steadily, focusing on accuracy and partner safety. Watch for knees landing on faces of the bottom practitioner.
- Advise partners to provide realistic but careful resistance.
- Ensure a safe training area with proper mats.

Partner Drills (20 minutes):

1. Alternate roles with one partner in the Mount and the other practicing the Hip Bump to Single X Guard or Standing Leg Lock position.
2. Gradually introduce resistance, allowing for realistic practice while maintaining safety.

Reflection and Feedback: Finish class with a feedback session, encouraging participants to discuss their experience, challenges faced, and insights on improving the Hip Bump escape to Single X Guard.

Mount fundamentals

Learning Objectives:

1. To develop a deep understanding of the mechanics and control aspects of the Mount position in grappling.
2. To enhance the ability to establish and maintain a solid Mount, focusing on balance, pressure, and control.
3. To learn strategies for preventing common escape attempts and transitioning to submissions from the Mount.

Education Eligibility: Participants must have:

- Adequate core and lower body strength for maintaining top positions.
- Ability to apply controlled pressure and balance.

Ice Breaker Activity (5 minutes): Begin with a series of drills focusing on transitions to the Mount from side control— emphasizing balance and control, to prepare participants for the detailed exploration of the Mount position.

Technical Explanation:

Understanding Mount Mechanics (5 minutes):

1. Discuss the fundamental aspects of the Mount, including body placement, weight distribution for high or low mount and control points.
2. Emphasize the importance of hip pressure and upper body positioning for maintaining effective control.

Establishing the Mount (15 minutes):

1. Practice transitioning to the Mount from various positions, such as side control or after passing the guard.
2. Focus on securing the position by establishing a low center of gravity and utilizing hip pressure.
3. Learn to position the arms for control, either under the opponent's arm and around the neck or elevating the head for added stability.

Maintaining and Advancing the Mount (15 minutes):

1. Explore techniques to maintain the high mount and low mount against common escape attempts, adjusting balance and pressure as needed.
2. Show technical mount (one leg up) for size disparities and weight distribution.
3. Introduce submission setups from the Mount, such as armlocks or lapel chokes, while maintaining positional control.
4. Practice transitioning between maintaining control and attacking with submissions.

Safety Considerations:

- Highlight the importance of controlled pressure to avoid injuring the training partner.
- Instruct on the need for steady and mindful movements, especially when applying submissions.
- Encourage communication between partners to ensure a safe and effective learning environment.
- Ensure a properly equipped training area with adequate matting.

Partner Drills (20 minutes):

1. Take turns in applying and defending the Mount position, focusing on control and stability.
2. Incorporate resistance from the bottom partner to simulate realistic conditions, adjusting control techniques as needed.

Reflection and Feedback: End the session with a group discussion, allowing participants to share their experiences, challenges encountered, and insights on maintaining and exploiting the Mount position effectively.

Side Control Escape Using Knee-Elbow Technique

Learning Objectives:

1. To comprehend the principles behind the Knee-Elbow escape from Side Control.
2. To develop the skill to create space and maneuverability under an opponent's side control.
3. To enhance the ability to transition from a defensive position to a neutral or offensive position using the Knee-Elbow escape.

Education Eligibility: Participants should have the following capabilities:

- Functional use of at least one knee and one elbow. (hands and feet not necessary)
- Adequate core strength for bridging and shifting body weight.
- Ability to perform controlled and coordinated movements while under pressure.

Ice Breaker Activity (5 minutes): Start with a joint warm-up focusing on bridging movements and core activation exercises to prepare the body for the physical demands of the escape technique.

Technical Breakdown:

Understanding Side Control (5 minutes)

1. Recognize the dynamics of side control, including common wedges (often referred to as frames) and pressures applied by the top player.
2. Learn to identify key points of control used by the opponent.

Initiating the Escape (15 minutes)

1. Frame against the opponent's neck and hip using your elbows to create initial separation.
2. Execute a bridging motion to create more space and to off-balance the opponent.
3. Swivel your hips to face the opponent, preparing to insert your knee, shrimp away while maintaining frames until you have created enough space to slip the knee in between you and your opponent.

Completing the Knee-Elbow Escape (15 minutes)

1. Slide the knee closest to the opponent under their hip, aiming to create a barrier.

2. Use the elbow and knee in conjunction to create even more space and windshield wiper your leg to reclaim the guard position.
3. Transition smoothly into a defensive guard posture, maintaining control over the opponent's movements.

Safety Considerations:

- Emphasize the importance of controlled movements to prevent injury.
- Practice the technique slowly, focusing on correct form and safety.
- Encourage partners to apply moderate, controlled pressure during drills.
- Ensure the training area is equipped with appropriate mats.

Partner Drills (20 minutes):

1. Partners take turns applying side control and practicing the Knee-Elbow escape.
2. Introduce light resistance to simulate realistic conditions, allowing the bottom player to adapt and refine their escape technique.

Reflection and Feedback: Complete the lesson with a discussion among partners about the experience, focusing on the effectiveness of the escape, challenges encountered, and areas for improvement.

Side Control Escape Using the Granby Roll

Learning Objectives:

1. To understand the technique and mechanics of the Granby Roll as an escape from Side Control.
2. To develop the agility and coordination necessary for performing a smooth and effective Granby Roll.
3. To enhance the ability to recognize appropriate timing for implementing this escape technique in a grappling scenario.

Education Eligibility: Participants must be able to:

- Execute rolls and fluid movement on the ground.

- Utilize both arms and legs for coordinated movements.
- Perform techniques requiring flexibility and agility.

Ice Breaker Activity (5 minutes): Begin with a series of ground-based mobility drills, focusing on shoulder rolls and hip movement, to prepare the body for the movements involved in the Granby Roll.

Technical Explanation:

Understanding Side Control (5 minutes):

1. Analyze the dynamics of the Side Control position, focusing on the common control strategies used by the top player.
2. Discuss the importance of timing, space creation, and movement fluidity for a successful escape.

Executing the Granby Roll (15 minutes):

1. Identify the right moment for initiating the Granby Roll, usually when the opponent adjusts their position or weight.
2. Use your arms to create initial space and frame against the opponent.
3. Initiate the roll by tucking one shoulder towards the opposite hip, rolling over the shoulder and neck in a fluid motion.

Completing the Escape (15 minutes):

1. As the roll progresses, use the momentum to invert and reposition your legs and hips.
2. Slide out from under the opponent, using your legs and arms to create distance and recover a guard position or move to a more advantageous position.

Safety Considerations:

- Emphasize the need for controlled and smooth execution to prevent injuries, especially to the neck and shoulders.
- Practice the technique slowly at first, focusing on correct form and safe execution.
- Ensure the training area is equipped with suitable mats for safe rolling and inverting.
- Encourage participants to communicate and provide feedback during partner drills for a safe training experience.

Partner Drills (20 minutes):

1. Practice alternating roles where one partner applies Side Control and the other executes the Granby Roll escape.
2. Introduce progressive resistance, allowing for realistic practice while maintaining a focus on safety and technique.

Reflection and Feedback: Finish class with a session where participants share their experiences, focusing on the effectiveness of the escape, individual challenges faced, and areas for improvement in the execution of the Granby Roll.

Side Control Escape - Elbow Push Technique

Learning Objectives:

1. To understand and effectively execute the Elbow Push escape from Side Control.
2. To develop the skill of creating space and leverage against an opponent inside Control.
3. To enhance defensive grappling techniques and improve positional recovery skills.

Education Eligibility: Participants must:

- Possess the ability to use both arms effectively.
- Have adequate core strength to maneuver while under pressure.
- Be capable of executing controlled and coordinated defensive movements.

Ice Breaker Activity (5 minutes): Start with a series of drills focusing on shoulder and arm movements, as well as bridging exercises, to prepare the body for the movements required in the Elbow Push escape.

Technical Explanation:**Understanding Side Control (5 minutes):**

1. Discuss the dynamics of Side Control, including the typical pressure and control points used by the top players frames.

2. Emphasize the importance of staying calm and identifying opportunities for escape – this escape comes from catching the opponent as they drop their weight – either from the initial guard pass or from the knee elbow escape by catching the bicep/triceps just under the elbow control point (sleeve grip on the seam in the same spot in the Gi)

Initiating the Elbow Push (15 minutes):

1. Identify the optimal moment to initiate the escape, generally when the opponent is passing your guard or adjusting their weight.
2. Use one arm to create a frame against the opponent's neck or shoulder, creating space or preventing forward momentum (this frame will turn into a post when you transition belly down and to your knees).
3. With the other arm, push at the opponent's elbow or triceps to enlarge the space and propel them across your body in a continuous motion while swinging yourself belly down.

Completing the Escape (15 minutes):

1. Bridge to further off-balance the opponent and maximize the created space.
2. Swing the legs and hips to slide out from under the opponent, moving towards a guard position or an alternative defensive posture.
3. Adjust the position to reestablish a safe and controlled defensive stance.

Safety Considerations:

- Stress the importance of controlled movements to minimize the risk of injury (watch knee to face as the top player passes the guard).
- Advise participants to practice the technique slowly, focusing on correct form and safety.
- Encourage communication between partners to ensure a safe and effective practice environment.
- Ensure the training area is equipped with appropriate mats.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in moving from the guard to side Control and the other executing the Elbow Push escape.

2. Introduce gradual resistance, providing a realistic experience while maintaining a focus on safety and technique.

Reflection and Feedback: End the session with a discussion, allowing participants to share their experiences and insights, focusing on the effectiveness of the escape and areas for improvement.

Side Control Escape - Ghost Escape

Learning Objectives:

1. To master the Ghost Escape from the bottom Side Control position, focusing on timing, leverage, and fluidity.
2. To develop the skill of creating space and using deceptive movements to escape Side Control.
3. To enhance overall grappling proficiency, particularly in executing complex escape maneuvers.

Education Eligibility: Participants must:

- Have the ability to use both arms and legs effectively in coordinated movements.
- Possess adequate flexibility and agility, especially in the shoulders and hips.
- Be capable of understanding and applying advanced escape techniques.

Ice Breaker Activity (5 minutes): Begin with a dynamic warm-up, emphasizing shoulder mobility and core activation exercises, to prepare participants for the movements involved in the Ghost Escape.

Technical Explanation:

Understanding Side Control (5 minutes):

1. Analyze the structure and common control methods of Side Control.
2. Discuss the importance of timing and precision in executing escapes.

Executing the Ghost Escape (15 minutes):

1. Identify the optimal moment for initiating the Ghost Escape, typically when the opponent is transitioning or adjusting their weight.
2. Use your near arm to create a frame against the opponent's neck, initiating space creation.

3. Slide your far arm (maybe framed against the hip at this point) underneath your torso and through the space between you and the top player, with your palm facing your stomach.

Completing the Escape (15 minutes):

1. Continue sliding your arm through, aiming to pass your shoulder under the opponent.
2. Use a bridging motion to facilitate the movement of your torso through the created space.
3. Finalize the escape by pulling your head and shoulders out from under the opponent, while pulling the opponents head down to the ground and transitioning to turtle position on your knees, ensuring to straighten your legs during the initial roll before coming to your knees so that your knees do not inhibit the roll into the belly down position just before coming to your knees.

Safety Considerations:

- Emphasize the need for controlled and smooth movements to prevent injuries, particularly to the neck and shoulders.
- Practice the technique slowly, focusing on correct execution and safety.
- Ensure that the training area is equipped with adequate mats for safe practice.
- Encourage open communication between partners during drills.

Partner Drills (20 minutes):

1. Alternate roles where one partner applies Side Control and the other practices the Ghost Escape.
2. Gradually introduce resistance, allowing for a realistic yet safe practice environment.

Reflection and Feedback: Finish partner drills with a session for participants to share their experiences, focusing on the challenges encountered, the effectiveness of the escape, and areas for improvement in the execution of the Ghost Escape.

Side Control Fundamentals

Learning Objectives:

1. To understand and apply the fundamental concepts of maintaining Side Control in grappling, focusing on position, pressure, and control.
2. To develop skills in transitioning into and maintaining Side Control, emphasizing stability and opponent containment.
3. To explore basic offensive strategies from Side Control, including transitions to dominant positions and submission setups.

Education Eligibility: Participants must:

- Have a basic understanding of ground positions in grappling.
- Possess the ability to execute controlled movements and maintain top pressure.
- Be familiar with the principles of positional control and transitions in grappling.

Ice Breaker Activity (5 minutes): Begin with a series of exercises focusing on core strength, shoulder stability, and hip mobility, preparing participants for the physical demands of maintaining Side Control.

Technical Explanation:

Understanding Side Control Position (5 minutes):

1. Explain the dynamics of Side Control, including the key aspects of positioning, such as shoulder pressure, hip placement, and your knee/elbow placement.
2. Discuss the importance of distributing weight effectively to immobilize the opponent without compromising balance by backstepping and forward stepping, using rib-on-rib pressure.

Maintaining Side Control (15 minutes):

1. Practice establishing Side Control, focusing on securing the opponent's upper body with shoulder pressure via cross-face and controlling the hips.
2. Work on various hand placements and grips to reinforce control, such as underhooking the far arm or controlling the near side hip, underhooking the head.
3. Practice using the top knee to clear the bottom opponent's arms and put the knee on the bicep, pinning it to the mat or in the armpit.

4. Explore different leg positions, such as having knees close to the opponent's body or using a sprawled position for added pressure.

Offensive Strategies from Side Control (15 minutes):

1. Demonstrate basic transitions to more dominant positions, such as Mount or North-South, from Side Control.
2. Introduce simple submissions accessible from Side Control, like Americana or Kimura arm locks, ensuring participants understand the mechanics and safety aspects.
3. Encourage participants to experiment with different pressures and angles to find effective ways to set up submissions or transitions like pinning the hip with your knee and moving to knee on belly or mount.

Safety Considerations:

- Emphasize the importance of controlled pressure to avoid causing discomfort or injury to the training partner.
- Instruct participants to move into and maintain positions slowly and deliberately, focusing on technique rather than strength.
- Ensure the training area is equipped with adequate mats and space for safe practice.
- Encourage respectful and communicative practice, allowing partners to provide feedback on pressure and control.

Partner Drills (20 minutes):

1. Practice alternating roles in Side Control, with one partner working on maintaining control and applying techniques, while the other focuses on defensive movements.
2. Introduce light resistance from the bottom person to simulate a more realistic grappling scenario.

Reflection and Feedback: Conclude with a session where participants discuss their experiences in Side Control, focusing on the effectiveness of various control techniques, challenges faced in maintaining position, and areas for improvement.

Back Mount Escape - Two-on-One Hand Control

Learning Objectives:

1. To master the Two-on-One Hand Control escape from the Back Mount position, emphasizing the principles of leverage and control.
2. To develop proficiency in neutralizing an opponent's control from the Back Mount.
3. To enhance defensive capabilities and positional awareness in escaping Back Mount.

Education Eligibility: Participants must:

- Have the ability to use both hands and arms in coordinated defensive maneuvers.
- Possess sufficient core strength and flexibility for twisting and turning movements.
- Be capable of understanding and applying defensive grappling techniques.

Ice Breaker Activity (5 minutes): Begin with a series of drills focusing on back mobility and arm strength, to prepare participants for the movements required in the Two-on-One Hand Control escape.

Technical Explanation:

Understanding Back Mount (5 minutes):

1. Analyze the key aspects of the Back Mount position, including typical control points and submission threats.
2. Discuss the significance of hand control in neutralizing an opponent's offensive capabilities.

Executing Two-on-One Hand Control (15 minutes):

1. Identify the moment to initiate the escape, often when the opponent seeks to secure a choke or adjust their grip.
2. Secure a two-on-one grip on one of the opponent's arms (controlling their wrist and elbow), reducing their ability to apply submissions.
3. Use head positioning and the two-on-one control to begin disrupting the opponent's grip and pull the choking arm over your head to the other side of your shoulder (almost like an armlock) while

burying and scraping the same side leg on your opponent and turn to face them ending up inside control or guard.

4. This escape can also turn into a small shoulder throw if initiated from turtle position.

Completing the Escape (15 minutes):

1. With control over one arm, start to shift your body towards the controlled arm's side.
2. Utilize hip escapes and shoulder movements to create space and slide out from under the opponents choking arm while separating the legs of the opponent with your hips.
3. Transition to side control as scrape your opponent off, the opponents guard position or a forward shoulder roll if you end up in turtle position, depending on the situation and available openings as you fight for the escape.

Safety Considerations:

- Stress the importance of controlled and gradual movements to prevent injuries.
- Instruct participants to practice the escape slowly, focusing on technique not speed.
- Ensure the training area is equipped with adequate mats.
- Encourage communication and feedback between partners during drills.

Partner Drills (20 minutes):

1. Alternate roles where one partner applies Back Mount and the other practices the Two-on-One Hand Control escape.
2. Gradually introduce resistance, simulating a realistic yet safe training environment.

Reflection and Feedback: End with a session for participants to share their experiences, focusing on the challenges encountered, the effectiveness of the escape, and areas for improvement in executing the Two-on-One Hand Control escape.

Back Mount Escape - Shrimp and Scrape

Learning Objectives:

1. To master the Shrimp and Scrape technique for escaping from the Back Mount position, with an emphasis on precise movement and timing.
2. To develop the ability to efficiently create space and escape an opponent's back control.
3. To enhance overall grappling skills, particularly in defensive scenarios and position recovery.

Education Eligibility: Participants must:

- Be proficient in basic grappling movements, especially shrimping and bridging.
- Have the capability to use both arms and legs in coordinated, controlled movements while defending the choke.
- Possess an understanding of back mount dynamics and common control methods used by opponents.

Ice Breaker Activity (5 minutes): Start with a targeted warm-up focusing on core and hip movements, including shrimping drills, to prepare the body for the movements involved in the Shrimp and Scrape escape.

Technical Explanation:

Understanding Back Mount (5 minutes):

1. Discuss the structural elements and control strategies typically employed in the Back Mount position.
2. Emphasize the importance of staying calm and methodical when planning an escape.

Executing the Shrimp and Scrape (15 minutes):

1. Identify the right moment to initiate the escape, often when the opponent adjusts their grip to attempt the choke or position. Hands fight hands and feet fight feet.
2. Use the shrimping movement to drive your back into the opponent's chest angling your shoulders flat to the mat using the ground as a wedge to scrape your opponent away.
3. Simultaneously, work on controlling the opponent's arms to prevent choke attempts.

Completing the Escape (15 minutes):

1. Continue the shrimping motion, aiming to scrape the opponent off your back and to the side.

2. Transition your legs and hips to slide out from under the opponent, moving towards a guard position or a more favorable posture.
3. Maintain awareness of the opponent's movements and adjust your escape technique accordingly.

Safety Considerations:

- Emphasize the need for controlled and deliberate movements to minimize the risk of injury to both practitioners.
- Practice the escape technique at a moderate pace, focusing on correct form and partner safety.
- Ensure that the training area is equipped with suitable mats for safe practice.
- Encourage partners to communicate openly during drills for a safe and effective training experience.

Partner Drills (20 minutes):

1. Alternate roles where one partner applies Back Mount and the other practices the Shrimp and Scrape escape.
2. Introduce progressive resistance, allowing for a realistic yet controlled training environment.

Reflection and Feedback: Conclude with a session where participants share their experiences, focusing on the challenges they faced, the effectiveness of the escape, and areas for improvement in the execution of the Shrimp and Scrape technique.

Back Mount Escape - Slipping Out the Back Door

Learning Objectives:

1. To proficiently execute the Slipping Out the Back Door escape from the Back Mount, focusing on space creation and timing.
2. To develop the skill of maneuvering out of an opponent's back control by sliding down and escaping through the bottom.

3. To enhance the ability to recognize and exploit opportunities to escape from disadvantageous positions.

Education Eligibility: Participants must:

- Be able to perform controlled and coordinated movements while under pressure.
- Possess adequate core strength and flexibility, particularly in the hips and lower back.
- Understand back mount dynamics and the principles of escaping from control positions.

Ice Breaker Activity (5 minutes): Begin with a warm-up session including drills that emphasize lower back flexibility, hip movements, and core strengthening, preparing the body for the escape technique.

Technical Explanation:

Understanding Back Mount (5 minutes):

1. Discuss the key aspects of the Back Mount position, including common control methods and submission threats posed by the top player.
2. Emphasize the significance of identifying Hands fighting hands to protect the neck at all times.

Executing Slipping Out the Back Door (15 minutes):

1. Recognize the opportunity to escape, especially when the opponent's control loosens, or they shift their weight to one side.
2. Work on creating the necessary space by manipulating the opponent's arms or adjusting your body alignment.
3. Begin the process of sliding down, ensuring to keep your movements controlled and fluid as you kick your legs out in front of you planting your heels as far away as possible and pulling yourself to your feet with your heels dug into the mat.

Completing the Escape (15 minutes):

1. Continue sliding down carefully, aiming to move your head and shoulders past the opponent's hips while protecting your neck with your hands and keeping your chin tucked .
2. Use your arms and legs to assist in the escape, maintaining tight elbows, hands guarding your neck, with chin tucked and a low profile to slip out effectively.

3. Once clear of the opponent's legs, quickly transition to a more advantageous position such as side control attempting to stack and pass the guard, or even disengaging completely.

Safety Considerations:

- Stress the importance of smooth, controlled movements to prevent neck injuries.
- Instruct participants to practice the technique slowly, focusing on safety and proper execution.
- Ensure the training area is equipped with suitable mats for practicing escape techniques.
- Encourage partners to provide realistic but safe and gradual resistance during drills.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in the Back Mount and the other executing the Slipping Out the Back Door escape.
2. Gradually introduce resistance, allowing for realistic and safe practice scenarios.

Reflection and Feedback: Always end with a session where participants discuss their experiences, focusing on the effectiveness of the escape, challenges faced during execution, and potential areas for improvement in the technique.

Back Mount Fundamentals

Learning Objectives:

1. To understand and apply the fundamental concepts of maintaining and controlling the Back Mount position in grappling.
2. To develop skills in achieving and retaining the Back Mount, focusing on hooks, grip, and body alignment.
3. To explore basic offensive strategies from Back Mount, including submission setups and transitions.

Education Eligibility: Participants must:

- Be familiar with basic grappling positions and transitions.

- Possess the ability to maintain control and balance by squeezing the hips or legs in conjunction with the arms in dynamic grappling situations.
- Understand the principles of rear control and submission setups from back positions.

Ice Breaker Activity (5 minutes): Begin with a series of drills focusing on back control movements, including transitioning to the back, hook placement, and upper body control exercises.

Technical Explanation:

Understanding Back Mount Position (5 minutes):

1. Explain the strategic advantages of the Back Mount, highlighting the control it offers over an opponent.
2. Discuss key components of effective Back Mount, such as hook placement, hip pressure, and upper body control.

Achieving and Maintaining Back Mount (15 minutes):

1. Demonstrate techniques to achieve Back Mount from various positions, such as from Turtle or during a scramble, practice putting your hooks in and using different grips to open the opponents guard allowing the other hook to easily be inserted.
2. Practice maintaining Back Mount, focusing on securing hooks (inserting legs inside the opponent's thighs) and controlling the upper body with underhooks or over-the-shoulder grips.
3. Explore methods to prevent the opponent from escaping, including adjusting hooks and applying constant pressure and head control.

Offensive Strategies from Back Mount (15 minutes):

1. Introduce basic submissions from Back Mount, such as the Rear Naked Choke or collar chokes in Gi grappling.
2. Demonstrate control-to-submission transitions, maintaining Back Mount while setting up submissions.
3. Encourage participants to combine upper and lower body control for effective offense.

Safety Considerations:

- Emphasize the importance of controlled movements to prevent injuries, particularly when applying chokes or joint locks.
- Instruct participants to maintain a safe level of pressure and to release submissions immediately upon a tap out.
- Ensure the training area is equipped with suitable mats for safe practice.
- Encourage communication between partners, especially in positions where the opponent's face is not visible.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner taking the Back Mount and the other escaping, focusing on control maintenance and submission setups.
2. Introduce varying degrees of resistance to simulate realistic scenarios, emphasizing the importance of control and safety.

Reflection and Feedback: Conclude with a discussion session where participants share their experiences with Back Mount, focusing on control effectiveness, submission opportunities, and areas for improvement.

North South Escape (Double Arm Under) - Hip Swing

Learning Objectives:

1. To proficiently execute the Hip Swing escape from the North South position, focusing on effective hip movement and timing.
2. To develop the ability to create space and maneuver out of an opponent's North South control.
3. To enhance grappling skills in escaping from disadvantageous top control positions.

Education Eligibility: Participants must:

- Be capable of performing dynamic hip movements and bridging.
- Have sufficient upper body strength to push and create space against an opponent.

- Understand the basic principles of the North South position in grappling.

Ice Breaker Activity (5 minutes): Begin with a series of mobility exercises focusing on the hips and shoulders, including shrimping, bridging and hip escape drills, to prepare the body for the movements involved in the Hip Swing escape.

Technical Explanation:

Understanding North South Position (5 minutes):

1. Analyze the key elements of the North South position, including typical control methods used by the top player.
2. Emphasize the importance of quick decision-making and timing for initiating an escape.

Executing the Hip Swing (15 minutes):

1. Identify or create the correct moment to initiate the escape, typically when the opponent shifts their weight or attempts a transition while protecting your neck.
2. Use your arms to create a frame against the opponent's hips, focusing on pushing yourself down as much as possible making space for your own hip movement.
3. Execute a dynamic hip swing, aiming to slide your hips out from under the opponent and create an opening for escape.

Completing the Escape (15 minutes):

1. Continue the hip movement, leveraging your legs and core strength to swing your body to one side.
2. Utilize the momentum to invert your position, either re-establishing guard or moving to a more favorable position.
3. Maintain awareness of the opponent's movements and adjust your escape technique accordingly.

Safety Considerations:

- Stress the importance of controlled, fluid movements to minimize the risk of injury.
- Instruct participants to practice the escape at a moderate pace, ensuring safety and correct technique.

- Ensure the training area is equipped with suitable mats for safe practice.
- Encourage open communication between partners during drills for effective learning.

Partner Drills (20 minutes):

1. Alternate roles where one partner applies North South control and the other practices the Hip Swing escape.
2. Gradually introduce resistance, allowing for realistic yet controlled training scenarios.

Reflection and Feedback: Conclude with a session where participants discuss their experiences, focusing on the challenges encountered, the effectiveness of the escape, and areas for improvement in the execution of the Hip Swing technique.

North South Escape (Single Arm Trapped) - Hip Swing to Half Guard

Learning Objectives:

1. To master the Hip Swing to Half Guard escape from the North South position when a single arm is trapped.
2. To develop the skill of using hip mobility and timing to transition from a compromised North South position to a more advantageous Half Guard.
3. To enhance the ability to adapt to restrictive positions and effectively recover guard.

Education Eligibility: Participants must:

- Be proficient in hip movement and bridging techniques.
- Possess the ability to perform coordinated movements, especially when one arm is immobilized.
- Have a foundational understanding of Half Guard and its defensive applications.

Ice Breaker Activity (5 minutes): Start with dynamic warm-up exercises focusing on hip mobility and bridging, alongside drills simulating scenarios with one arm trapped, to prepare participants for the specific demands of the escape.

Technical Explanation:

Understanding North South Position with Single Arm Trapped (5 minutes):

1. Discuss the challenges and control dynamics of the North South position, particularly when one arm is trapped.
2. Emphasize the importance of remaining calm and using efficient movements to create escape opportunities and avoid neck injuries.

Executing Hip Swing to Half Guard (15 minutes):

1. Identify the right moment to initiate the escape and push your free arm across the top opponent's body, following it in a side roll as you hip swing to your side and grab the leg with your free arm and your legs regaining half guard.
2. Focus on using the free arm to create space and assist in initiating the hip swing.
3. Execute a pronounced hip movement to swing the lower body and create space for the legs to move towards Half Guard.

Completing the Transition to Half Guard (15 minutes):

1. Continue leveraging the hip swing to reposition the legs and trap one of the opponent's legs, transitioning into Half Guard.
2. Use the free arm and legs to secure the Half Guard and prevent the opponent from re-establishing North South control.
3. Adjust position to establish a strong Half Guard, preparing for subsequent defensive or offensive maneuvers.

Safety Considerations:

- Highlight the need for controlled and precise movements to prevent injury, especially when one arm is restricted to the neck.
- Advise participants to practice the escape technique at a steady pace, prioritizing safety, and correct execution.
- Ensure that the training area is well-equipped with suitable mats and space for safe practice.
- Encourage communication and gradual resistance between partners during drills.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in North South control and the other executing the Hip Swing to Half Guard escape.
2. Introduce progressive resistance, allowing for realistic training while ensuring safety and technique focus.

Reflection and Feedback: Finish with a discussion session where participants share their experiences, focusing on the challenges faced, the differences between each other's application, the effectiveness of the escape, and areas for improvement.

Armbar

Armbar from Mount

Learning Objectives:

1. To master the technique of executing an Armbar from the Mount position, focusing on control, positioning, and submission execution.
2. To develop an understanding of the mechanics and timing necessary for successfully applying an Armbar from Mount.
3. To enhance overall grappling skills, with a focus on transitioning from a dominant position to a submission.

Education Eligibility: Participants must:

- Be proficient in maintaining and controlling the Mount position.
- Have the ability to perform fluid transitions and apply joint locks.
- Understand the fundamental principles of leverage and joint manipulation in grappling.

Ice Breaker Activity (5 minutes): Begin with a warm-up session that includes drills for mount control and transitions, such as arm isolation exercises, to prepare participants for the Armbar technique.

Technical Explanation:

Understanding Mount Position (5 minutes):

1. Discuss the strategic advantages of the Mount position and the importance of maintaining control.
2. Emphasize key points for controlling an opponent, including hip pressure and upper body positioning.

Setting Up the Armbar (15 minutes):

1. Identify the moment to transition into an Armbar, typically when an opponent's arm is extended or vulnerable.
2. Secure the opponent's arm by gripping the wrist and using your other arm to pin it to their chest.
3. Position your knees high under the opponent's armpits to prevent them from escaping.

Executing the Armbar (15 minutes):

1. Pivot your body perpendicular to your opponent, placing one leg over their head while keeping the other leg tight against their side.
2. Secure the opponent's arm between your legs, with their thumb pointing upward.
3. Gradually apply pressure by raising your hips, ensuring the elbow joint is the focal point of the submission.

Safety Considerations:

- Stress the importance of controlled movements to avoid injuring the training partner.
- Instruct participants to apply the submission slowly and release immediately upon tapping.
- Ensure the training area is equipped with appropriate mats for practicing submissions.
- Encourage partners to communicate openly during drills for a safe and effective training experience.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Mount and the other defending, focusing on the transition and application of the Armbar.

2. Gradually introduce resistance, allowing for realistic training while maintaining safety and technique focus.

Reflection and Feedback: Conclude with a session where participants discuss their experiences, focusing on the effectiveness of the Armbar, challenges faced during execution, and areas for improvement in the technique.

Armbar from Rear Mount/Turtle Position

Learning Objectives:

1. To master the technique of executing an Armbar from the Rear Mount or Turtle position, focusing on control, positioning, and submission execution.
2. To develop the ability to transition smoothly from Rear Mount or Turtle to Armbar, emphasizing precision and leverage.
3. To enhance grappling skills, particularly in capitalizing on submission opportunities from dominant control positions.

Education Eligibility: Participants must:

- Be proficient in maintaining Rear Mount and controlling the Turtle position.
- Possess the ability to execute fluid transitions and apply joint locks.
- Understand the principles of leverage and joint manipulation in grappling scenarios.

Ice Breaker Activity (5 minutes): Begin with a series of drills focusing on rear control and transitions, such as practicing position switches and control from the Turtle position, to prepare participants for the Armbar setup.

Technical Explanation:

Understanding Rear Mount and Turtle Position (5 minutes):

1. Analyze the key aspects of the Rear Mount and Turtle positions, including control points (under hooks, half nelson etc.) and common defensive responses.

2. Discuss the significance of timing and body positioning for effective submission attempts.

Setting Up the Armbar (15 minutes):

1. Recognize opportunities to isolate an opponent's arm, especially when they are reaching for the legs or posting on the mat.
2. From Rear Mount, transition to controlling one arm and preparing to swing a leg over the opponent's head.
3. In the Turtle position, work to open the opponent's defense, isolating an arm to set up the Belly Down Armbar.

Executing the Armbar (15 minutes):

1. Securely position your leg over the opponent's head and sit back, pulling their isolated arm into the Armbar.
2. Adjust your hips to align with the opponent's arm, ensuring tight control.
3. Apply pressure on the elbow joint by extending your hips and pulling down on the arm for the submission.

Safety Considerations:

- Emphasize the importance of controlled movements to avoid injury, especially when applying pressure to the joints.
- Instruct participants to apply the submission slowly and release immediately upon a tap out.
- Ensure the training area is equipped with appropriate mats for practicing submissions.
- Encourage partners to communicate clearly during drills for a safe training environment.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Rear Mount or Turtle and the other focusing on the transition and application of the Armbar.
2. Introduce resistance gradually, providing a realistic training experience while maintaining safety and technique focus.

Reflection and Feedback: Conclude with a session where participants share their experiences, focusing on the effectiveness of the Armbar from Rear Mount or Turtle, challenges faced during execution, and areas for improvement in the technique.

Armbar from the Guard

Learning Objectives:

1. To proficiently execute an Armbar from the Guard position, with a focus on proper technique, leverage, and control.
2. To develop an understanding of the mechanics and timing necessary for a successful Armbar from this position.
3. To enhance overall grappling skills, emphasizing transitions from a defensive guard to an offensive submission.

Education Eligibility: Participants must:

- Be capable of maintaining an effective Guard position.
- Possess the ability to perform hip elevations and coordinated arm and leg movements.
- Understand the basic principles of joint locks and submissions in grappling.

Ice Breaker Activity (5 minutes): Start with a warm-up session including Guard retention drills and hip mobility exercises, preparing participants for the movements involved in executing an Armbar from the Guard.

Technical Explanation:

Understanding the Guard Position (5 minutes):

1. Discuss the defensive and offensive capabilities of the Guard position, such as hip control and posture control preventing significant strikes with or without weapons.
2. Emphasize the importance of controlling an opponent's posture and arms while in Guard.

Setting Up the Armbar (15 minutes):

1. Identify opportunities to isolate an opponent's arm, such as when they are attempting to strike you or they try to grab your head or your lapel.
2. Secure the opponent's arm by gripping the same side wrist and using your other arm to reach across and grab their elbow pulling it across control their shoulder.
3. Once the elbow is secure release the wrist and reach across to the opposite shoulder and push the head away the elbow of the shoulder gripping hand.
4. Shift your hips to align with the isolated arm, preparing for the Armbar transition.

Executing the Armbar (15 minutes):

1. Place your foot on the opponent's hip (on the same side as the isolated arm), using this as a pivot point to swing your leg over the opponent's face, securing it behind their neck.
2. Squeeze your knees together and elevate your hips, applying pressure on the opponent's elbow for the submission while squeezing your heels to your buttocks.

Safety Considerations:

- Highlight the need for controlled and smooth movements to prevent injuries.
- Instruct participants to apply the Armbar slowly and release immediately upon a tap out.
- Ensure the training area is equipped with suitable mats for practicing submissions.
- Encourage clear communication between partners during drills for a safe training environment.

Partner Drills (20 minutes):

1. Alternate roles where one partner is in Guard and the other defends, focusing on setting up and applying the Armbar.
2. Gradually introduce resistance, providing a realistic training experience while emphasizing safety and technique.

Reflection and Feedback: Complete with a discussion session where participants share their experiences, focusing on the challenges encountered, the effectiveness of the Armbar, and areas for improvement in the execution of the technique.

Armbar from S-Mount

Learning Objectives:

1. To master the technique of executing an Armbar from the S-Mount position, focusing on maintaining control and applying effective leverage.
2. To develop the ability to transition smoothly from S-Mount to Armbar, emphasizing proper positioning and balance.
3. To enhance overall grappling proficiency, particularly in securing submissions from dominant positions.

Education Eligibility: Participants must:

- Be adept at maintaining mount positions, particularly the S-Mount.
- Possess the ability to perform controlled transitions and apply joint locks.
- Understand the principles of leverage and balance in submission techniques.

Ice Breaker Activity (5 minutes): Begin with a warm-up session that includes mount control drills and transitions, emphasizing movements and positioning specific to the S-Mount, to prepare participants for the Armbar execution.

Technical Explanation:

Understanding S-Mount Position (5 minutes):

1. Analyze the structure and advantages of the S-Mount, highlighting its effectiveness for submissions.
2. Discuss key control points and weight distribution to maintain stability in the S-Mount.

Transitioning to Armbar (15 minutes):

1. Recognize opportunities to isolate the opponent's arm, typically when they are attempting to push or escape.
2. Starting with double under hooks, extend your opponent's arms above their head completely and bring one knee high into their armpit.
3. Lean to the side with the knee in the armpit and swing the opposite leg under the head and shoulder of the bottom player while pulling the arm opposite of the high knee for leverage.
4. Secure the opponent's arm, maintaining control as you adjust your legs into the S-Mount, positioning one leg under the opponent's armpit and the other knee or leg over their neck.
5. Pivot your body to align your hips with the opponent's arm, preparing for the Armbar. The grinding pressure you apply should be very uncomfortable for your partner.

Executing the Armbar (15 minutes):

1. Swing the leg over the opponent's head, securing your heel on the opposite side their neck, scooping your heels tightly to your buttocks and apply the Armbar.
2. Keep the opponent's arm trapped tightly between your legs, with their thumb pointing upward.
3. Apply pressure by elevating your hips, focusing on the elbow joint for the submission.

Safety Considerations:

- Emphasize the importance of controlled movements to avoid injury, particularly when applying pressure on the elbow joint.
- Instruct participants to apply the submission slowly and release immediately upon tapping.
- Ensure the training area is equipped with suitable mats for practicing submissions.
- Encourage communication between partners to maintain a safe and effective training environment.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in S-Mount and the other defending, focusing on the transition to and application of the Armbar.

2. Introduce gradual resistance, allowing for realistic training while maintaining a focus on safety and technique.

Reflection and Feedback: Conclude with a discussion session where participants share their experiences, focusing on the effectiveness of the Armbar from S-Mount, challenges faced during execution, and areas for improvement in the technique.

Armpit Armbar from Mount

Learning Objectives:

1. To proficiently execute the Armpit Armbar from the Mount position, emphasizing technique, leverage, and control.
2. To develop the skill of transitioning smoothly from Mount to Armpit Armbar, focusing on arm isolation and hip movement.
3. To enhance overall grappling proficiency, particularly in securing submissions from dominant positions.

Education Eligibility: Participants must:

- Have the ability to maintain and control the Mount position.
- Possess the skill to perform fluid transitions and apply joint locks.
- Understand the fundamental principles of leverage, balance, and submission in grappling.

Ice Breaker Activity (5 minutes): Start with a warm-up session that includes mount control drills and flexibility exercises, particularly focusing on hip movements and arm control, to prepare participants for the Armpit Armbar execution.

Technical Explanation:

Understanding Mount Position (5 minutes):

1. Discuss the strategic advantages and control aspects of the Mount position.
2. Emphasize the importance of maintaining balance and controlling the opponent's upper body.

Setting Up the Armpit Armbar (15 minutes):

1. Identify the opportunity to isolate one of the opponent's arms, looking for moments when they attempt to push or create space and bring your knee up and place your foot flat under their armpit and trapping the arm between your knee and elbow squeezing it tight to your body.
2. Secure the arm by trapping it under your armpit, ensuring a tight grip and control.
3. Shift your weight and position to bring your knee forward close to the opponent's head on the side of the isolated arm, preparing for the Armbar transition. The other knee remains in the armpit of the opposite side unless size needs you to perform a squat.

Executing the Armpit Armbar (15 minutes):

1. Drive the Knee Elbow and trapped shoulder over the opponent's face, placing it firmly into their neck and keeping their trapped elbow isolated using your elbow and hip.
2. Adjust your hips to align perpendicular to the opponent, ensuring the arm is tightly secured under your armpit.
3. Gradually apply pressure by driving your knee across the face and pushing the shoulder while pushing the opponent's elbow joint to your hip and executing the submission.

(Multiple two-on-one grip variations can easily turn this into a Kimura by reaching between your hip and opponents arm and elevating while driving the knee across the face.)

Safety Considerations:

- Highlight the need for controlled and smooth movements to prevent injuries, especially when applying joint pressure.
- Instruct participants to apply the Armbar slowly and release immediately upon the opponent's verbal and physical tap out.
- Ensure the training area is equipped with appropriate mats for practicing submissions.
- Encourage clear communication between partners during drills for a safe training experience.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Mount and the other defending, focusing on the setup and application of the Armpit Armbar.

2. Gradually introduce resistance, allowing for a realistic training experience while maintaining a focus on safety and proper technique.

Reflection and Feedback: Finish the lesson with a session where participants discuss their experiences, focusing on the challenges faced, the effectiveness of the Armpit Armbar, and areas for improvement in the technique.

Armbar Defense - Hitchhiker Escape

Learning Objectives:

1. To proficiently execute the Hitchhiker Escape as a defense against an Armbar submission.
2. To develop an understanding of the timing and body mechanics necessary for a successful Hitchhiker Escape.
3. To enhance overall grappling skills, focusing on defensive strategies and escape techniques from submission holds.

Education Eligibility: Participants must:

- Have the ability to perform coordinated movements involving the whole body.
- Possess adequate joint flexibility, especially in the neck shoulders and arms.
- Understand the basic mechanics of an Armbar and the principles of escape maneuvers.

Ice Breaker Activity (5 minutes): Begin with a series of joint mobility exercises, particularly for the neck, shoulders and arms, combined with movement drills that mimic the motion of the Hitchhiker Escape, preparing participants for the technique.

Technical Explanation:

Understanding the Armbar (5 minutes):

1. Analyze the mechanics of the Armbar, focusing on the opponent's control points and submission execution.
2. Discuss the importance of early recognition and reaction to an Armbar attempt.

3. Discuss the elbow line and keeping the elbow off center during escapes (relate to knee line for leg locks).
4. S-Grip, figure four (spider grip) and Gable Grip differences.

Executing the Hitchhiker Escape (15 minutes):

1. Recognize or create the moment to initiate the escape, typically as the opponent secures the arm and begins to apply pressure.
2. Rotate the thumb up towards the mat above your head (as if hitchhiking), bridge your hips off the ground and begin to move your body in the direction of the thumb, alleviating pressure on the elbow, tuck your chin and walk toward and rotate over your free shoulder and look to pass to side control.
3. Use your free arm and legs to assist in the rotation and perform movement away from the opponent's control.

Completing the Escape (15 minutes):

1. Continue rotating your body, aiming to stack on top of the opponent or move into a more dominant position.
2. Keep rotating and moving until the elbow is safely withdrawn from the opponent's legs and the pressure is relieved.
3. Transition into a top position, maintaining awareness of the opponent's movements and potential counterattacks.

Safety Considerations:

- Emphasize controlled and gradual movements to prevent injuries, particularly to the neck, elbow and shoulder joints.
- Instruct participants to practice the escape at a moderate pace, focusing on technique and safety.
- Ensure the training area is equipped with suitable mats and space for practicing this technique.
- Encourage partners to apply the Armbar with controlled pressure during drills.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner applying the Armbar and the other executing the Hitchhiker Escape.
2. Gradually introduce resistance, allowing for realistic but safe practice scenarios.

Reflection and Feedback: Conclude the training with a session where participants discuss their experiences, focusing on the effectiveness of the escape, challenges encountered during execution, and areas for improvement.

Armbar Defense - Bottom Leg Hook

Learning Objectives:

1. To proficiently execute the Bottom Leg Hook escape from an Armbar submission attempt.
2. To develop the ability to utilize leg coordination and timing to effectively escape an Armbar.
3. To enhance grappling skills in defensive situations, focusing on escape strategies from submissions.

Education Eligibility: Participants must:

- Be capable of performing coordinated movements involving arms and legs at the same time.
- Possess the flexibility and agility necessary for leg hook maneuvers.
- Have a fundamental understanding of Armbar mechanics and defensive positioning.

Ice Breaker Activity (5 minutes): Start with a series of dynamic stretches and mobility exercises focusing on the legs and hips, combined with drills simulating the motion of hooking and escaping, to prepare participants for the Bottom Leg Hook escape technique.

Technical Explanation:

Understanding the Armbar (5 minutes):

1. Discuss the key elements of an Armbar, emphasizing the opponent's control points and submission mechanics.
2. Highlight the importance of quick recognition and the need for an immediate response to an Armbar attempt.

5. S-Grip, figure four (spider grip) and Gable Grip differences.

Executing the Bottom Leg Hook (15 minutes):

1. Must have a secure S-grip or gable grip then identify the moment to initiate the escape, usually as the opponent secures the arm but before fully applying the submission.
2. Hook the opponent's bottom leg with your own leg, using this leverage to disrupt their balance and control with the opponent's top leg still covering your face.
3. Combine the leg hook with an arm pull and utilize your head push against the top leg to start freeing the trapped arm from the Armbar and regain elbow control as you look to stack and pass.
4. Important Note: If the top leg is not on your face, do not sit up as you are giving the back instead bury the leg, avoid the kimura grip, begin to work rear mount shrimp and scrape escape to knee elbow and avoid the transition to rear mount/mount from the opponent)

Completing the Escape (15 minutes):

1. Continue leveraging the hooked leg to shift the opponent's weight and position.
2. Use the created space and movement to extract your arm and transition into a safer position, like a guard, or a more dominant posture looking to stack and pass to side control.

Safety Considerations:

- Stress the importance of smooth, controlled movements to minimize the risk of injury, particularly to the neck, elbow, and shoulder joints.
- Instruct participants to practice the escape at a steady pace, focusing on correct technique and safety.
- Ensure that the training area is well-equipped with suitable mats for practicing escape techniques and that students have given themselves enough space.
- Encourage partners to apply the Armbar with controlled pressure during drills allowing their partners to work.

Partner Drills (20 minutes):

1. Alternate roles where one partner applies the Armbar and the other practices the Bottom Leg Hook escape.
2. Introduce progressive resistance, allowing for realistic yet controlled practice scenarios.

Reflection and Feedback: End with a session where participants share their experiences, focusing on the challenges encountered, the effectiveness of the escape, and areas for improvement.

Kimura & Omoplata

Kimura from Side Control

Learning Objectives:

1. To proficiently execute the Kimura lock from the Side Control position, focusing on grip, arm positioning, and joint control.
2. To develop the ability to transition seamlessly from maintaining Side Control to setting up and applying the Kimura.
3. To enhance overall grappling skills, particularly in executing joint locks from dominant positions.

Education Eligibility: Participants must:

- Be familiar with Side Control and its control strategies.
- Possess the ability to execute controlled movements involving joint manipulation.
- Understand the mechanics and safe application of joint locks, specifically the Kimura.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up drills focusing on shoulder mobility, arm strength, and transitioning techniques for achieving and maintaining Side Control, preparing participants for the movements involved in executing a Kimura.

Technical Explanation:

Understanding Side Control Position (5 minutes):

1. Discuss the importance of maintaining effective Side Control, focusing on pressure, arm placement, and body positioning.
2. Highlight the strategic advantage of Side Control for setting up various submissions, including the Kimura.

Setting Up the Kimura (15 minutes):

1. Demonstrate the process of isolating the opponent's far sidearm by pinning it to the mat or forcing it away from their body with a stiff lower arm (lock the elbow of your arm closest to the opponent's hip to perform the stiff arm, then use your body to push the opponent's wrist to the mat) and not going too far across your opponent's center line and losing balance.
2. Practice positioning your top (closest to opponent's head) arm around and under the opponent's isolated arm, sliding your hand up to grip your wrist.
3. Show how to secure the Kimura grip by reaching your free arm under the opponent's upper arm and then grabbing your own wrist.

Executing the Kimura (15 minutes):

1. Instruct on applying the Kimura by keeping the opponent's arm bent at a right angle and rotating their arm upwards towards their head behind the back and stepping over the opponent's head with your top leg as you bend and rotate towards your stepped leg.
2. Emphasize the need to adjust your body position and knee pinch often shifting your weight to prevent them from rolling or escaping.
3. Highlight the importance of controlled pressure on the joint to effectively apply the submission without causing injury.

Safety Considerations:

- Stress the importance of gradual application of pressure to avoid injuries, particularly to the shoulder joint.
- Instruct participants to apply the Kimura slowly and release immediately upon the opponent's tap out.

- Ensure the training area is equipped with suitable mats for practicing submission techniques.
- Encourage clear communication between partners during practice for safety and comfort.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Side Control applying the Kimura and the other working on defense and escape techniques.
2. Introduce varying levels of resistance to simulate realistic grappling scenarios, while emphasizing safety and correct technique.

Reflection and Feedback: Conclude with a discussion where participants share their experiences with the Kimura from Side Control, discuss differences in flexibility of people's shoulders while focusing on the effectiveness of the technique, challenges faced during application, and areas for improvement.

Kimura from Closed / Half Guard

Learning Objectives:

1. To proficiently execute the Kimura submission from the Closed Guard position, focusing on proper grip, hip movement, and arm control.
2. To develop skills in setting up the Kimura from Closed Guard, emphasizing the transition from guard maintenance to offensive submission.
3. To enhance overall grappling proficiency with a focus on joint lock submissions from the guard.

Education Eligibility: Participants must:

- Be familiar with the Closed / Half Guard position and its offensive capabilities.
- Possess the ability to perform hip movements and control an opponent's arm.
- Understand the mechanics of joint lock submissions, particularly the Kimura.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up exercises focusing on hip mobility, core strength, and arm control movements, preparing participants for the techniques involved in executing a Kimura from Closed Guard.

Technical Explanation:

Understanding Closed Guard Position (5 minutes):

1. Discuss the advantages of the Closed Guard for control and submission setups.
2. Emphasize the importance of breaking the opponent's posture for effective submission attempts.

Setting Up the Kimura (15 minutes):

1. Demonstrate isolating the opponent's arm by breaking their posture forcing them to post one hand flat on the mat, immediately grab the wrist of that hand and shift your body to that side and post on that hand as you sit up and reach all the way over the trapped shoulder and through the armpit to grab your own wrist.
2. Sitting up or hiping in may require you to open the guard.
3. Practice securing the opponent's wrist with one hand and reaching your free arm over their shoulder to reach your own wrist, forming a figure-four grip.
4. Work on using your legs and hips in both open and closed guard to control the opponent's body and create the leverage needed for the submission or even a sweep to side control for the finish.
5. If you opened your guard, resecure full or half guard.

Executing the Kimura (15 minutes):

1. Show how to apply the submission by moving your gripped hands towards the opponent's head by following their spine and rotating their arm upwards.
2. Instruct on using hip movement to enhance the pressure and effectiveness of the lock.
3. Emphasize the need for controlled application to effectively submit the opponent without causing injury.

Safety Considerations:

- Stress the importance of a gradual application to prevent injuries to the opponent's shoulder.
- Instruct participants to apply the Kimura slowly and release immediately upon a tap out.
- Ensure the training area is equipped with suitable mats for practicing submissions.
- Encourage clear communication between partners during practice for safety and comfort.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Closed Guard applying the Kimura and the other focusing on defense and escape techniques.
2. Introduce light resistance to simulate realistic grappling situations, while emphasizing safety and technique.

Reflection and Feedback: Conclude with a session where participants share their experiences with the Kimura from Closed Guard and the differences between the kimura from other positions, focusing on the effectiveness of the technique, challenges faced during application, and areas for personal improvement.

Kimura Defense / Reverse Kimura from Half Guard

Learning Objectives:

1. To proficiently defend against a Kimura attempt and transition into a Reverse Kimura while in Half Guard.
2. To develop an understanding of the mechanics and timing necessary for countering a Kimura with a Reverse Kimura.
3. To enhance defensive and counter-attacking skills in grappling, particularly from Half Guard.

Education Eligibility: Participants must:

- Be familiar with Half Guard and its defensive aspects.
- Possess the ability to perform controlled movements and counter-maneuvers under pressure.
- Understand the principles of joint manipulation and reversals in grappling.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up exercises focusing on shoulder mobility, grip strength, and Half Guard movement drills to prepare participants for the dynamics of defending and countering a Kimura.

Technical Explanation:

Understanding Kimura Mechanics and Half Guard Defense (5 minutes):

1. Discuss the common setups for a Kimura and the importance of early recognition for effective defense.
2. Highlight the key aspects of maintaining or transitioning to a strong Half Guard to prevent opponents from executing submissions.

Executing Kimura Defense and Transition to Reverse Kimura (15 minutes):

1. Demonstrate defensive positioning when an opponent attempts a Kimura, focusing on grip breaking and knee positioning.
2. Practice the transition into a Reverse Kimura grip as a counter, securing the opponent's wrist and applying a figure-four lock on your arm.
3. In a turn back or backstep motion move your hip to cover your wrist and your top knee covering the arm and shoulder of the opponent.
4. If your arm is far behind your back, grab your wrist with your knee*
5. Begin to elevate the opponent's wrist and drive across with your hip that is covering the pair of figure four grips.
6. Work on using the Reverse Kimura grip to create space, possibly get a submission or transition to more dominant positions.

Applying the Reverse Kimura (15 minutes):

1. Instruct on applying pressure with the Reverse Kimura grip to disrupt the opponent's balance and control.
2. Show how to use the grip to transition into advantageous positions, such as sweeping to top control or transitioning to a more dominant guard.
3. Emphasize the importance of fluid movement and constant control via hip pressure during the transition.

Safety Considerations:

- Stress the importance of controlled and gradual application of pressure to prevent injuries.
- Instruct participants to release the grip immediately upon a tap out.

- Ensure the training area is equipped with suitable mats for safe practice.
- Encourage clear communication between partners during practice for safety and comfort.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner attempting a Kimura and the other defending with a Reverse Kimura from Half Guard.
2. Introduce varying degrees of resistance to simulate realistic grappling scenarios, emphasizing safety and technique.

Reflection and Feedback: Conclude with a session where participants share their experiences with defending a Kimura and applying a Reverse Kimura from Half Guard, focusing on the effectiveness of the techniques, challenges faced, and areas for improvement.

Omplata from Closed Guard

Learning Objectives:

1. To master the technique of executing an Omoplata shoulder lock from the Closed Guard position, focusing on leg positioning, hip movement, and opponent control.
2. To develop the ability to transition into an Omoplata from Closed Guard, emphasizing the setup and execution of the submission.
3. To enhance overall grappling skills, particularly in applying joint manipulation techniques from the guard.

Education Eligibility: Participants must:

- Be familiar with the Closed Guard position and its offensive options.
- Possess the ability to perform controlled hip and leg movements.
- Understand the mechanics of shoulder locks and the importance of applying them safely.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up exercises focusing on hip mobility, leg flexibility, and core strength, which are essential for the effective execution of an Omoplata from Closed Guard.

Technical Explanation:

Understanding Closed Guard Position (5 minutes):

1. Discuss the strategic use of Closed Guard for control and setting up submissions.
2. Emphasize the importance of breaking the opponent's posture to initiate submission attempts.

Setting Up the Omoplata (15 minutes):

1. Demonstrate a same side collar grip and or a wrist grab/face push then shift your hips to one side to separate and control the opponent's arm, by getting them to plant one hand away from their body.
2. By opening your guard and shrimping to that side, you will separate the arm from their body with your hip – trap it by bringing your knee high in the armpit and trap their elbow between your knee your hip creating a fulcrum as you push the trapped wrist.
3. Swing your same side leg over the isolated shoulder and stomp that heel to the mat between the head and isolated shoulder/wrist as you pivot and sit up with the stomp (releasing the collar grip if you have it)
4. Swing your arm across the back side of the hips preventing the forward roll by the opponent as you sit up.
5. Practice with legs crossed and un-crossed*
6. Practice “windshield wiper” your legs, with feet and knees pinched together facing to and away from the opponent with the opponent's arms pinched tight between your thighs at the same time to facilitate sitting up, sweeping and wrist control as you keep the arm bent with your hips.

Executing the Omoplata (15 minutes):

1. Show how to rotate your legs and hips to apply pressure on the opponent's shoulder, leading them to bend forward.

2. Instruct on using your legs to control the opponent's posture and arm, applying steady pressure to the shoulder joint.
3. Emphasize the importance of maintaining wrist control via fulcrums throughout the submission and adjusting your feet position as needed and avoiding ankle locking yourself.

Safety Considerations:

- Stress the importance of controlled and gradual application of the technique to avoid causing injury.
- Instruct participants to apply the Omoplata slowly and release immediately upon a tap out.
- Ensure the training area is equipped with suitable mats for practicing submissions.
- Encourage clear communication between partners during practice for safety and comfort.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Closed Guard attempting the Omoplata and the other focusing on defense and escape techniques.
2. Introduce gradual resistance, allowing for realistic training scenarios while maintaining a focus on safety and correct technique.

Reflection and Feedback: Conclude with a session where participants discuss their experiences with the Omoplata from Closed Guard, focusing on the effectiveness of the technique, challenges faced during application, and areas for improvement.

Omoplata Defense - Step Over

Learning Objectives:

1. To proficiently execute the Step Over defense against an Omoplata shoulder lock.
2. To develop an understanding of the timing, body positioning, and movements necessary to effectively counter an Omoplata.

3. To enhance defensive grappling skills, focusing on escaping and countering submissions from compromised positions.

Education Eligibility: Participants must:

- Possess the ability to perform dynamic movements involving stepping over and balancing.
- Understand the principles of leverage and joint safety in grappling defense.

Ice Breaker Activity (5 minutes): Begin with a series of drills focusing on agility and balance, including exercises that simulate the movements required for the Omoplata like forward and backward rolls.

Technical Explanation:

Understanding Omoplata Mechanics and Defense Opportunities (5 minutes):

1. Discuss the structure of the Omoplata submission and the typical scenarios in which it is applied.
2. Highlight the importance of quick recognition and reaction to an Omoplata attempt for effective defense.

Executing Step Over and Pull Defense (15 minutes):

1. Demonstrate the initial response to an Omoplata attempt, focusing on initial posture by keeping your head up and arm positioning to prevent the submission from being fully applied.
2. Show the stepping movement, where you step over the opponent's body with the leg closest to the isolated arm and place the knee on the opponent's chest to disrupt their control.
3. Pinch your knees tightly together to help with balance as if pinching the body with your knees.
4. Work on the 'Pull part of the defense, involving pulling the trapped arm out while maintaining balance and control with knees on the opponent's chest.

Completing the Escape (15 minutes):

1. Show how to stabilize your position after stepping over the opponent by resting the first knee on the chest to ensure balance and prevent being swept.
2. Instruct on the twisting motion of pulling the arm out with the knees as a pivot and fulcrum attempting to land in side control.

3. Practice transitioning into a safer position or immediate counter-attack after escaping the Omoplata.

Safety Considerations:

- Stress the importance of controlled movements to prevent injury, especially when stepping over and balancing.
- Instruct participants to practice the defense technique at a moderate pace, focusing on correct form and safety.
- Ensure the training area is equipped with appropriate mats for safe practice.
- Encourage partners to apply the Omoplata with controlled pressure during drills.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner attempting the Omoplata and the other applying the Step Over defense.
2. Gradually introduce resistance, allowing for realistic yet controlled training scenarios.

Reflection and Feedback: Conclude with a session where participants share their experiences, focusing on the effectiveness of the 'Step Over and Pull defense, challenges faced during execution, and areas for improvement in the technique.

Omoplata Roll Under

Learning Objectives:

1. To master the technique of countering an Omoplata with a Roll Under escape, focusing on timing, body positioning, and rolling mechanics.
2. To develop the ability to identify the right moment to initiate the counter movement against an Omoplata attack.
3. To enhance overall grappling defense skills, with a focus on dynamic movement and agility to escape from submission holds.

Education Eligibility: Participants must:

- Be familiar with the mechanics and setups of the Omoplata submission.
- Possess the ability to perform controlled rolling movements and maintain awareness of body positioning.
- Understand the principles of leveraging body weight and momentum in defensive grappling maneuvers.

Ice Breaker Activity (5 minutes): Start with a series of agility and flexibility drills, focusing on forward and sideways rolling techniques. This activity should prepare participants for the dynamic and fluid movements required for the Roll Under counter.

Technical Explanation:

Understanding Omoplata Submission and Defense Opportunities (5 minutes):

1. Discuss the structure of the Omoplata, highlighting how the submission is applied and common scenarios for its use.
2. Emphasize the importance of recognizing an Omoplata attempt early to effectively counter it.

Executing Roll Under Counter (15 minutes):

1. Demonstrate the initiation of the counter as the opponent begins to extend their leg to secure the Omoplata, tighten and use the trapped arm against them.
2. Immediately bring your farthest knee up to have your foot on the mat to help you dive under*
3. Practice rolling under the opponent's extended leg, leading with the shoulder closest to the opponent and tucking the head to roll smoothly and pulling with your trapped arm tight.
4. Your free arm shoots straight down your side as you roll through and scoops the opponent and rolls them over your chest as you drive the trapped elbow to the mat.
5. Work on positioning the body to roll tightly across the chest and under the opponent's hips, utilizing momentum to escape the submission and regain guard.

Completing the Counter Escape (15 minutes):

1. Show how to complete the roll and immediately regain a stable and safe position, avoiding a potential re-attack from the opponent.
2. Instruct on re-establishing a defensive or neutral position, such as recovering guard or achieving a top position post-roll.
3. Emphasize the importance of swift and fluid movement throughout the escape to minimize the opponent's control.

Safety Considerations:

- Highlight the necessity of controlled rolling to prevent injury, especially to the neck and shoulders.
- Instruct participants to perform the counter at a moderate pace, focusing on technique and safety.
- Ensure the training area is equipped with suitable mats for safe practice.
- Encourage communication between partners during drills, particularly regarding the intensity and safety of submission attempts.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner attempting the Omoplata and the other applying the Roll Under counter.
2. Introduce varying levels of resistance, allowing for realistic and safe training scenarios.

Reflection and Feedback: Conclude with a session where participants share their experiences, focusing on the effectiveness of the Roll Under Across counter against the Omoplata, challenges faced during execution, and areas for improvement.

Omoplata Defense - Hop to Side Control

Learning Objectives:

1. To master the 'Hop to Side Control defense against an Omoplata submission attempt, focusing on timing, balance, and positional transition.
2. To develop an understanding of the movement mechanics and spatial awareness required for this defensive maneuver.
3. To enhance defensive grappling skills, with a focus on escaping submissions and transitioning to dominant positions.

Education Eligibility: Participants must:

- Be familiar with the mechanics of the Omoplata shoulder lock and common grappling positions.
- Possess the ability to perform dynamic movements, specifically hopping or jumping motions, while maintaining balance.
- Understand the importance of quick positional transitions and control in defensive grappling.

Ice Breaker Activity (5 minutes): Begin with a series of dynamic movement drills, focusing on hopping, balance, and quick transitions. These exercises are designed to prepare participants for the agility and coordination required in the Hop to Side Control defense.

Technical Explanation:

Understanding Omoplata Mechanics and Defense (5 minutes):

1. Discuss the structure of the Omoplata submission and common setups.
2. Highlight the importance of immediate action and correct positioning for an effective defense.

Executing Hop to Side Control Defense (15 minutes):

1. Demonstrate the initial response to an Omoplata attempt by posturing up, not allowing yourself forced down and forward then focusing on creating enough space to maneuver.
2. Practice the hopping motion, which involves jumping over the opponent's body while they are attempting the Omoplata, landing in a position to secure side control opposite of the attacked side
3. Work on coordinating the hop with arm control to prevent the opponent from finishing the submission.

Completing the Transition to Side Control (15 minutes):

1. Show how to stabilize in the side control position immediately after landing, ensuring control over the opponent.
2. Instruct on maintaining a strong base and utilizing shoulder pressure to secure side control.
3. Emphasize the importance of swift and controlled movement to minimize the opponent's opportunities to counter.
4. Visit the Step Over Defense with knee on chest extraction*

Safety Considerations:

- Stress the need for controlled and careful hopping to prevent injury to both the defender and the opponent with stray knees.
- Instruct participants to execute the defense at a moderate pace, focusing on technique and safety.
- Ensure the training area is equipped with appropriate mats for safe practice.
- Encourage clear communication between partners during practice, especially when practicing dynamic defensive movements.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner attempting the Omoplata and the other applying the Hop to Side Control defense.
2. Introduce progressive resistance, allowing for realistic and controlled training scenarios.

Reflection and Feedback: Conclude with a session where participants share their experiences, focusing on the effectiveness of the Hop to Side Control defense against the Omoplata versus other defenses, challenges faced during execution, and areas for personal development.

Omoplata Defense - Roll Through

Learning Objectives:

1. To proficiently execute the Roll Through defense against an Omoplata shoulder lock.

2. To develop an understanding of the timing, body mechanics, and spatial awareness necessary for an effective roll-through escape from an Omoplata.
3. To enhance overall grappling agility and defense skills, focusing on dynamic escape techniques from submission holds.

Education Eligibility: Participants must:

- Be familiar with the mechanics of the Omoplata and common grappling positions.
- Possess the ability to perform dynamic rolling movements and maintain positional awareness.
- Understand the principles of joint safety and the importance of controlled movements in submission escapes.

Ice Breaker Activity (5 minutes): Begin with a series of agility and rolling drills, focusing on forward and backward rolls, to prepare participants for the dynamic movements required in the 'Roll Through' defense against an Omoplata.

Technical Explanation:

Understanding Omoplata Mechanics and Escape Timing (5 minutes):

1. Discuss the key components of the Omoplata submission, including the opponent's leg positioning and arm control.
2. Emphasize the importance of timing and quick reaction for initiating the roll-through escape.

Executing Roll Through Defense (15 minutes):

1. Demonstrate the initial response to an Omoplata attempt, focusing on the moment when the opponent begins to extend their legs to apply the submission.
2. Practice the Roll Through movement, which involves tucking the head and shoulder and performing a forward roll over the shoulder opposite to the trapped arm.
3. Work on maintaining a tight roll to avoid leaving space for the opponent to maintain control.

Completing the Escape (15 minutes):

1. Show how to regain balance and control immediately after completing the roll to prevent the opponent from reapplying the Omoplata or transitioning to another submission.

2. Instruct on re-establishing a safe grappling position post-roll, such as achieving top control or resetting to a neutral position.
3. Emphasize the importance of continuous motion and awareness to effectively escape the submission.

Safety Considerations:

- Stress the need for controlled rolling to prevent neck and shoulder injuries.
- Instruct participants to execute the roll-through technique at a moderate pace, prioritizing correct form and safety.
- Ensure the training area is equipped with suitable mats for safe practice.
- Encourage clear communication between partners during drills, especially regarding the intensity of the submission application.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner attempting the Omoplata and the other applying the 'Roll Through defense.
2. Introduce gradual resistance, allowing for realistic training scenarios while emphasizing safety and technique.

Reflection and Feedback: Conclude with a session where participants share their experiences, focusing on the effectiveness of the 'Roll Through defense against the Omoplata, challenges faced during execution, and areas for improvement in the technique.

Omoplata Defense - Tripod and Step Across

Learning Objectives:

1. To effectively execute the Tripod and Step Across defense against an Omoplata submission attempt.

2. To develop an understanding of the timing, body positioning, and balance required to successfully perform this defensive maneuver.
3. To enhance defensive grappling skills, focusing on posture control and escape techniques from submissions.

Education Eligibility: Participants must:

- Be familiar with the Omoplata shoulder lock and common positions in grappling where it might be applied.
- Possess the ability to perform controlled movements involving balancing on hands and feet (tripod position).
- Understand the importance of body mechanics and leverage in defensive grappling techniques.

Ice Breaker Activity (5 minutes): Start with a series of balance and coordination drills, focusing on tripod positions and movements that involve stepping across the body. These exercises are crucial for preparing participants to execute the 'Tripod and Step Across' defense against an Omoplata.

Technical Explanation:

Understanding Omoplata Mechanics and Defense Timing (5 minutes):

1. Discuss the mechanics of the Omoplata submission, emphasizing how it is typically set up and applied.
2. Highlight the importance of quick recognition and reaction to effectively defend against the submission.

Executing Tripod and Step Across Defense (15 minutes):

1. Demonstrate the initial reaction to an Omoplata attempt, focusing on creating a tripod position by planting both hands on the mat and lifting the hips high.
2. Practice stepping across the opponent's body with the leg farthest from their hips, aiming to step across for the full mount by sitting on their chest and extracting the trapped arm.
3. Work on maintaining a strong base in the tripod position to prevent being swept or controlled further by the opponent.

Completing the Escape (15 minutes):

1. Show how to stabilize the position after stepping across, ensuring balance and control are maintained.
2. Instruct on repositioning the body to safely extract the trapped arm and transition out of the opponent's control.
3. Emphasize the importance of continuous motion and awareness during the escape to avoid being re-submitted.

Safety Considerations:

- Stress the need for controlled movements to prevent injury, especially when balancing in the tripod position.
- Instruct participants to practice the defense at a moderate pace, focusing on technique and safety.
- Ensure the training area is equipped with appropriate mats for safe practice.
- Encourage clear communication between partners during drills, especially when practicing submission defenses.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner attempting the Omoplata and the other applying the Tripod and Step Across defense.
2. Gradually introduce resistance, allowing for realistic yet controlled training scenarios.

Reflection and Feedback: Conclude with a session where participants share their experiences, focusing on the effectiveness of the Tripod and Step Across defense against the Omoplata, challenges faced during execution, and areas for improvement in the technique.

Triangle Chokes

Triangle Choke from Guard

Learning Objectives:

1. To proficiently execute the Triangle Choke from the Guard position, emphasizing proper leg positioning, angle adjustment, and choke application.
2. To develop the skill of transitioning from Guard to Triangle Choke, focusing on opponent control and submission setup.
3. To enhance overall grappling proficiency with a focus on submissions from the Guard.

Education Eligibility: Participants must:

- Be proficient in maintaining and controlling the Guard position.
- Possess the ability to perform leg movements and hip elevation for submission setups.
- Understand the principles of choke submissions and their safe application.

Ice Breaker Activity (5 minutes): Begin with a warm-up session that includes drills for guard retention and hip mobility exercises, preparing participants for the movements involved in executing a Triangle Choke from the Guard.

Technical Explanation:

Understanding the Guard Position (5 minutes):

1. Discuss the advantages of the Guard position in controlling an opponent and setting up submissions.
2. Emphasize the importance of breaking the opponent's posture for effective submission attempts with Gi or no Gi grips.

Setting Up the Triangle Choke (15 minutes):

1. Identify opportunities to isolate and attack by using the push pull method of clearing one arm, pushing one wrist to the opponent's chest, and pulling the other above your head and across your chest – release the guard and kick your legs up and trapping the arm to the chest under your leg,

securing your leg all the way across the back of the neck and your foot behind your opposite knee.

2. Ensure to turn your entire body perpendicular with the trapping leg to the side of the trapped arm as much as possible and avoid being line directly up (square) with your opponent's hips.

Executing the Triangle Choke (15 minutes):

1. Place your ankle behind the knee of your opposite leg to form the triangle, adjusting the angle of your body to tighten the choke.
2. Pull down on the opponent's head while elevating your hips and squeezing your thighs together.
3. Ensure correct L-shaped or perpendicular alignment and pressure to effectively apply the choke without using excessive force.
4. Keeping legs secure and head pulled down, with as much of an angle as possible shrimp backwards to avoid the stack and pass – keeping their hips broken down – it may turn into a race.

Safety Considerations:

- Stress the importance of controlled and precise movements to prevent injuries, especially to the neck.
- Instruct participants to apply the choke gradually and release immediately upon a tap out.
- Ensure the training area is equipped with suitable mats for practicing submission techniques.
- Encourage clear communication between partners during drills for a safe training environment.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Guard and the other defending, focusing on setting up and applying the Triangle Choke.
2. Gradually introduce resistance, allowing for realistic training while emphasizing safety and technique.

Reflection and Feedback: Conclude with a session where participants discuss their experiences, focusing on the challenges faced, the effectiveness and areas for improvement in the technique.

Triangle Choke from Mount

Learning Objectives:

1. To master the execution of the Triangle Choke from the Mount position, focusing on mount control, leg positioning, and effective submission application.
2. To develop skills for transitioning from a dominant Mount to a Triangle Choke, emphasizing fluid movement and opponent control.
3. To enhance overall grappling techniques, particularly in securing submissions from dominant positions.

Education Eligibility: Participants must:

- Be proficient in maintaining and controlling the Mount position.
- Possess the flexibility to execute fluid leg movements and hip elevation for submission setups.
- Understand the mechanics of choke submissions and their safe application.

Ice Breaker Activity (5 minutes): Begin with a warm-up session that includes mount control exercises and hip mobility drills, preparing participants for the movements required for executing a Triangle Choke from the Mount.

Technical Explanation:

Understanding Mount Position (5 minutes):

1. Discuss the strategic advantages of the Mount position and its potential for various submissions.
2. Emphasize the importance of maintaining balance and control over the opponent with appropriate knee pinching and knowing when to transition to technical mount or one knee up and one knee down.

Setting Up the Triangle Choke (15 minutes):

1. Choose one of your opponent's arms to isolate by using your own arms to control and push one of their arms across their body raising their shoulder as you wedge a knee under the shoulder. Place

the same side elbow on this knee if possible and grab the head elevating it (this allows room to swing the leg under and takes bridging strength away)

2. Push the opponent's opposite wrist to their chest with a stiff arm (using body weight)
3. Carefully shift your weight to the side of the stiff arm using the stiff arm to elevate slightly allowing you to pivot and swing your same side leg under the head and to the knee wedge under the armpit.

Executing the Triangle Choke (15 minutes):

1. Secure your swing leg ankle behind the knee of your opposite leg, forming the triangle shape.
2. Adjust your position to tighten the choke, pulling up on the head but being prepared to use the arms to post.
3. Maintain control over the opponent's posture, pulling up on their head while elevating your hips to enhance the choke.

Safety Considerations:

- Highlight the need for controlled and gradual movements to prevent injuries, particularly when applying pressure to the neck.
- Watch the attackers feet as an inadvertent straight ankle is possible.
- Instruct participants to apply the choke carefully and release immediately upon a tap out.
- Ensure the training area is equipped with suitable mats for practicing submission techniques.
- Encourage effective communication between partners during drills for a safe training environment as hands and mouth can be inadvertently covered or trapped.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Mount and the other defending, focusing on the transition to and application of the Triangle Choke.
2. Introduce gradual resistance, allowing for realistic training while maintaining a focus on safety and technique.

Reflection and Feedback: Conclude with a session where participants discuss their experiences, focusing on the individual challenges faced, the effectiveness of the Triangle Choke from Mount, and areas for improvement in the technique.

Triangle Choke from Rear Mount

Learning Objectives:

1. To proficiently execute the Triangle Choke from the Rear Mount position, focusing on proper leg positioning, timing, and choke application.
2. To develop the ability to transition from Rear Mount to Triangle Choke, emphasizing opponent control and submission setup.
3. To enhance overall grappling proficiency, with a focus on effective submissions from dominant positions.

Education Eligibility: Participants must:

- Be capable of maintaining and controlling the Rear Mount position.
- Possess the ability to execute leg movements and hip elevation for submission setups.
- Understand the principles of the basic triangle choke submissions and their safe application.

Ice Breaker Activity (5 minutes): Begin with a warm-up session that includes drills for rear control and flexibility exercises, particularly focusing on leg and hip mobility movements, to prepare participants for executing a Triangle Choke from Rear Mount.

Technical Explanation:

Understanding Rear Mount Position (5 minutes):

1. Discuss the advantages of the Rear Mount position in controlling an opponent and setting up submissions.
2. Emphasize the importance of controlling the opponent's upper body and preventing their escape utilizing under hooks, over hooks and hip pressure.

Setting Up the Triangle Choke (15 minutes):

1. From the seatbelt position (one over one under hook) in rear mount - isolate one of the opponent's arms (the over hooked arm) with a two on one or double over hand grip, adjust your weight to the opposite side and push the arm down to their hip.
2. Reach high with the same side leg dropping the back of your knee pit on their shoulder, trapping the arm beneath your leg with your calf across the chest -aiming your foot for your opposite knee.
3. Releasing the two on one arm but maintaining the opposite side under hook, now begin to pull the remaining arm high across their chest giving you room to put your underhook side leg over your foot securing the triangle.
4. Shift your weight completely to the opposite side, rolling your opponent slightly as well, and begin to tighten the choke by squeezing your heels to your buttock and squeezing your knees together while controlling their free arm with your other hands and shrimping away.

Executing the Triangle Choke (15 minutes):

1. Lock your free leg over the ankle of the leg that's over the shoulder, forming the triangle.
2. Adjust your angle to tighten the choke, applying pressure on both sides of the neck.
3. Pull the opponents arm across your body while elevating your hips to apply the choke effectively, more of a corkscrew than.

Safety Considerations:

- Stress the importance of controlled and precise movements to prevent injuries, especially to the neck and ankles.
- Instruct participants to apply the choke gradually and release immediately upon a tap out.
- Ensure the training area is equipped with suitable mats for practicing submission techniques.
- Encourage clear communication between partners during drills for a safe training environment.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Rear Mount and the other defending, focusing on setting up and applying the Triangle Choke.

2. Gradually introduce resistance, allowing for realistic training while emphasizing safety and technique.

Reflection and Feedback: Conclude with a session where participants discuss their experiences, focusing on the challenges faced, the effectiveness of the Triangle Choke from Rear Mount, and areas for improvement in the technique.

Triangle Choke Defense: Posture and Press

Learning Objectives:

1. To effectively execute the Posture and Press defense against a Triangle Choke, emphasizing the importance of maintaining strong posture and effective arm positioning.
2. To develop the technique of using the trapped hand to press inside the attacker's thigh while utilizing the free arm to cover the trapped hand and pull the thigh, disrupting the choke.
3. To enhance overall defensive capabilities in grappling, particularly in recognizing and countering submission attempts like the Triangle Choke.

Education Eligibility: Participants must:

- Be able to recognize the onset of a Triangle Choke.
- Possess the strength and coordination necessary for maintaining posture and performing arm movements under pressure.
- Understand the fundamental mechanics of the Triangle Choke and the principles of effective defensive posture.

Ice Breaker Activity (5 minutes): Begin with a series of posture-strengthening exercises and arm mobility drills, including movements that replicate the actions required for the Posture and Press defense, to prepare participants for the technique.

Technical Explanation:

Understanding Triangle Choke Mechanics (5 minutes):

1. Discuss the structure and application of the Triangle Choke, focusing on the opponent's leg positioning and control.
2. Emphasize the significance of early recognition of the choke and the necessity of maintaining a strong defensive posture.

Executing Posture and Press Defense (15 minutes):

1. Recognize the Triangle Choke attempt and immediately focus on posturing up to prevent the choke from being fully applied.
2. Use the trapped hand to press against the inside of the attacker's thigh, creating space.
3. Bring the free arm over the top, covering the trapped hand, and grab the opponent's thigh, pulling it to further disrupt the choke and pull your opponent slightly backwards as you slide them up onto your knees like a ramp.

Completing the Escape (15 minutes):

1. Continue to apply pressure and maintain posture, aiming to create enough space to maneuver your head and shoulders out of the choke by starting shake or shimmy your shoulders.
2. Use the created space to retract the trapped arm and adjust your position, attempting to pass the opponent's guard and moving into a more dominant position.
3. Remain aware of the opponent's movements and ready to counter any transitions to other submission attempts.

Safety Considerations:

- Highlight the need for controlled and deliberate movements to prevent injuries, especially to the neck and spine.
- Instruct participants to practice the defense technique at a moderate pace, focusing on technique and safety.
- Ensure the training area is equipped with appropriate mats for practicing these defensive maneuvers.

- Encourage open communication between partners during drills for a safe and effective training experience.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner attempting the Triangle Choke and the other applying the 'Posture and Press defense.
2. Gradually introduce resistance, allowing for realistic yet safe training scenarios.

Reflection and Feedback: Conclude with a session where participants share their experiences, focusing on the effectiveness of the 'Posture and Press defense, the challenges encountered during execution, and areas for improvement in the technique.

Triangle Choke Defense: Turn the Corner (and Pass the Guard)

Learning Objectives:

1. To effectively execute the 'Turn the Corner defense against a Triangle Choke, focusing on posture, elbow control, and guard passing.
2. To develop skills in controlling the opponent's elbow line and securing the elbow to the mat as part of the defensive maneuver.
3. To enhance overall grappling defense skills, particularly in escaping and countering submissions like the Triangle Choke.

Education Eligibility: Participants must:

- Be proficient in recognizing and reacting to Triangle Choke attempts.
- Possess the ability to maintain strong posture and control under pressure.
- Understand the principles of guard passing and elbow control in defensive grappling.

Ice Breaker Activity (5 minutes): Begin with a warm-up session that includes posture drills and exercises focusing on elbow control and movement, preparing participants for the defensive techniques against the Triangle Choke.

Technical Explanation:

Understanding Triangle Choke Mechanics (5 minutes):

1. Discuss the key elements of the Triangle Choke, including how it's applied and the importance of the opponent's control over the elbow line.
2. Emphasize the significance of early recognition of the choke attempt and maintaining a strong defensive posture.

Executing 'Turn the Corner Defense (15 minutes):

1. Recognize the Triangle Choke attempt and immediately focus on controlling your elbow line, preventing them from completing the choke.
2. Gable grip your hands, pulling downward, squeezing your elbows together and retract the controlled elbow towards your hip to create space and reduce the effectiveness of the choke.
3. Maintain a strong posture, looking skyward and avoiding leaning forward or being pulled into the choke.

Passing the Guard Post-Defense (15 minutes):

1. While retracting the elbow, initiate the guard pass by 'turning the corner - shifting your body to the opposite side of the controlled elbow and driving into the shoulder getting on your toes.
2. Use controlled knee movements to pass the opponent's legs by circling them while maintaining pressure on the shoulder.
3. Bring your top knee (closest to their head) passing knee to a reverse knee on belly and extract the arm and head completely then secure a dominant position post-guard pass, focusing on maintaining control and balance.

Safety Considerations:

- Stress the importance of controlled movements to avoid injury, particularly when applying pressure to the opponent's neck.
- Instruct participants to practice the defense and pass at a steady pace, prioritizing technique, and control of knees and elbows.

- Ensure the training area is equipped with suitable mats for practicing these techniques.
- Encourage open communication between partners during drills for a safe and effective learning experience.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner attempting the Triangle Choke and the other applying the 'Turn the Corner defense and guard pass.
2. Gradually introduce resistance, allowing for realistic yet controlled training scenarios.

Reflection and Feedback: Finish with a session where participants share their experiences, focusing on the effectiveness of the defense and pass, challenges encountered during execution, and areas for individual improvement in the technique.

Triangle Choke Defense: Punch Out

Learning Objectives:

1. To proficiently execute the 'Punch Out defense against a Triangle Choke, focusing on proper elbow placement and dynamic movement.
2. To develop skills in securing the trapped elbow to the mat and effectively using the free arm to break the choke.
3. To enhance defensive capabilities against submissions, emphasizing quick recognition and reaction to the Triangle Choke.

Education Eligibility: Participants must:

- Have the ability to recognize the onset of a Triangle Choke.
- Possess sufficient strength and coordination to maneuver arms under pressure.

- Understand the basic mechanics of the Triangle Choke and principles of defensive posture in grappling.

Ice Breaker Activity (5 minutes): Begin with a warm-up session focusing on arm strength and mobility exercises, including drills that simulate elbow movement and retraction, preparing participants for the 'Punch Out defense technique.

Technical Explanation:

Understanding Triangle Choke Threat (5 minutes):

1. Analyze the structure of the Triangle Choke, highlighting how it is applied and the critical role of the opponent's leg positioning.
2. Emphasize the importance of quick action and maintaining a strong base to prevent the choke from being fully secured.

Executing Punch Out Defense (15 minutes):

1. Recognize the Triangle Choke attempt and immediately focus on securing your trapped elbow to the mat to create space and prevent the choke from tightening.
2. Simultaneously 'punch the free arm across the opponent's hips, creating additional space and disrupting their leg configuration.
3. Retract the trapped elbow while maintaining pressure with the punched arm, aiming to escape the choke hold.

Completing the Escape (15 minutes):

1. Use the created space to maneuver your head and shoulders out of the choke.
2. Continue to move and adjust your position, aiming to pass the opponent's guard or secure a more dominant position.
3. Stay aware of the opponent's movements and potential re-attempts at the choke or transitions to other submissions.

Safety Considerations:

- Stress the importance of controlled and deliberate movements to prevent injuries, especially to the neck and shoulders.
- Instruct participants to practice the defense technique at a moderate pace, focusing on correct form and safety.
- Ensure the training area is equipped with appropriate mats for safe practice.
- Encourage effective communication between partners during drills for a safe training environment.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner attempting the Triangle Choke and the other applying the 'Punch Out defense.
2. Introduce gradual resistance, allowing for realistic yet controlled training scenarios.

Reflection and Feedback: Conclude with a session where participants share their experiences, focusing on the challenges faced, the effectiveness of the Punch Out defense, and areas for improvement in the technique and to think about possible submissions from the pass.

Triangle Choke Defense - Hail Mary: (Punch Under)

Learning Objectives:

1. To proficiently execute the low percentage Hail Mary defense against a Triangle Choke, focusing on the technique of punching under and reversing the trapped elbow.
2. To develop the ability to react quickly and effectively in a compromised position by using dynamic arm movement to disrupt the choke.
3. To enhance defensive reaction skills in grappling, with an emphasis on escaping submission holds through unconventional maneuvers.

Education Eligibility: Participants must:

- Be able to recognize and respond to a Triangle Choke attempt promptly.

- Possess agility and strength to perform sudden and dynamic arm movements.
- Understand the principles of leverage and countermovement in defensive grappling.

Ice Breaker Activity (5 minutes): Start with a series of agility-based warm-up exercises focusing on arm movements and quick reflex drills, preparing participants for the rapid and dynamic actions required for the Hail Mary defense.

Technical Explanation:

Understanding Triangle Choke Dynamics (5 minutes):

1. Discuss the critical elements of a Triangle Choke, particularly the opponent's leg positioning and the importance of controlling the trapped arm.
2. Emphasize the urgency of immediate action to prevent the choke from being fully secured.

Executing Hail Mary Defense (15 minutes):

1. Recognize the Triangle Choke attempt and act swiftly to prevent the choke from tightening.
2. Perform a punch under movement with your free arm, targeting the area beneath the opponent's thigh and mat while rolling under.
3. Simultaneously, work to reverse the position of the trapped elbow, aiming to rotate it behind you in a reverse elbow and driving it to the mat while burying the opponent's leg behind your back and swimming behind the legs and turning to face your opponent attempting to gain side control.

Completing the Escape (15 minutes):

1. Use the circular momentum from the punch under motion/elbow retraction to create space and disrupt the opponent's leg configuration.
2. Use your free arm to swim under the leg on top of you and turn to your knees facing the opponent.
3. Transition into a safe position, keeping alert to the opponent's movements and potential for other submissions.

Safety Considerations:

- Highlight the importance of controlled yet assertive movements to prevent injuries, particularly to the neck and arms.
- Instruct participants to practice the defense technique at a moderate pace, focusing on proper form and safety.
- Ensure the training area is equipped with suitable mats for safe practice.
- Encourage clear communication between partners during drills for effective and safe learning.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner attempting the Triangle Choke and the other applying the Hail Mary defense.
2. Introduce progressive resistance, allowing for realistic yet controlled training scenarios.

Reflection and Feedback: End with a session where participants share their experiences, focusing on the effectiveness of the Hail Mary defense, challenges faced during execution, and potential areas for improvement in the technique.

Leg Locks

Outside Straight Ankle Lock (from the Opponent's Guard)

Learning Objectives:

1. To master the technique of executing an Outside Straight Ankle Lock from the opponent's Guard position, focusing on leg positioning, grip, and pressure application.
2. To develop the ability to transition from within the opponent's Guard to a dominant leg lock position.
3. To enhance overall grappling proficiency, with a specific focus on leg lock submissions.

Education Eligibility: Participants must:

- Be proficient in basic guard passing techniques and leg lock positions.
- Possess the ability to control an opponent's legs and hips while applying submissions.
- Understand the fundamental principles of joint locks, specifically focusing on the ankle.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up drills focusing on guard passing movements and leg control exercises, preparing participants for the mechanics involved in setting up an Outside Straight Ankle Lock.

Technical Explanation:

Understanding Guard Position and Leg Locks (5 minutes):

1. Discuss the challenges and opportunities when facing an opponent in the Guard position.
2. Emphasize the importance of control and precision in transitioning to leg lock submissions.

Setting Up the Outside Straight Ankle Lock (15 minutes):

1. Identify the moment to initiate the ankle lock, often when the opponent opens their guard or during a guard pass attempt.
2. Secure control over one of the opponent's legs, by bringing one knee up focusing on isolating the ankle with your knee, hip, and elbow. (The foot of this leg will go to the outside of the opponent's hip)
3. The other knee will split the legs and place the instep of that foot into the back of the isolated legs upper thigh/buttocks. Squeeze your knees tightly to trap the opponents knee and maintain knee line control.

Executing the Ankle Lock (15 minutes):

1. Establish a firm grip around the opponent's isolated lower leg, just above the ankle trapping the foot and toes behind the armpit, using your forearm across the back of their ankle with your palm to your chest.
2. Reach across with your free arm and cover the attacking hand with your fingers, perform a shrug and get the ankle as tight as possible before applying leverage.

3. Position your forearm against the Achilles tendon and apply pressure by arching your back and elevating hips, focusing on the ankle joint.
4. Ensure proper knee alignment and control to effectively apply the lock without using excessive force.

Safety Considerations:

- Stress the importance of controlled and gradual pressure to prevent injuries, particularly to the ankle joint.
- Instruct participants to apply the submission slowly and release immediately upon a tap out.
- Ensure the training area is equipped with suitable mats for practicing submissions.
- Encourage clear communication between partners during drills for a safe training environment.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Guard and the other focusing on transitioning to and applying the Outside Straight Ankle Lock.
2. Gradually introduce resistance, allowing for realistic training while maintaining a focus on safety and technique.

Reflection and Feedback: Conclude with a session where participants discuss their experiences, focusing on the challenges faced, the effectiveness of the Outside Straight Ankle Lock, and areas for individual improvement in the technique.

Belly Down Straight Ankle Lock

Learning Objectives:

1. To master the technique of executing a Belly Down Straight Ankle Lock, focusing on leg positioning, grip, and effective pressure application.
2. To develop the ability to transition smoothly from a guard pass to a dominant belly-down ankle lock position.

3. To enhance overall grappling proficiency with a specific emphasis on the belly-down leg lock submission.

Education Eligibility: Participants must:

- Be proficient in basic guard passing techniques and understand leg lock mechanics.
- Possess the ability to control an opponent's legs and hips while applying submissions.

Ice Breaker Activity (5 minutes): Start with warm-up drills that emphasize guard passing movements and leg control exercises, preparing participants for the mechanics involved in setting up a Belly Down Straight Ankle Lock.

Technical Explanation:

Understanding Guard Position and Leg Locks (5 minutes):

1. Discuss the strategic considerations when facing an opponent in the Guard position.
2. Emphasize the importance of control and posture when transitioning to leg lock submissions.

Setting Up the Belly Down Straight Ankle Lock (15 minutes):

1. Identify the moment to initiate the ankle lock, often when the opponent opens their guard or during a guard pass attempt.
2. Secure control over one of the opponent's legs, by bringing one knee up focusing on isolating the ankle with your knee, hip, and elbow. (The foot of this leg will go to the outside of the opponents hip) Keep this tight until you are ready to snake the grip under the Achilles)
3. The other knee will split the legs placing the heel of that foot into onto the hip of the isolated leg next to your other foot (prayer feet) as you tuck your attacking elbow and look over the attacking shoulder deadlift and initiate the roll.

Executing the Ankle Lock (15 minutes):

1. Establish a firm grip around the opponent's isolated lower leg, just above the ankle trapping the foot and toes behind the armpit, using your forearm across the back of their Achilles with your palm to your chest.

2. Reach across with your free arm and cover the attacking hand with your fingers, perform a shrug and get the ankle as tight as possible before applying leverage.
3. Ensure proper knee alignment and control to effectively apply the lock without using excessive force.

Safety Considerations:

- Stress the importance of controlled and gradual pressure to prevent injuries, particularly to the ankle joint.
- Instruct participants to apply the submission slowly and release immediately upon a tap out.
- Ensure the training area is equipped with suitable mats for practicing submissions.
- Encourage clear communication between partners during drills for a safe training environment.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Guard and the other focusing on transitioning to and applying the Belly Down Straight Ankle Lock.
2. Gradually introduce resistance, allowing for realistic training while maintaining a focus on safety and technique.

Reflection and Feedback: Conclude with a session where participants discuss their experiences, focusing on the challenges faced, the effectiveness of the Belly Down Straight Ankle Lock, and areas for improvement in the technique.

Toe Fold (From Opponents Guard)

Learning Objectives:

1. To proficiently execute the Toe Hold submission, emphasizing correct grip, leg positioning, and application of pressure.

2. To develop the ability to transition into a Toe Hold from various grappling positions, focusing on control and setup.
3. To enhance submission skills in grappling, with a special focus on foot and leg submissions.

Education Eligibility: Participants must:

- Have a basic understanding of leg submissions and knee line control.
- Possess the ability to perform controlled and coordinated movements involving the legs and arms.
- Understand the principles of joint manipulation and submission safety.

Ice Breaker Activity (5 minutes): Start with a warm-up session including drills for leg control and flexibility, alongside grip strength exercises, preparing participants for the mechanics involved in the Toe Hold submission.

Technical Explanation:

Understanding Foot and Leg Submissions (5 minutes):

1. Discuss the different types of foot and leg submissions commonly used in grappling, including the mechanics of a Toe Hold.
2. Emphasize the importance of control and slow steady pressure in setting up and executing leg submissions.

Setting Up the Toe Hold (15 minutes):

1. Identify the moment to initiate the ankle lock, often when the opponent opens their guard or during a guard pass attempt.
2. Secure control over one of the opponent's legs, by bringing one knee up focusing on isolating the ankle with your knee, hip, and elbow. (The foot of your raised knee leg will go to the outside of the opponent's hip)
3. The other knee will split the legs and place the instep of that foot into the back of the isolated legs upper thigh/buttocks.

4. Turn toward the isolated leg and grasp the opponent's toes with the same side hand (pinky finger to pinky toe with your thumb away from yourself and palm down) and push the toes downwards toward their buttocks.
5. Your free hand reaches across your body and under the isolated leg and over your wrist that is pushing the toes down to apply leverage and trap the ankle completely.
6. **Executing the Toe Hold (15 minutes):**
 1. Apply gradual pressure by twisting the foot and ankle, to the attacking side in a corkscrewing motion focusing on bending the toes towards the opponent's butt.
 2. Maintain control of the knee line to prevent the opponent from rolling or escaping the submission.
 3. Be aware of the opponent's reactions and ready to adjust your grip and pressure accordingly.

Safety Considerations:

- Highlight the need for controlled movements to prevent injuries, especially to the opponent's ankle and foot.
- Instruct participants to apply the submission slowly and release immediately upon a tap out.
- Ensure the training area is equipped with appropriate mats for practicing submissions.
- Encourage communication between partners during drills for a safe and effective training environment.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner attempting the Toe Hold and the other defending and escaping.
2. Introduce gradual resistance, allowing for realistic training while maintaining a focus on safety and technique.

Reflection and Feedback: Conclude with a session where participants share their experiences, focusing on the effectiveness of the Toe Hold submission, challenges faced during execution, and areas for improvement in the technique.

Knee Bar from Half Guard

Learning Objectives:

1. To master the technique of executing a Kneebar from the Top Half Guard position, focusing on opponent arm control, positioning, and knee isolation.
2. To develop the ability to transition from Top Half Guard to Kneebar, using a reverse knee on belly position to create leverage.
3. To enhance overall grappling skills, with an emphasis on submissions from half guard.

Education Eligibility: Participants must:

- Be proficient in maintaining and controlling the Top Half Guard position.
- Possess the ability to execute controlled knee and hip movements for submission setups.
- Understand the mechanics of leg submissions, particularly the Kneebar.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up drills that focus on balance, hip mobility, and transitioning from Top Half Guard, preparing participants for the mechanics involved in setting up a Kneebar.

Technical Explanation:

Understanding Top Half Guard and Submission Setups (5 minutes):

1. Discuss the strategic elements of controlling Top Half Guard and the opportunities it presents for submissions.
2. Emphasize the importance of controlling the opponent's upper body, particularly their arms, for effective transitions to submissions.

Setting Up the Kneebar (15 minutes):

1. Identify the moment to initiate the Kneebar, often when the opponent is attempting to shrimp away and escape or adjust their position in Half Guard.
2. Push the opponents top or near arm across their body and to the floor, disrupting their ability to defend effectively.

3. Quickly transition to a reverse knee on belly position, bringing the knee closest to your opponent up onto their hip and swing your leg over to the opposite hip and securing the top free leg of your opponent, catching their foot with your head and shoulders (big toe to your ear).
4. Your hands reach perform an X-grip and squeeze to your chest with the first grip across your body grabbing your own shoulder (opposite of the shoulder with the foot) with the second arm reaching over and grabbing the isolated heel.

Executing the Kneebar (15 minutes):

1. Secure control of the opponent's free leg, focusing on isolating the knee with your elbows.
2. Swing your leg over their isolated leg by sliding the knee across the abdomen positioning yourself perpendicular to their body with your feet behind them.
3. Secure Achilles tendon of the leg with both arms and apply pressure to the knee joint by extending your hips while controlling the opponent's knee line.
4. The best alternate grip for opponents with flexible knees is to swim your top arm under and place the foot under your top armpit (immense pressure).

Safety Considerations:

- Stress the importance of controlled and gradual pressure to prevent injuries, especially to the knee joint.
- Instruct participants to apply the submission slowly and release immediately upon a tap out.
- Ensure the training area is equipped with suitable mats for practicing submissions.
- Encourage clear communication between partners during drills for a safe training environment.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Top Half Guard and the other focusing on transitioning to and applying the Kneebar.
2. Gradually introduce resistance, allowing for realistic training while maintaining a focus on safety and technique.
3. Now practice the same technique from bottom half guard.

Reflection and Feedback: Always finish class with a session where participants discuss their experiences, focusing on the challenges faced, the effectiveness of the Kneebar from Top Half Guard, and areas for improvement in the technique.

Outside Heel Hook (from Opponent's Closed Guard)

Learning Objectives:

1. To master the technique of executing an Outside Heel Hook from the opponent's Closed Guard, focusing on positioning, leg control, and submission application.
2. To develop the skill to safely transition from inside the opponent's Closed Guard to a position where the Outside Heel Hook can be applied.
3. To enhance overall grappling proficiency with a special focus on leg submissions from disadvantageous positions.

Education Eligibility: Participants must:

- Have a solid foundation in guard passing techniques and defensive guard play.
- Possess the ability to execute leg control maneuvers and understand leg submission mechanics.
- Be familiar with the risks and safety protocols associated with leg locks, particularly Heel Hooks.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up exercises emphasizing joint mobility, particularly in the knees and ankles, and drills simulating guard passing and leg control movements.

Technical Explanation:

Understanding Closed Guard Dynamics and Leg Submission Opportunities (5 minutes):

1. Discuss the nuances of the Closed Guard, including typical defensive strategies of the bottom player.
2. Emphasize the need for control and caution when attempting submissions from within the opponent's guard.

Setting Up the Outside Heel Hook (15 minutes):

1. Choose a leg to attack and identify the moment to initiate the ankle lock, often when the opponent opens their guard or during a guard pass attempt.
2. Isolate one of the opponent's legs, by bringing one knee up focusing on isolating the ankle with your knee, hip, and elbow (your foot will go to the outside of the opponent's hip).
3. The other knee will split the legs and place the instep of that foot into the back of the isolated legs upper thigh/buttocks. (pinch knees tightly to maintain knee line control)
4. Secure the opponent's foot with the same side armpit, and rotate your upper body to face the isolate leg and foot in a corkscrew manner while tucking your own elbow (with the opponent's toes trapped) slip your elbow pit over the heel of the foot (not all the way under the Achilles tendon)

Executing the Outside Heel Hook (15 minutes):

1. Apply the Heel Hook by continuing to corkscrew to the isolated side (hiding your head in a belly down position to stop the defense) and beginning to bridge and extend your hips - twisting the foot and ankle, while keeping the knee immobilized with your knee pinch.
2. Maintain awareness of the force applied, ensuring a controlled and gradual execution to avoid injury as this submission does not always cause immediate pain but rather immense pressure.

Safety Considerations:

- Stress the importance of controlled application to prevent knee and ankle injuries.
- Instruct participants to apply the submission slowly and release immediately upon a tap out.
- Ensure the training area is equipped with suitable mats for practicing leg submissions.
- Encourage open communication between partners and monitoring of each other's safety.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Closed Guard and the other attempting to transition to and apply the Outside Heel Hook.
2. Introduce progressive resistance to simulate realistic scenarios while maintaining a focus on safety and technique.

Reflection and Feedback: Conclude with a discussion session where participants share their experiences, focusing on the effectiveness of the Outside Heel Hook from Closed Guard, challenges encountered, and areas for improvement in the technique.

Ashi Garami/Leg Lock Defense - Sit and Extract

Learning Objectives:

1. To master the Sit and Extract defense against leg locks, focusing on balance, positioning, and safe extraction of the leg.
2. To develop an understanding of the mechanics of the Ashi Garami or outside leg entanglement and similar leg entanglements to effectively counter them.
3. To enhance defensive grappling skills, particularly in escaping from lower limb submission attempts.

Education Eligibility: Participants must:

- Be familiar with common leg entanglements.
- Possess the ability to maintain balance and execute controlled movements under pressure.
- Understand the basic principles of leg lock defenses and the importance of protecting the knee joints while applying steady pressure and leverage.

Ice Breaker Activity (5 minutes): Start with a series of balance and mobility drills focusing on lower body movements, particularly those that involve leg extraction and hip mobility. These exercises should prepare participants for the dynamic movements required in the Sit and Extract defense technique.

Technical Explanation:

Understanding Ashi Garami and Leg Lock Positions (5 minutes):

1. Discuss the structure and control elements of Ashi Garami and related leg lock positions.
2. Emphasize the importance of recognizing the opponent's setup and the initial stages of leg entanglement for the best defense.

Executing Sit and Extract Defense (15 minutes):

1. Recognize the leg entanglement and react swiftly to prevent the full application of the leg lock by immediately grabbing the knee of the opponent that has split your guard.
2. Put the boot on by flexing your foot and making your leg rigid to prevent the opponent from bending your ankle.
3. Sit up by grabbing the attacking knee then posturing your upper body upwards and towards the trapped leg and bring the heel of your free leg to your buttock and the top of your foot on the back of the opponent's upper thigh, creating leverage to begin the extraction process.
4. Once you've postured up and secured your free foot as a wedge and lever between you and your opponent, rotate towards your isolated foot and use your elbow on the isolated side to downward push the opponent's foot off your hip while extracting your leg in a shrimping motion and relaxing the flexed foot (or limp leg) for extraction.
5. Focus on extracting your leg safely by shrimping or scooting backwards while controlling the opponent's knees and hips, using your hands and free leg.

Completing the Escape (15 minutes):

1. As soon as your knee is clear, while controlling the opponent's knees with your hands, begin to rotate toward the isolated leg and look to take the opponent's back or pass to side control.
2. Transition into a safer position, maintaining awareness of potential counterattacks or re-entanglements by the opponent.

Safety Considerations:

- Highlight the importance of controlled movements to prevent injury, particularly to the knees and ankles.
- Instruct participants to practice the defense technique at a slow pace, focusing on correct form and safety.
- Ensure the training area is equipped with appropriate mats and ample space for safe practice.

- Encourage partners to apply leg locks with controlled pressure and to release immediately upon successful defense.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner applying a straight ankle lock or a similar leg lock and the other executing the Sit and Extract defense.
2. Introduce gradual resistance, allowing for realistic training scenarios while maintaining a focus on safety and proper technique.

Reflection and Feedback: Finish with a session where participants share their experiences, focusing on the different leg locks to defend from and early recognition questions, challenges faced during execution, and areas for improvement in the technique.

Leg Lock Defense - Stand and Extract

Learning Objectives:

1. To master the Stand and Extract defense against straight ankle locks and other leg lock positions, focusing on balance, positioning, and safe extraction of the leg.
2. To develop an understanding of the mechanics of leg locks and effective counter techniques.
3. To enhance defensive grappling skills, particularly in escaping from lower limb submission attempts.

Education Eligibility: Participants must:

- Be familiar with common leg entanglements and leg lock positions.
- Possess the ability to maintain balance on one leg and execute controlled movements under pressure.
- Understand the basic principles of leg lock defenses and the importance of protecting the knee joints while applying steady pressure and leverage.

Ice Breaker Activity (5 minutes): Start with a series of balance and mobility drills focusing on lower body movements, particularly those that involve leg extraction and hip mobility. These exercises should prepare participants for the dynamic movements required in this defense technique.

Technical Explanation:

Understanding Leg Lock Positions (5 minutes):

1. Discuss the structure and control elements of common leg locks, including straight ankle locks.
2. Emphasize the importance of early recognition of the opponent's setup and the initial stages of leg entanglement.

Executing Stand and Extract Defense (15 minutes):

1. Recognize the leg entanglement and react swiftly to prevent the full application of the leg lock by immediately grabbing the knee of the opponent that has split your guard.
2. Put the boot on by flexing your foot and making your leg rigid to prevent the opponent from bending your ankle.
3. Sit up by posturing your upper body upwards and towards the trapped leg and bring the heel of your free leg to your buttock and the top of your foot on the back of the opponent's upper thigh, creating leverage to begin the extraction process.
4. Stand up by posturing your upper body upwards and utilizing the strength of your free leg to gain leverage.
5. Rotate towards your isolated foot and use your elbow on the isolated side to downward push the opponent's foot off your hip while extracting your leg or pass the guard.

Completing the Escape (15 minutes):

1. Once standing, focus on controlling the opponent's knees and hips, using your hands, elbows and body weight with your legs spread.
2. Carefully extract your leg by stepping backwards, maintaining control over the opponent's legs.
3. Transition into a safer position, maintaining awareness of potential counterattacks or re-entanglements.

Safety Considerations:

- Highlight the importance of controlled movements to prevent injury, particularly to the knees and ankles.
- Instruct participants to practice the defense technique at a slow pace, focusing on correct form and safety.
- Ensure the training area is equipped with appropriate mats for safe practice.
- Encourage partners to apply leg locks with controlled pressure and to release immediately upon successful defense.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner applying a straight ankle lock or a similar leg lock and the other executing the Stand and Extract defense.
2. Introduce gradual resistance, allowing for realistic training scenarios while maintaining a focus on safety and proper technique.

Reflection and Feedback: Finish with a session where participants share their experiences, focusing on different leg locks to defend from, the importance of early recognition, challenges faced during execution, and areas for individual improvement in the technique.

Inside/Inverted Heel Hook from 50/50 Guard

Learning Objectives:

1. To proficiently execute an Inside/Inverted Heel Hook from the 50/50 Guard position, focusing on control, grip, and rotational pressure.
2. To develop the ability to transition into an Inside/Inverted Heel Hook from a neutral 50/50 Guard, emphasizing leg entanglement and opponent control.
3. To enhance overall grappling skills, with a particular emphasis on leg submissions from the 50/50 Guard.

Education Eligibility: Participants must:

- Have a comprehensive understanding of the 50/50 Guard position and its common uses in grappling.
- Possess the ability to control and entangle legs while maintaining a strong guard position.
- Understand the mechanics and safety considerations of applying heel hooks.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up exercises that focus on flexibility, joint mobility in the legs, and rotational movements, all of which are crucial for executing heel hooks from the 50/50 Guard.

Technical Explanation:

Understanding 50/50 Guard and Heel Hook Setups (5 minutes):

1. Discuss the strategic aspects of the 50/50 Guard, including its use for control and submission setups and the overall equality of attacks in the position.
2. Emphasize the critical nature of leg positioning and control in the 50/50 Guard for effective submission attempts.

Setting Up the Inside/Inverted Heel Hook (15 minutes):

1. Start in the 50/50 Guard (both feet outside often referred to as double outsides) to initiate an Inside/Inverted Heel Hook, focusing on controlling the opponent's knee line and leg angle.
2. Secure the opponent's leg and position your grip for the heel hook by trapping the foot under the armpit and rotating to that armpit in a belly down corkscrew fashion allowing the elbow pit to slip over the opponent's heel, making sure to control the knee to prevent escape.
3. Adjust your body and legs to ensure a tight entanglement and effective application of the heel hook.

Executing the Inside/Inverted Heel Hook (15 minutes):

1. Firmly grip the opponent's heel, ensuring your hand is positioned to apply rotational pressure.
2. Carefully apply the heel hook by twisting the opponent's foot, focusing on the controlled rotation of the ankle and knee.

3. Continuously monitor the pressure applied, being mindful of the potential for serious injury.
4. Keep the head and shoulder buried to prevent defense.

Safety Considerations:

- Highlight the high risk of injury associated with heel hooks, stressing the importance of controlled application.
- Instruct participants to apply the heel hook slowly and release immediately upon a tap out.
- Ensure the training area is equipped with suitable mats and that partners are aware of the submission's dangers.
- Encourage clear and immediate communication between partners, especially in submission scenarios.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in the 50/50 Guard and the other applying the Inside/Inverted Heel Hook.
2. Introduce gradual resistance, allowing for realistic training while maintaining a focus on safety and correct technique.

Reflection and Feedback: Finish with open forum questions and a session where participants discuss their experiences, focusing on the challenges faced, the effectiveness of the Inside/Inverted Heel Hook from the 50/50 Guard, and areas for improvement in the technique.

Chokes

Rear Naked Choke

Learning Objectives:

1. To master the technique of executing a Rear Naked Choke, focusing on proper arm positioning, grip, and pressure application.

2. To develop skills in achieving and maintaining the back control necessary for applying the Rear Naked Choke.
3. To enhance overall grappling skills with a focus on submissions from the back mount.

Education Eligibility: Participants must:

- Be familiar with back mount control.
- Possess the ability to maintain control and balance while applying submissions.
- Understand the mechanics of choke submissions and the importance of applying them safely.

Ice Breaker Activity (5 minutes): Start with a series of warm-up exercises that include neck mobility, back control drills, and exercises for grip strength – all crucial for effectively executing a Rear Naked Choke.

Technical Explanation:

Understanding Rear Control and Choke Mechanics (5 minutes):

1. Explain the strategic importance of the back mount in grappling, emphasizing control and submission opportunities.
2. Discuss the mechanics of the Rear Naked Choke, including the significance of arm placement and grip.

Achieving and Maintaining Back Control (15 minutes):

1. Demonstrate techniques for taking the back from various positions, such as during a scramble or from Turtle position.
2. Practice maintaining back control, focusing on proper hook placement with legs and controlling the opponent's upper body with one over hook and one under hook and a secure gable grip. (underhook hand on top of the over hook hand, this gives the attacking arm a spring like reaction upon defense)
3. Explore different hand placements and grips to secure the back position before moving to the choke.

Executing the Rear Naked Choke (15 minutes):

1. Show the correct arm placement for the choke – sliding one arm across the opponent’s neck, leading with the thumb knuckle –with your chin on the shoulder opposite of the choking arm— reach all the way to the shoulder with the elbow aligned with their chin and esophagus.
2. Cover the choking hand with the free hand, securing it behind the opponent’s head and use your chin to pin your hands and your head to push the opponent’s head. (you may get a tap long before this)
3. Apply the choke by squeezing the elbows together and drawing the choking arm back, using the shoulder blades.

Safety Considerations:

- Emphasize the importance of controlled and gradual pressure to prevent neck injuries.
- Instruct participants to apply the choke slowly and release immediately upon a tap out.
- Ensure the training area is equipped with suitable mats for safe practice.
- Encourage clear communication between partners during drilling for safety and comfort.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner securing back control and applying the Rear Naked Choke, while the other focuses on defense and escapes.
2. Introduce light resistance to simulate realistic scenarios, maintaining a focus on safety and technique.

Reflection and Feedback: Conclude with a session where participants discuss their experiences with the Rear Naked Choke, focusing on the effectiveness of their techniques, challenges faced during application, and areas for improvement.

Arm Out Guillotine Choke (Full Guard)

Learning Objectives:

1. To proficiently execute the Guillotine Choke from Full Guard, focusing on chinstrap grip, hip positioning, and effective application of pressure.

2. To develop the ability to set up a Guillotine Choke from Full Guard, emphasizing the transition from guard maintenance to offensive submission.
3. To enhance overall grappling proficiency, with a particular focus on submissions from the guard position.

Education Eligibility: Participants must:

- Be familiar with the Full Guard position and its control mechanisms.
- Possess the ability to perform hip movements and apply pressure to control an opponent's upper body.
- Understand the mechanics of choke submissions and safe application practices.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up exercises focusing on neck mobility, core strength, and hip flexibility, along with drills that replicate the movements involved in applying a Guillotine Choke from Full Guard.

Technical Explanation:

Understanding Full Guard Position (5 minutes):

1. Discuss the Full Guard as a versatile position for both control and submission setups.
2. Emphasize the importance of maintaining guard control while setting up submissions.

Setting Up the Guillotine Choke (15 minutes):

1. Demonstrate initiating the Guillotine Choke by securing the opponent's head and neck in a chin strap by following them and sitting up (hipping in) with an open guard or when they posture down or attempt a guard pass.
2. Practice positioning one hand deeply around the opponent's neck, with the thumb side under the chin against the throat, securing a firm grip by squeezing head between the bicep and forearm—this is the chin strap.
3. Control the Head: The opportunity for a guillotine often arises when your opponent leans forward or attempts to posture up.

Executing the Guillotine Choke (15 minutes):

1. Reach across with your free arm and slightly turn to the choking arm to create space to insert your free arm and secure an overhand grip on your attacking hand and shrug your shoulders while resecuring the closed guard of half butterfly guard with your attacking side leg over the back with a tight knee pinch.
2. Apply the choke by arching the back, elevating the hips, and pulling the head down into the armpit at an angle, focusing on pressure applied with the wrist against the neck.
3. Emphasize the importance of leg positioning in the guard to maintain control and prevent the opponent from escaping.

Safety Considerations:

- Highlight the need for controlled application to avoid excessive pressure on the neck.
- Instruct participants to apply the choke gradually and release immediately upon the opponent's tap out.
- Ensure the training area is equipped with suitable mats for practicing submissions.
- Encourage open communication between partners about comfort and safety during drilling.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Full Guard applying the Guillotine Choke and the other defending and attempting escapes.
2. Introduce varying degrees of resistance to simulate realistic grappling situations, while emphasizing safety and technique.

Reflection and Feedback: Conclude with a session where participants share their experiences with the Guillotine Choke from Full Guard, focusing on the effectiveness of the technique, challenges faced during execution, and areas for improvement.

Arm In Guillotine Choke (From Guard)

Learning Objectives:

1. To proficiently execute the Arm In Guillotine Choke from Guard, focusing on the mechanics of opening the guard, sitting up, and capturing the opponent's head and arm.
2. To develop an understanding of the critical timing and hip movement required to effectively apply the choke.
3. To enhance overall grappling skills with a focus on submissions from the Guard position.

Education Eligibility: Participants must:

- Be familiar with the Guard position and basic submission setups.
- Possess the ability to execute movements involving hip elevation and upper body control.
- Understand the mechanics of choke submissions, particularly the Guillotine Choke.

Ice Breaker Activity (5 minutes): Start with a series of warm-up exercises focusing on core strength, hip mobility, and upper body flexibility, preparing participants for the movements involved in executing an Arm in Guillotine Choke from Guard.

Technical Explanation:

Understanding Guard Position and Choke Setup (5 minutes):

1. Discuss the advantages of the Guard position for setting up various submissions.
2. Emphasize the importance of timing, hip movement, and arm positioning in executing choke submissions.

Setting Up the Arm in Guillotine Choke (15 minutes):

1. Demonstrate the technique of opening the guard and sitting/hipping up onto one hand and then reaching over and around the head to capture the opponent's head with a chinstrap, and one arm with an over hook.
2. Practice reaching over the opponent's head and shoulder to secure a deep grip around their neck and chin, ensuring that one of their arms is trapped within the choke.
3. Regain closed guard at an angle and work on positioning the hips and legs to maintain control and prevent the opponent from posturing up or escaping.

Executing the Arm in Guillotine Choke (15 minutes):

1. Show how to complete the choke by creating a fulcrum under the opponent's neck with the chinstrap and securing the grip with an hand over wrist grip.
2. Instruct on applying pressure by folding the head and arm into their chest, angling your body squeezing the choking elbow to your hip and elevating the hips, focusing on creating pressure against the carotid arteries with your bicep while folding the esophagus over the wrist of the chinstrap hand.
3. Emphasize the importance of adjusting the angle of the body to the choking arm side and legs to tighten the choke and control the opponent.

Safety Considerations:

- Highlight the need for controlled and gradual application to avoid excessive pressure on the neck.
- Instruct participants to apply the choke carefully and release immediately upon the opponent's tap out.
- Ensure the training area is equipped with suitable mats for practicing submissions and escapes.
- Encourage clear communication between partners about comfort and safety during drilling.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Guard applying the Arm In Guillotine Choke and the other defending and attempting escapes.
2. Introduce varying degrees of resistance to simulate realistic grappling scenarios, while emphasizing safety and technique.

Reflection and Feedback: Conclude with a session where participants discuss their experiences with the Arm in Guillotine Choke from Guard, focusing on the effectiveness of the technique, challenges faced during execution, and areas for improvement.

Von Flue Choke (Defense to Arm in Guillotine Choke)

Learning Objectives:

1. To proficiently execute the Von Flue Choke as a counter to an opponent's Guillotine Choke attempt.
2. To develop an understanding of the timing and positioning necessary to effectively apply the Von Flue Choke.
3. To enhance defensive grappling skills, particularly focusing on countering submissions with submissions.

Education Eligibility: Participants must:

- Be familiar with the Guillotine Choke and common defense strategies.
- Possess the ability to come into the tripod position.
- Maintain top control and apply pressure in side control positions.
- Understand the principles of leverage and shoulder pressure in submissions.

Ice Breaker Activity (5 minutes): Begin with a series of drills that focus on transitioning from a defensive position to side control, emphasizing shoulder pressure and control, which are key components of the Von Flue Choke.

Technical Explanation:

Understanding the Guillotine Choke and Defense (5 minutes):

1. Discuss the Guillotine Choke and common scenarios where it is applied.
2. Emphasize the importance of quick recognition and reaction when an opponent attempts a Guillotine Choke.

Executing the Von Flue Choke (15 minutes):

1. Immediately upon getting caught in a Guillotine Choke attempt stack your opponent, swing your free arm around the opponent's head—reaching to opposite backside armpit—and apply shoulder pressure on their neck, using your shoulder and rotational body weight to increase the pressure and attempt to pass/secure side control on the opposite side of the opponent's choking arm.
2. With your trapped arm, secure an overhand grip on the opponents choking arm, trapping it in your armpit and preventing them from extracting from the submission attempt.

3. Keep your head tight against the opponent's torso to prevent them from completing the Guillotine.

Transitioning and Applying Pressure (15 minutes):

1. Demonstrate the transition to side control from attack using a knee slice, maintaining pressure to prevent the opponent from finishing the Guillotine.
2. Show how to use shoulder pressure effectively against the opponent's neck, trapping their arm and wrist with your trapped arm.
3. Instruct on proper hip positioning to maximize pressure and reduce the opponent's mobility.

Safety Considerations:

- Stress the importance of controlled and gradual application of pressure to avoid injury.
- Instruct participants to apply the choke slowly and release immediately upon a tap out.
- Ensure the training area is equipped with suitable mats for safe practice.
- Encourage communication between partners during drills for a safe and effective learning experience.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner attempting a Guillotine Choke and the other applying the Von Flue Choke.
2. Gradually introduce resistance, allowing for realistic training while maintaining a focus on safety and correct technique.

Reflection and Feedback: Conclude with a session where participants share their experiences, focusing on the effectiveness of the Von Flue Choke, challenges faced in execution, and how the guillotine chokes are like ankle lock in the gripping and application.

Anaconda Choke

Learning Objectives:

1. To master the technique of executing the Anaconda Choke, focusing on arm positioning, rolling mechanics, and pressure application.
2. To develop the ability to set up the Anaconda Choke from various positions, emphasizing the transition and grip.
3. To enhance overall grappling proficiency, with a focus on submissions that involve rolling and compressing movements.

Education Eligibility: Participants must:

- Be familiar with basic grappling positions and transitions.
- Possess the ability to perform controlled rolling movements and maintain pressure.
- Understand the mechanics of choke submissions and the importance of safety in their application.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up drills focusing on neck mobility, shoulder flexibility, and core strength, along with rolling exercises to prepare participants for the movements involved in the Anaconda Choke.

Technical Explanation:

Understanding the Anaconda Choke Mechanics (5 minutes):

1. Explain the Anaconda Choke, emphasizing the arm configuration around the neck and shoulder and the role of body positioning in applying pressure.
2. Discuss how the choke compresses the carotid arteries and the need for precise execution.

Setting Up the Anaconda Choke (15 minutes):

1. Demonstrate the initial setup, typically involving trapping the opponent's arm and neck with one arm (like a front headlock) but with the inclusion of the opponent's arm.
2. Practice shooting the free arm underneath the opponent's trapped arm and neck, securing a grip on your own bicep on the outside of the opponent's armpit while placing the free hand behind the opponent's back.

Executing the Anaconda Choke (15 minutes):

1. Instruct on putting the leg beside the armpit and rolling towards the trapped arm side to tighten the choke and start to circle your legs towards the opponent and try to capture the top leg with your other leg.
2. Show how to apply pressure with the chest and arms to compress the neck, focusing on the mechanics of squeezing and positioning to effectively choke the opponent.
3. Emphasize the importance of continuous pressure and adjustment during the roll to maintain the choke's effectiveness.

Safety Considerations:

- Stress the importance of careful application to avoid excessive pressure on the neck.
- Instruct participants to apply the choke gradually and release immediately upon a tap out.
- Ensure the training area is equipped with suitable mats for rolling and practicing submissions.
- Encourage open communication between partners during practice for comfort and safety.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner attempting the Anaconda Choke and the other defending and attempting escapes.
2. Introduce varying degrees of resistance to simulate realistic grappling scenarios, while maintaining a focus on safety and technique.

Reflection and Feedback: Conclude with a session where participants share their experiences with the Anaconda Choke, focusing on the effectiveness of the technique, challenges faced during execution, and the difference between Anaconda and the Darce choke.

Darce Choke

Learning Objectives:

1. To proficiently execute the Darce Choke, focusing on arm positioning, grip, and the application of pressure.

2. To develop the ability to recognize opportunities and transition into the Darce Choke from various positions, such as side control or from a sprawl.
3. To enhance overall grappling skills, particularly in applying chokes that involve arm triangulation.

Education Eligibility: Participants must:

- Have a fundamental understanding of grappling positions and transitions.
- Possess the ability to execute controlled movements involving upper body strength and precision.
- Understand the principles of chokes and the importance of safe application.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up exercises focusing on neck and shoulder mobility, arm strength, and upper body flexibility. Include drills that mimic the arm movements and grips required for executing a Darce Choke.

Technical Explanation:

Understanding the Darce Choke Mechanics (5 minutes):

1. Explain the mechanics of the Darce Choke, highlighting how it is applied using arm triangulation around the opponent's neck and one arm.
2. Discuss the significance of grip placement and the role of shoulder pressure in effectively applying the choke.

Setting Up the Darce Choke (15 minutes):

1. Demonstrate initial setups for the Darce Choke from common positions such as side control or when the opponent is in a turtle position.
2. Practice threading the arm through the space under the opponent's armpit and around the neck and capturing your bicep beside the head and trapping the opponents head in your armpit and their elbow against your chest.
3. Work on securing the grip by clasping the bicep of your free arm and then placing the free hand behind the opponent's back and sprawl back to tighten – forcing the head to fold with your abdomen.

Executing the Darce Choke (15 minutes):

1. Instruct on applying pressure by squeezing the elbows together and driving the shoulder forward into the back of the opponent's head.
2. Show how to adjust body positioning by using rolls or shifting hips, to increase the effectiveness of the choke as opponents attempt to escape.
3. Emphasize the importance of tightness and control throughout the application to ensure effectiveness.

Safety Considerations:

- Stress the importance of controlled and gradual pressure to avoid injuries, especially to the neck.
- Instruct participants to apply the choke slowly and release immediately upon a tap out.
- Ensure the training area is equipped with suitable mats for practicing choke techniques.
- Encourage clear communication between partners during drilling for safety and comfort.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner applying the Darce Choke and the other defending and attempting escapes.
2. Introduce varying levels of resistance to simulate realistic grappling scenarios, while emphasizing safety and technique.

Reflection and Feedback: Conclude with a session where participants share their experiences with the Darce Choke, focusing on the effectiveness of their techniques, challenges faced in application, and areas for improvement.

Arm Triangle / Head & Arm Choke

Learning Objectives:

1. To master the technique of executing an Arm Triangle Choke, focusing on correct arm positioning, body alignment, and pressure application.

2. To develop skills in setting up the Arm Triangle Choke from various positions, such as from top mount or side control.
3. To enhance overall grappling proficiency with a focus on control-based submissions.

Education Eligibility: Participants must:

- Be familiar with dominant top positions of mount and side control.
- Possess the ability to apply controlled pressure and maintain positional stability.
- Understand the basic mechanics of choke submissions and the importance of safe application.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up exercises focusing on neck strength, shoulder mobility, and core stability, along with drills that emphasize transitioning into dominant positions required for setting up an Arm Triangle Choke.

Technical Explanation:

Understanding the Arm Triangle Mechanics (5 minutes):

1. Explain the Arm Triangle Choke, emphasizing the importance of trapping the opponent's arm against their neck using your arm.
2. Discuss the significance of positioning your body perpendicular to the opponent to apply effective pressure.

Setting Up the Arm Triangle Choke (15 minutes):

1. From a dominant top position or during the passing of guard
2. Practice slipping one arm underneath the opponent's neck and the other under the opponent's arm trapping the opponent's elbow and shoulder behind your head by securing a gable grip.
3. Work on transitioning your body to the side of the trapped arm, maintaining pressure and control by using your head and shoulder to twist as you drive forward. Once to a side control position with the head and arm trapped, collapse over your free elbow without losing the gable grip (relax the choking arm and let the free arm pull it across).

Executing the Arm Triangle Choke (15 minutes):

1. Instruct on applying pressure by squeezing your elbows together and driving your shoulder into the opponent's neck a keeping hips low as you walk the hips away.
2. Show how to adjust your body position, often moving into a side control or sprawled position, to tighten the choke.
3. Emphasize the importance of steady, controlled pressure and the use of body weight to effectively apply the choke.

Safety Considerations:

- Stress the importance of a controlled and gradual application to avoid excessive pressure on the neck.
- Instruct participants to apply the choke slowly and release immediately upon a tap out.
- Ensure the training area is equipped with suitable mats for safe practice.
- Encourage clear communication between partners during drilling for safety and comfort.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner applying the Arm Triangle Choke and the other working on defense and escape techniques.
2. Introduce varying levels of resistance to simulate realistic grappling scenarios, while maintaining a focus on safety and technique.

Reflection and Feedback: Finish with a session where participants share their experiences with the Arm Triangle Choke, focusing on the effectiveness of the technique from different angles and individual challenges.

Ezekiel Choke (From Mount)

Learning Objectives:

1. To master the technique of executing an Ezekiel Choke from the Mount position, focusing on grip, sleeve positioning, and pressure application.

2. To develop the ability to set up the Ezekiel Choke subtly and effectively while maintaining dominant mount control.
3. To enhance overall grappling proficiency with an emphasis on submissions from top positions.

Education Eligibility: Participants must:

- Be familiar with the Mount position and its control strategies.
- Possess the skill to perform precise hand movements and grips, particularly when wearing a gi.
- Understand the mechanics of choke submissions and the importance of applying them safely.

Ice Breaker Activity (5 minutes): Start with a series of warm-up drills focusing on mount transitions, arm control, and grip strength – essential for effectively executing an Ezekiel Choke from Mount.

Technical Explanation:

Understanding Mount Position and Ezekiel Choke Mechanics (5 minutes):

1. Discuss the strategic advantages of the Mount position in grappling.
2. Explain the Ezekiel Choke, focusing on the unique sleeve grip and the importance of applying pressure with the forearm against the neck.

Setting Up the Ezekiel Choke (15 minutes):

1. Demonstrate how to secure the opponent's head and neck subtly, positioning your arms for the choke.
2. Practice sliding one hand into the sleeve of the opposite arm (or forming a fist in no-gi scenarios), ensuring the grip is deep enough for effective pressure.
3. Work on maintaining mount control while setting up the choke, avoiding telegraphing your intentions and be prepared to post with your head or top choking arm.

Executing the Ezekiel Choke (15 minutes):

1. Show how to bring the fist or sleeve-gripped hand across the opponent's neck while using the free hand to push the back of the opponent's head.
2. Instruct on applying the choke by extending the arm with the sleeve grip while simultaneously pulling with the free hand, creating a scissor-like motion.

3. Emphasize the importance of controlled pressure and adjustment of body position to maximize the effectiveness of the choke.

Safety Considerations:

- Stress the importance of a gradual application to prevent excessive pressure on the neck.
- Instruct participants to apply the choke slowly and release immediately upon a tap out.
- Ensure the training area is equipped with suitable mats for practicing submissions.
- Encourage partners to communicate openly about their comfort and safety during drilling.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Mount applying the Ezekiel Choke and the other working on defense and escape techniques.
2. Introduce varying degrees of resistance to simulate realistic grappling scenarios, while emphasizing safety and technique.

Reflection and Feedback: Conclude with a session where participants share their experiences with the Ezekiel Choke from Mount, focusing on the effectiveness of the technique, challenges faced during application, and areas for improvement.

North-South Choke

Learning Objectives:

1. To proficiently execute the North-South Choke, focusing on correct positioning, arm placement, and effective application of pressure.
2. To develop the ability to transition smoothly into the North-South Choke from various control positions, such as side control or after passing the guard.
3. To enhance overall grappling skills, with a particular emphasis on submissions from the North-South position.

Education Eligibility: Participants must:

- Have a fundamental understanding of top control positions, especially North-South and side control.
- Possess the ability to execute controlled movements and maintain pressure on an opponent.
- Understand the mechanics of choke submissions and the importance of applying them safely.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up exercises focusing on neck and shoulder mobility, along with core strengthening drills. Include positional drills that replicate the transitions and movements involved in applying a North-South Choke.

Technical Explanation:

Understanding North-South Position (5 minutes):

1. Discuss the strategic elements of the North-South position, emphasizing the importance of control and pressure distribution.
2. Highlight how this position can be used effectively for submissions, including the North-South Choke.

Setting Up the North-South Choke (15 minutes):

1. Demonstrate the transition into the North-South position from side control, focusing on clearing the top arm and positioning the chest over the opponent's chest or shoulder area.
2. Position the attacking arm around the opponent's neck, ensuring a deep grip through to opposite elbow.
3. Work on using body weight and a stiff arm to continue clearing the opponent's free arm as you continue to backstep until you secure the position and set up the choke.

Executing the North-South Choke (15 minutes):

1. Once you clear the arm and back step deep into the choke (with the opponent's head deep under your armpit) lift the opponents head with both hands as if in a bear hug and secure a deep gable grip and (stack them with your shoulder driving into the chest) then collapse your free elbow to get lower to the ground and tighten the choke.

2. Begin to windshield wiper your feet and drag yourself down and completely flat until the submission.
3. Instruct on adjusting the grip and pressure based on the opponent's reaction and defense.

Safety Considerations:

- Stress the importance of controlled and gradual pressure to prevent injuries, especially to the neck.
- Instruct participants to apply the choke slowly and release immediately upon the opponent's tap out.
- Ensure the training area is equipped with suitable mats for practicing choke techniques.
- Encourage clear communication between partners during practice for safety and comfort.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in the North-South position applying the choke and the other defending and attempting escapes.
2. Introduce varying levels of resistance to simulate realistic grappling scenarios while maintaining a focus on safety and technique.

Reflection and Feedback: Conclude with a session where participants share their experiences with the North-South Choke, focusing on the effectiveness of their techniques, challenges faced in application, and areas for improvement.

Cross Collar Choke from Mount (Gi Only)

Learning Objectives:

1. To effectively execute the Cross Collar Choke from the Mount position, focusing on proper grip placement, wrist rotation, and pressure application.
2. To develop the skill of setting up the Cross Collar Choke while maintaining mount control, emphasizing the importance of posture and balance.

3. To enhance overall grappling proficiency with a focus on submissions from dominant positions using gi collar grips.

Education Eligibility: Participants must:

- Be familiar with the Mount position and its advantages for applying submissions.
- Possess the ability to control an opponent's posture and apply techniques involving grip and upper body strength.
- Understand the mechanics of gi-based choke submissions, particularly the Cross Collar Choke.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up exercises focusing on upper body strength, grip endurance, and neck flexibility. Include drills that mimic the collar grip and wrist rotation required for the Cross Collar Choke.

Technical Explanation:

Understanding Mount Position and Choke Mechanics (5 minutes):

1. Discuss the strategic use of the Mount position for control and submission opportunities.
2. Explain the mechanics of the Cross Collar Choke, focusing on the significance of deep collar grips and the correct wrist orientation.

Setting Up the Cross Collar Choke (15 minutes):

1. Demonstrate obtaining deep grips on the opponent's collar with both hands, one hand inserting fingers first and the other hand thumb first, ideally reaching as close to the neck as possible.
2. Practice maintaining a stable mount position while securing the grips, ensuring the base is balanced and posture is upright.
3. Work on the positioning of the wrists to maximize the efficacy of the choke.

Executing the Cross Collar Choke (15 minutes):

1. Instruct on applying the choke by rotating the wrists inward and pulling the collar edges downward while extending the chest forward.
2. Show how to increase pressure by bringing elbows close to the body and driving them towards the mat.

3. Emphasize the importance of controlled pressure application to effectively choke without causing undue strain.

Safety Considerations:

- Stress the need for controlled and gradual application to prevent neck injuries.
- Instruct participants to apply the choke carefully and release immediately upon the opponent's tap out.
- Ensure the training area is equipped with suitable mats for practicing submissions.
- Encourage clear communication between partners during practice, especially when applying choke techniques.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Mount applying the Cross Collar Choke and the other focusing on defense and escape.
2. Introduce varying levels of resistance to simulate realistic grappling scenarios, emphasizing technique and safety.

Reflection and Feedback: Conclude with a session where participants share their experiences with the Cross Collar Choke from Mount, focusing on the effectiveness of the technique, challenges faced during application (especially balance), and areas for improvement.

Paper Cutter Choke (Gi Only)

Learning Objectives:

1. To master the technique of executing the Paper Cutter Choke, focusing on grip, arm placement, and effective pressure application.
2. To develop the ability to transition into the Paper Cutter Choke from positions like side control, emphasizing control and setup.

3. To enhance overall grappling skills with a focus on submissions that utilize lapel grips, particularly in gi-based grappling.

Education Eligibility: Participants must:

- Be familiar with gi-based grappling and the use of lapel grips in submissions.
- Possess the ability to maintain top control positions like side control.
- Understand the mechanics of choke submissions and the importance of applying them with control and precision.

Ice Breaker Activity (5 minutes): Start with a series of warm-up drills focusing on grip strength, grip fighting and control, upper body mobility, and transitions into side control, preparing participants for the movements involved in executing a Paper Cutter Choke.

Technical Explanation:

Understanding Side Control and Lapel Grips (5 minutes):

1. Discuss the advantages of side control and the importance of maintaining positional control.
2. Explain how lapel grips can be effectively used in submissions, focusing on the Paper Cutter Choke.

Setting Up the Paper Cutter Choke (15 minutes):

1. From side control with the hand farthest from the opponent's head, reach up on the arm closest to you and grab the back of the lapel and collar.
2. With your free top hand, reach across your opponent and secure a tight thumb in collar grip and place the forearm across the throat.
3. Maintaining side control, push the elbow of your top arm to the mat space between your hip and the opponent's neck while pulling down on the underhook backside lapel grip.

Executing the Paper Cutter Choke (15 minutes):

1. Show how to apply pressure with the near-side arm while pulling the far-side lapel or sleeve to create a scissor-like motion against the neck.

2. Show moving into north south and to opposite side control as further tightening and finishing of this choke.
3. Instruct on using body weight and positioning to tighten the choke, focusing on creating pressure against the carotid arteries.
4. Emphasize the need for controlled movement and pressure to effectively choke the opponent.

Safety Considerations:

- Stress the importance of gradual application of pressure to prevent neck injuries.
- Instruct participants to apply the choke carefully and release immediately upon a tap out.
- Ensure the training area is equipped with suitable mats for practicing submissions.
- Encourage clear communication between partners during practice for safety and comfort.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in side control applying the Paper Cutter Choke and the other defending.
2. Introduce gradual resistance, allowing for realistic training scenarios while maintaining a focus on safety and correct technique.

Reflection and Feedback: Conclude with a session where participants share their experiences with the Paper Cutter Choke, focusing on the effectiveness of the technique, challenges faced during application, and areas for improvement.

Baseball Bat Choke from Side Control (Gi Only)

Learning Objectives:

1. To proficiently execute the Baseball Bat Choke from the Side Control position, focusing on precise grip placement, arm positioning, and effective application of pressure.
2. To develop the skill of setting up the Baseball Bat Choke subtly while maintaining dominant side control.

3. To enhance overall grappling proficiency with a focus on high-level submissions from top positions.

Education Eligibility: Participants must:

- Be familiar with the Side Control position and its control strategies.
- Possess the ability to execute fine motor skills in grip adjustment and arm placement.
- Understand the principles of choke submissions, particularly those involving the gi.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up drills focusing on grip strength, arm placement, and transitioning movements in Side Control, preparing participants for the intricate setup of a Baseball Bat Choke.

Technical Explanation:

Understanding Side Control and Choke Mechanics (5 minutes):

1. Discuss the strategic importance of maintaining Side Control and the opportunities it presents for submissions.
2. Explain the mechanics of the Baseball Bat Choke, highlighting the unique cross-collar grip and arm positioning.

Setting Up the Baseball Bat Choke (15 minutes):

1. Demonstrate how to achieve same side collar grips on the opponent's gi, positioning one hand with thumb in and one hand with thumb out.
2. Practice adjusting grips while maintaining control in Side Control, ensuring the opponent is unaware of the choke setup.
3. Work on positioning the arms to create a scissor-like motion necessary for the choke by rotating to north south position from the mount until you are parallel and placing your head to the far hip of the opponent (may need to pause at or even start in knee on belly).

Executing the Baseball Bat Choke (15 minutes):

1. Instruct on applying pressure by rotating the wrists and bringing the elbows together, effectively tightening the choke.

2. Show how to shift body weight and transition around the opponent's head to increase the effectiveness of the choke.
3. Emphasize the importance of maintaining control throughout the setup and execution to prevent escape or defense.

Safety Considerations:

- Stress the need for controlled and gradual pressure application to prevent injury.
- Instruct participants to apply the choke carefully and release immediately upon the opponent's tap out.
- Ensure the training area is equipped with suitable mats for practicing choke techniques.
- Encourage clear communication between partners during practice for safety and comfort.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Side Control applying the Baseball Bat Choke and the other focusing on defense.
2. Introduce varying levels of resistance to simulate realistic grappling scenarios, emphasizing safety and technique.
3. This can be performed as a sneaky submission from bottom side control*

Reflection and Feedback: Conclude with a session where participants share their experiences with the Baseball Bat Choke from Side Control, focusing on the effectiveness of the technique, challenges faced during application, and areas for improvement.

Basic Loop Choke from Full Guard (Gi Only)

Learning Objectives:

1. To master the technique of executing a Loop Choke from the Full Guard position, focusing on proper grip on the collar, timing, and applying effective choking pressure.

2. To develop skills in setting up the Loop Choke from Full Guard, emphasizing the transition from guard maintenance to offensive submission.
3. To enhance overall grappling proficiency with a focus on gi-based choke submissions from the guard.

Education Eligibility: Participants must:

- Be familiar with Full Guard position and its offensive capabilities in gi-based grappling.
- Possess the ability to control an opponent's posture and use gi grips effectively.
- Understand the mechanics of choke submissions and the importance of safe application.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up exercises focusing on neck and grip strength, hip mobility, and core stability, along with drills that emphasize pulling and controlling an opponent in the Full Guard.

Technical Explanation:

Understanding Full Guard and Choke Mechanics (5 minutes):

1. Discuss the advantages of the Full Guard for controlling an opponent and setting up submissions.
2. Explain the mechanics of the Loop Choke, focusing on the use of the cross collar grip and the importance of positioning the choking arm correctly.

Setting Up the Loop Choke (15 minutes):

1. Get a shallow cross collar grip on the opponent's collar with one hand, ideally reaching a bit low to leave space to wrap completely around the neck. Open your guard and shrimp slightly away, pulling them forward with the cross-collar grip.
2. Illustrate the significance of the non-choking hand in controlling the opponent's posture. This hand can push on the opponent's head or frame against their body to break posture and pull them forward, and then pushing the head down into the choking arm.
3. Work on positioning the choking arm (the one with the collar grip) effectively, placing it across the opponent's neck with a high elbow.

Executing the Loop Choke (15 minutes):

1. Instruct on completing the choke by pulling the head down on the up on the collar and bringing the opponent's head towards the choking arm by pushing down with the free forearm on the back of the head, then pushing your free hand across and under your choking arm (keep choking elbow high) with the opponent's head trapped under it.
2. Show how to use your legs and hips to adjust the angle and increase the efficacy of the choke with half guard, full guard etc.
3. Emphasize the importance of a tight grip and precise movement to apply the choke effectively.

Safety Considerations:

- Highlight the need for controlled and gradual pressure to avoid excessive force on the neck.
- Instruct participants to apply the choke carefully and release immediately upon the opponent's tap out.
- Ensure the training area is equipped with suitable mats for practicing submissions.
- Encourage clear communication between partners during practice for safety and comfort.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Full Guard applying the Loop Choke and the other focusing on defense and escape techniques.
2. Introduce light resistance to simulate realistic grappling scenarios, while emphasizing safety and technique.

Reflection and Feedback: Conclude with a session where participants discuss their experiences with the Loop Choke from different guards, focusing on the effectiveness of the technique, individual challenges faced during application, and areas for improvement.

Bow and Arrow Choke from Back Mount

Learning Objectives:

1. To master the technique of executing a Bow and Arrow Choke from the Back Mount position, focusing on detailed grip placement, leg positioning, and effective application of the choke.
2. To develop the ability to transition into the Bow and Arrow Choke from Back Mount, emphasizing control of the opponent and precise setup.
3. To enhance overall grappling skills with a focus on submissions from the back, combining control and precision for effective execution.

Education Eligibility: Participants must:

- Be familiar with maintaining Back Mount and its strategic advantages in grappling.
- Possess the skill to manipulate and control an opponent using both arms and legs.
- Understand the principles of choke submissions, with a focus on applying them safely and effectively.

Ice Breaker Activity (5 minutes): Start with a series of warm-up exercises focusing on neck strength, grip endurance, and leg flexibility. Include drills that mimic the movements required for securing a Bow and Arrow Choke, such as collar grips and leg positioning.

Technical Explanation:

Understanding Back Mount and Choke Dynamics (5 minutes):

1. Discuss the importance of Back Mount in setting up submissions, focusing on body alignment and control.
2. Break down the mechanics of the Bow and Arrow Choke, highlighting the importance of collar grip, leg usage, and opponent manipulation.

Setting Up the Bow and Arrow Choke (15 minutes):

1. Demonstrate establishing a deep collar grip with one hand, reaching the hand across the opponent's neck to grasp the gi collar.
2. Practice positioning the choking arm to optimize leverage, ensuring the forearm applies pressure to one side of the neck.

3. Work on securing the opponent's leg or hip with the non-choking hand, either by grabbing the pants or hooking the leg.

Executing the Bow and Arrow Choke (15 minutes):

1. Show how to fall to the side, the same side knee as the choking arm between you and your choking arm.
2. Instruct on pulling the collar while simultaneously same side knee across the opponents back and pushing away with the knees while securing the leg or pants grip with the non-choking hand, effectively tightening the choke and creating two handles to pull from while you push away in a deadlift like motion.

Safety Considerations:

- Stress the need for controlled and gradual application to prevent excessive pressure on the neck.
- Instruct participants to apply the choke carefully and release immediately upon the opponent's tap out.
- Ensure the training area is equipped with suitable mats for practicing submissions.
- Encourage clear communication between partners during practice for safety and comfort.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Back Mount applying the Bow and Arrow Choke and the other focusing on defense.
2. Introduce varying levels of resistance to simulate realistic grappling scenarios, emphasizing safety and technique.
3. Practice from the turtle position and learn to roll into this submission as well*

Reflection and Feedback: Conclude with a session where participants share their experiences with the Bow and Arrow Choke from Back Mount, focusing on the effectiveness of the technique, challenges faced during application, and areas for improvement.

Sweeps

Scissor Sweep from Guard

Learning Objectives:

1. To master the technique of executing a Scissor Sweep from the Guard position, focusing on precise timing, leg positioning, and balance breaking.
2. To develop an understanding of setting up the Scissor Sweep by manipulating an opponent's posture and balance with or without the gi grips.
3. To enhance overall grappling skills, emphasizing the integration of sweeps into a versatile guard game.

Education Eligibility: Participants must:

- Have a fundamental understanding of the Guard position and its offensive and defensive aspects.
- Possess the ability to coordinate leg and arm movements for effective sweeps.
- Understand the principles of leverage and balance disruption in grappling.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up drills focusing on hip mobility, core strength, and leg coordination. Include exercises that mimic the scissoring motion and balance disruption required for the Scissor Sweep.

Technical Explanation:

Understanding Guard Position and Sweep Mechanics (5 minutes):

1. Discuss the strategic use of the Guard position in controlling an opponent and setting up attack utilizing head and arm control using under hooks, over hooks or/with lapel and sleeve grips.
2. Break down the mechanics of the Scissor Sweep, emphasizing the importance of leg positioning, arm control, the loading of your leg and timing.

Setting Up the Scissor Sweep (15 minutes):

1. Demonstrate the initial setup by controlling the opponent's wrist/sleeve (same side as the sweeping leg) and lapel/collar or wrist and collar tie to break their posture.

2. Practice positioning one shin across the opponent's belly (the knee shield) while maintaining control of their sleeve or wrist.
3. Work on aligning the other leg (the sweeping leg) at the opponent's knee level flat against the ground, preparing for the sweeping motion.

Executing the Scissor Sweep (15 minutes):

1. Show how to off-balance the opponent by pulling them forward using the collar grip, disrupting their base and loading the opponent's weight onto your knee-shield.
2. Instruct on executing the sweep by sharply scissoring the legs, simultaneously pulling with the arms to guide the opponent's weight over the knee shield.
3. Emphasize the need for a fluid motion, combining the scissoring of the legs and the pull on the arm and collar to effectively complete the sweep.

Safety Considerations:

- Stress the importance of controlled movement to prevent injury to both participants.
- Instruct participants to practice the sweep at a moderate pace, focusing on technique rather than strength.
- Ensure the training area is equipped with suitable mats for practicing sweeping techniques.
- Encourage communication between partners during drills for safety and effectiveness.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Guard working on setting up and executing the Scissor Sweep, and the other focusing on balance and defense.
2. Introduce varying levels of resistance to simulate realistic grappling scenarios, emphasizing the importance of timing and fluidity in the sweep.

Reflection and Feedback: Conclude with a session where participants discuss their experiences with the Scissor Sweep from Guard, focusing on the effectiveness of the technique, challenges faced in execution, and areas for improvement.

Hip Bump Sweep from Guard

Learning Objectives:

1. To effectively execute the Hip Bump Sweep from the Guard position, focusing on the mechanics of a hip thrust to unbalance and topple the opponent.
2. To develop the skill of transitioning from a closed guard to an open guard sitting position and using the momentum for the sweep.
3. To enhance overall grappling proficiency with a focus on combining movement, leverage, and timing for effective sweeping techniques.

Education Eligibility: Participants must:

- Be familiar with basic guard positions and transitions in grappling.
- Possess the ability to execute movements involving hip elevation and core strength.
- Understand the concept of using momentum and leverage to unbalance an opponent.

Ice Breaker Activity (5 minutes): Start with a series of warm-up drills that focus on hip mobility, core strength, and transitioning from a lying to a sitting position in guard. Include exercises that mimic the hip bump motion, preparing participants for the dynamics of the sweep.

Technical Explanation:

Understanding Guard Position and Hip Bump Mechanics (5 minutes):

1. Discuss the strategic positioning of the Guard and its use for control and setting up attacks.
2. Break down the mechanics of the Hip Bump Sweep, emphasizing the importance of timing, hip movement, and opponent's posture.

Setting Up the Hip Bump Sweep (15 minutes):

1. Demonstrate isolating the opponent's arm by breaking their posture forcing them to post one hand flat on the mat, immediately grab the wrist of that hand and shift your body to that side and post on that hand as you sit up and reach all the way over the trapped shoulder push the opponents elbow around your waste as you hip over.

2. Practice elevating the hips by thrusting them upward, aligning them with the opponent's center of gravity.
3. Work on the coordination of sitting up while simultaneously controlling the opponent's arm to prevent them from posting.

Executing the Hip Bump Sweep (15 minutes):

1. Show how to complete the sweep by thrusting the hips upward and using the controlled arm to guide the opponent's weight over and to the side.
2. Instruct on following through with the sweep, transitioning to mount by swinging the leg over behind the opponent after they are unbalanced.
3. Emphasize the importance of fluidity in the motion and maintaining control throughout the sweep to ensure successful execution.
4. Practice alternating between threatening Kimura, guillotine chokes and the hip bump sweep to increase the effectiveness and begin chaining together techniques.

Safety Considerations:

- Highlight the need for controlled execution to prevent injury, especially during the hip thrust.
- Instruct participants to perform the sweep at a moderate pace, focusing on technique and safety.
- Ensure the training area is equipped with appropriate mats for practicing dynamic movements.
- Encourage clear communication between partners during practice, particularly when applying sweeping motions.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Guard working on executing the Hip Bump Sweep and the other focusing on maintaining balance and posture.
2. Introduce light resistance to simulate realistic grappling situations, emphasizing the importance of timing and execution.

Reflection and Feedback: Conclude with a session where participants share their experiences with the Hip Bump Sweep from Guard, focusing on the effectiveness of the technique, challenges faced during execution, and areas for improvement.

Flower Sweep from Guard

Learning Objectives:

1. To proficiently execute the Flower Sweep from the Guard position, focusing on control of the opponent's sleeve and leg, along with effective lifting and turning mechanics.
2. To develop skills in setting up the Flower Sweep, emphasizing the coordination of upper and lower body movements to unbalance and sweep the opponent.
3. To enhance overall grappling techniques with a focus on utilizing leverage and momentum from the guard.

Education Eligibility: Participants must:

- Be familiar with the Closed Guard position and its various offensive strategies.
- Possess the ability to coordinate arm and leg movements for sweeping purposes.
- Understand the principles of leverage and balance disruption in BJJ sweeps.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up exercises focusing on hip mobility, core engagement, and upper body control. Include drills that mimic the gripping and leg movements characteristic of the Flower Sweep.

Technical Explanation:

Understanding Guard Position and Flower Sweep Mechanics (5 minutes):

1. Discuss the advantages of the Guard position in setting up sweeps and submissions.
2. Explain the dynamics of the Flower Sweep, highlighting the role of controlling the opponent's sleeve and leg, and the importance of timing in the execution.

Setting Up the Flower Sweep (15 minutes):

1. Demonstrate the initial setup, including securing a firm grip on the opponent's sleeve and the opposite pant leg or ankle.
2. Push the sleeve grip or wrist across your chest as you kick with your opposite leg and
3. Practice positioning the legs correctly, with one foot on the hip or ground and the other creating rotational force by kicking across the opponent's back driving your thigh through the opponent's armpit.
4. Work on the coordination of pulling with the arm across while using the hooked leg to lift and turn the opponent's lower body.

Executing the Flower Sweep (15 minutes):

1. Show how to unbalance the opponent by simultaneously pulling the sleeve and pant leg while lifting with the hooked leg.
2. Instruct on turning the opponent over by rotating the hips and extending the leg that is on the hip, effectively completing the sweep.
3. Emphasize the need for fluid motion and constant control to successfully off-balance and sweep the opponent.

Safety Considerations:

- Stress the importance of controlled movements to prevent injury to both practitioners.
- Instruct participants to apply the sweep techniques slowly, focusing on proper execution rather than speed.
- Ensure the training area is equipped with suitable mats for practicing dynamic sweeping techniques.
- Encourage clear communication between partners during practice, especially when applying and resisting sweeps.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Guard applying the Flower Sweep and the other focusing on balance and defense.

2. Introduce varying degrees of resistance to simulate realistic grappling scenarios, while emphasizing the importance of technique and timing.

Reflection and Feedback: Conclude with a session where participants share their experiences with the Flower Sweep from Guard, focusing on the effectiveness of the technique, challenges encountered in execution, and areas for improvement.

Pendulum Sweep (Missed Armbar Sweep)

Learning Objectives:

1. To master the Pendulum Sweep, especially when transitioning from a missed Armbar attempt in the Guard position.
2. To develop the ability to fluidly transition from an Armbar attempt to the Pendulum Sweep, utilizing momentum and leverage.
3. To enhance overall grappling skills with a focus on adaptive techniques and opportunistic transitions in guard play.

Education Eligibility: Participants must:

- Be familiar with the Closed Guard position and basic armbar setups.
- Possess the ability to perform coordinated movements involving hips, legs, and arms.
- Understand the concepts of leverage, momentum, and timing in guard sweeps.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up exercises focusing on hip mobility, core engagement, and arm control, including drills that simulate the transition from Armbar attempts to sweeping movements.

Technical Explanation:

Understanding Guard Position and Armbar to Pendulum Sweep Transition (5 minutes):

1. Discuss the strategic use of the Guard for submissions like the Armbar and the opportunities it presents for sweeps.
2. Break down the transition mechanics from a missed Armbar attempt to the Pendulum Sweep, emphasizing hip movement and leg placement.

Setting Up the Pendulum Sweep (15 minutes):

1. Demonstrate initiating an Armbar attempt from the guard and the key indicators of when the attempt might fail or be defended.
2. Practice transitioning from the Armbar setup to the Pendulum Sweep, focusing on swinging one leg (the pendulum leg) underneath and around the opponent's far side while maintaining control of the arm.
3. Work on using the opposite leg to generate momentum and assist in the sweeping motion.
4. Underhook the opponents leg opposite to the armbar side to assist in elevating the opponent over.

Executing the Pendulum Sweep (15 minutes):

1. Show how to use the pendulum leg to create a sweeping arc, effectively unbalancing the opponent.
2. Instruct on shifting the hips and using the non-pendulum leg to push over the opponent, aiding in the sweep.
3. Emphasize the synchronicity of the leg swing and hip shift to kicking the other leg over, along with arm control, to effectively complete the sweep.

Safety Considerations:

- Stress the importance of controlled movements to prevent injury, particularly during dynamic hip and leg movements.
- Instruct participants to practice the sweep at a moderate pace, focusing on technique and fluidity.
- Ensure the training area is equipped with appropriate mats for practicing dynamic movements.
- Encourage clear communication between partners during practice, especially when transitioning between techniques.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Guard attempting an Armbar, transitioning to the Pendulum Sweep, and the other focusing on defense and balance.
2. Introduce varying degrees of resistance to simulate realistic grappling scenarios, emphasizing technique and adaptability.

Reflection and Feedback: Finish with an open forum question and answer session where participants share their experiences with transitioning from an Armbar attempt to the Pendulum Sweep, focusing on the effectiveness of the technique, challenges encountered during execution, and areas for improvement.

Elevator Sweep

Learning Objectives:

1. To proficiently execute the Elevator Sweep from the Guard position when being smashed by a shoulder, focusing on precise leg and hip movements, grip control, and timing.
2. To develop the skill of manipulating an opponent's balance and weight distribution to effectively perform the Elevator Sweep.
3. To enhance overall grappling proficiency with a focus on utilizing leverage and momentum for sweeping techniques.

Education Eligibility: Participants must:

- Have a fundamental understanding of the Guard position and its potential for offensive maneuvers.
- Possess the ability to coordinate leg, hip, and arm movements for effective sweeping techniques.
- Understand the principles of leverage and balance disruption in BJJ sweeps.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up drills focusing on hip mobility, leg strength, and upper body coordination. Include exercises that mimic the lifting and pushing motions characteristic of the Elevator Sweep.

Technical Explanation:

Understanding Guard Position and Elevator Sweep Mechanics (5 minutes):

1. Discuss the advantages and strategic uses of the Guard position in setting up sweeps.
2. Explain the dynamics of the Elevator Sweep, emphasizing the importance of leg positioning, grip control, and unbalancing the opponent.

Setting Up the Elevator Sweep (15 minutes):

1. From full guard demonstrate how to control one of the opponent's arms (often the sleeve, triceps or wrist) and then underhook the opposite arm.
2. Practice opening the guard and positioning one foot on the back of the knee of the opponents leg (on the controlled arm side) and the other foot in the front crook of the opponent's knee or thigh (on the underhooked side).
3. Work on the coordination of chopping with the foot on the back of the knee (controlled arm side) while simultaneously lifting with the other foot to create an elevating motion and flicking the opponent over and elevating with the underhook.

Executing the Elevator Sweep (15 minutes):

1. Instruct on timing the sweep by unbalancing the opponent as they shift their weight forward or attempt to smash and pass.
2. Show how to simultaneously push down on the controlled arm and chopping down on the backside of the same side knee.
3. lift up on the underhook while lifting with the same side foot in the crook of the knee to flip the opponent over.
4. Emphasize the need for a fluid motion and continuous control to effectively off-balance and sweep the opponent.

Safety Considerations:

- Highlight the importance of controlled movements to prevent injury, particularly during the lifting and flipping motions.

- Instruct participants to perform the sweep at a moderate pace, focusing on technique rather than speed.
- Ensure the training area is equipped with suitable mats for practicing dynamic sweeping techniques.
- Encourage clear communication between partners during practice, especially when applying and resisting sweeps.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Guard working on setting up and executing the Elevator Sweep, and the other focusing on balance and defense.
2. Introduce varying degrees of resistance to simulate realistic grappling scenarios, while emphasizing the importance of technique and timing.

Reflection and Feedback: Conclude with a session where participants discuss their experiences with the Elevator Sweep from Guard, focusing on the effectiveness of the technique, similarities to other sweeps, possible submissions from the sweep, challenges encountered in execution, and areas for improvement.

Basic Butterfly Sweep

Learning Objectives:

1. To proficiently execute the Butterfly Sweep from a seated guard position, focusing on underhook control, leg positioning, and effective use of leverage.
2. To develop skills in unbalancing the opponent using the butterfly hooks and upper body control.
3. To enhance overall grappling techniques with a focus on using butterfly guard sweeps to transition to dominant positions.

Education Eligibility: Participants must:

- Be familiar with the open butterfly guard and its fundamental concepts.
- Possess the ability to execute movements involving coordinated leg and arm actions.

- Understand the principles of leverage, balance disruption, and timing in executing sweeps.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up drills focusing on hip mobility and core strength, along with exercises that simulate the movements and positioning required for the Butterfly Sweep.

Technical Explanation:

Understanding Butterfly Guard and Sweep Mechanics (5 minutes):

1. Discuss the strategic positioning of the butterfly guard, emphasizing the use of butterfly hooks (feet) to control and manipulate the opponent's legs and a series of over hooks, under hooks and arm drags control the arms and head.
2. Explain the mechanics of the Butterfly Sweep, highlighting the role of the underhook and the importance of off balancing the opponent.

Setting Up the Butterfly Sweep (15 minutes):

1. Demonstrate establishing butterfly hooks by placing your feet inside the opponent's thighs and sitting up close to the opponent (not too close, leave room to scoot forward and scoop you opponent onto the tops of your feet as you pull them forward, creating the load).
2. Practice obtaining an underhook on one side (or both) while controlling the opponent's arm, wrist or head on the other side.
3. Work on shifting your weight to the side of the underhook, pull the opponent towards you loading their weight onto the butterfly hook to prepare for the sweeping motion.

Executing the Butterfly Sweep (15 minutes):

1. Instruct on tipping the opponent over by lifting with the butterfly hook and pulling with the underhook simultaneously.
2. Show how to use the free hand to push or pull the opponent, aiding in the sweep.
3. Emphasize the importance of timing and fluid motion to effectively unbalance and sweep the opponent by kicking the loaded butterfly hook over in a rotational flick.

Safety Considerations:

- Stress the need for controlled movements to prevent injury during the sweeping motion.
- Instruct participants to practice the sweep at a moderate pace, focusing on technique and smooth execution.
- Ensure the training area is equipped with appropriate mats for practicing dynamic movements.
- Encourage clear communication between partners during practice, especially when applying and resisting sweeps.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in butterfly guard working on executing the Butterfly Sweep, and the other focusing on balance and defense.
2. Introduce varying degrees of resistance to simulate realistic grappling scenarios, emphasizing the importance of technique and timing.

Reflection and Feedback: Finish with a session where participants share their experiences with the Butterfly Sweep, focusing on the effectiveness of the technique, possible submissions, or other positions they may have seen, individual challenges faced in execution, and areas for improvement.

Basic Lasso Sweep from Closed Guard (Gi Only)

Learning Objectives:

1. To proficiently execute the Basic Lasso Sweep from the Closed Guard, focusing on proper lasso hook placement, arm control, and effective use of leverage.
2. To develop skills in manipulating an opponent's posture and balance with the lasso hook for a successful sweep.
3. To enhance overall grappling techniques with a focus on combining Closed Guard control with sweeping movements.

Education Eligibility: Participants must:

- Have a fundamental understanding of the Closed Guard position and its applications.

- Possess the ability to execute movements involving leg placement around the outside of an opponent's arm over it and under the armpit (lasso hook).
- Understand the principles of leverage, balance disruption, and timing in executing sweeps.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up drills focusing on flexibility, especially in the legs and hips and neck. Include forward and backward rolls.

Technical Explanation:

Understanding Closed Guard and Lasso Sweep Mechanics (5 minutes):

1. Discuss the strategic use of the Closed Guard for controlling an opponent and setting up attacks.
2. Explain the mechanics of the Lasso Sweep, highlighting the role of the lasso hook and the importance of off balancing the opponent.

Setting Up the Lasso Sweep (15 minutes):

1. Demonstrate obtaining a sleeve grip on one of the opponent's arms and then creating the lasso hook by pulling it high to your shoulder creating the space necessary for wrapping your leg around the arm from the outside and under the armpit of the same arm with the sleeve and wrist trapped on top of your thigh.
2. Your other arm will under hook and grab inside the pants of the opposite leg as you roll them over, use this leg grip to push them over and help roll up on the lasso knee.
3. Practice inserting your opposite foot across to the same side as the lasso knee and kick both feet forward to roll up onto your lasso knee while maintaining both grips on the Gi for the duration of the sweep.
4. The sleeve grip should be firmly between your legs with the opponent's forearm snaked around your calf, flair this knee out to tighten the lasso.
5. Work on the coordination of the lasso hook and the opposite leg, placing the opposite foot on the opponent's hip or bicep to maintain control and across beside your other leg to finish the sweep.

Executing the Lasso Sweep (15 minutes):

1. Show how to execute the sweep by pulling the opponent toward the lasso side while simultaneously bringing the opposite leg to the same side as the lasso and kicking both feet forward then driving up onto the lasso knee (trapping the bicep to the mat) maintaining both the sleeve and pants grip.
2. Instruct on using the lasso hook to apply pressure to the bicep with the shin by flaring the knee to off-balance the opponent and executing a hip shift and roll onto the lasso arm and knee while still securing the lasso sleeve grip.
3. Emphasize the importance of synchronizing the pulling of the sleeve and the pushing action of the opposite leg to effectively unbalance and sweep the opponent.

Safety Considerations:

- Stress the need for controlled movements to prevent injury to both practitioners during the sweep.
- Instruct participants to perform the sweep at a moderate pace, focusing on technique and smooth execution.
- Ensure the training area is equipped with suitable mats for practicing dynamic sweeping techniques.
- Encourage clear communication between partners during practice, particularly when applying the lasso hook and executing the sweep.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Closed Guard working on setting up and executing the Lasso Sweep, and the other focusing on balance and defense.
2. Introduce varying degrees of resistance to simulate realistic grappling scenarios, emphasizing the importance of technique and timing.
3. Practice variations with the free leg getting caught or putting purposely into half guard

Reflection and Feedback: Conclude with a session where participants share their experiences with the Basic Lasso Sweep from Closed Guard, focusing on the effectiveness of the technique, challenges faced during execution, and areas for improvement.

Basic De La Riva Sweep from Guard

Learning Objectives:

1. To proficiently execute the De La Riva Sweep from the guard, focusing on proper leg positioning, grip control, and off-balancing the opponent.
2. To develop an understanding of the De La Riva guard mechanics, including how to effectively entangle the opponent's leg and use leverage for the sweep.
3. To enhance overall grappling skills with a focus on utilizing the De La Riva guard for offensive sweeping strategies.

Education Eligibility: Participants must:

- Be familiar with the De La Riva guard and its fundamental concepts.
- Possess the ability to execute coordinated movements involving legs, hips, and arms.
- Understand the principles of leverage and balance disruption in sweeps.

Ice Breaker Activity (5 minutes): Start with a series of warm-up exercises focusing on hip flexibility, leg dexterity, and grip strength. Include drills that mimic the movements and positioning required for establishing and maintaining the De La Riva guard.

Technical Explanation:

Understanding De La Riva Guard Position and Sweep Mechanics (5 minutes):

1. Discuss the strategic application of the De La Riva guard, emphasizing its effectiveness in controlling an opponent's leg and disrupting their balance.
2. Explain the key components of the De La Riva Sweep, highlighting the importance of hook placement, grip control, and timing.

Setting Up the De La Riva Sweep (15 minutes):

1. Demonstrate entering the De La Riva guard from the opponent standing or passing your open guard by wrapping one leg around the outside of the opponent's lead leg, hooking your foot behind their thigh or knee.
2. Practice establishing control by gripping the opponent's far sleeve or collar and using the non-hooking leg to push against their other thigh or hip.
3. Grab the opponent's heel on the De La Riva hook side with the same side arm while maintaining the far side sleeve or collar grip.

Executing the De La Riva Sweep (15 minutes):

1. Show how to execute the sweep by pulling on the sleeve or collar while simultaneously pushing with the non-hooking leg and pulling with the De La Riva hook while rotating them forward onto the shoulder of the trapped arm.
2. Instruct on using the hip movement to elevate and off-balance the opponent, facilitating the roll-over sweep.
3. Emphasize the importance of a fluid transition from the sweep to a top control position, maintaining pressure and control throughout the movement.

Safety Considerations:

- Stress the need for controlled movements to prevent injury, especially when entangling and sweeping the opponent forward with the blocking/posting arm trapped.
- Instruct participants to practice the sweep at a moderate pace, focusing on technique and fluid execution.
- Ensure the training area is equipped with suitable mats for practicing dynamic movements.
- Encourage clear communication between partners during practice, particularly when applying and resisting sweeps.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner establishing the De La Riva guard and executing the sweep, while the other focuses on balance and defense.

2. Introduce varying degrees of resistance to simulate realistic grappling scenarios, emphasizing the importance of technique and timing.

Reflection and Feedback: Conclude with a session where participants share their experiences with the De La Riva Sweep from guard, focusing on the effectiveness of the technique, challenges encountered in execution, and areas for improvement.

Half Guard Giggler Sweep

Learning Objectives:

1. To proficiently execute the Giggler Sweep from Half Guard, focusing on pulling the opponent's top arm across and effectively switching hips to rotate them towards the trapped arm.
2. To develop an understanding of manipulating an opponent's posture and arm position for a successful sweep from Half Guard.
3. To enhance overall grappling skills, emphasizing the tactical use of Half Guard for sweeping and transitioning to dominant positions.

Education Eligibility: Participants must:

- Have a solid understanding of Half Guard and its offensive potential in grappling.
- Possess the ability to execute movements involving hip switches and upper body control.
- Understand the principles of off-balancing an opponent and leveraging body weight for sweeps.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up drills focusing on hip mobility, core strength, and upper body control. Include exercises that mimic the movements of pulling an arm across and hip switching, essential for the Giggler Sweep.

Technical Explanation:

Understanding Half Guard and Sweep Dynamics (5 minutes):

1. Discuss the strategic positioning of Half Guard and its use for setting up sweeps.

2. Explain the mechanics of the Giggler Sweep, emphasizing the importance of controlling the opponent's top arm and effective hip switching.

Setting Up the Giggler Sweep (15 minutes):

1. Demonstrate how to secure the opponent's top arm, pulling it across their body while maintaining Half Guard control.
2. Practice the hip switch maneuver, focusing on rotating the hips towards the side of the trapped arm to facilitate the sweep.
3. Work on the coordination of upper and lower body movements to unbalance the opponent effectively.

Executing the Giggler Sweep (15 minutes):

1. Instruct on completing the sweep by using the hip switch to rotate the opponent towards the trapped arm while maintaining control of their arm.
2. Show how to use the legs and hips to elevate and roll the opponent, capitalizing on their compromised balance.
3. Emphasize the need for fluid motion and continuous control to successfully execute the sweep and transition to a top position.

Safety Considerations:

- Stress the importance of controlled movements to prevent injury, particularly during the sweeping motion as the blocking/posting hand will be trapped.
- Instruct participants to practice the sweep at a moderate pace, focusing on technique and smooth execution.
- Ensure the training area is equipped with appropriate mats for practicing dynamic techniques.
- Encourage clear communication between partners during practice, especially when applying and resisting sweeps.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Half Guard working on setting up and executing the Giggler Sweep, and the other focusing on balance and defense.
2. Introduce varying degrees of resistance to simulate realistic grappling scenarios, emphasizing the importance of technique and timing.

Reflection and Feedback: Conclude with a session where participants discuss their experiences with the Giggler Sweep from Half Guard, focusing on the effectiveness of the technique, challenges faced in execution, and areas for improvement.

Basic Deep Half Guard Sweep

Learning Objectives:

1. To proficiently execute a sweep from the Deep Half Guard position, focusing on underhook control, precise hip movement, and opponent off-balancing.
2. To develop an understanding of transitioning into and maintaining the Deep Half Guard, emphasizing the setup and execution of sweeps from this position.
3. To enhance overall grappling skills, particularly in the utilization of Deep Half Guard for sweeping and transitioning to dominant positions.

Education Eligibility: Participants must:

- Be familiar with Half Guard and its variations, including the Deep Half Guard.
- Possess the ability to perform controlled and intricate movements involving underhooks and hip positioning.
- Understand the principles of leverage, momentum, and opponent manipulation in BJJ sweeps.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up exercises focusing on hip mobility, core strength, and lower body flexibility. Include drills that simulate the movements of entering and maintaining Deep Half Guard, such as underhooking and hip shrimping.

Technical Explanation:

Understanding Deep Half Guard Mechanics (5 minutes):

1. Discuss the concept of Deep Half Guard, highlighting its effectiveness for controlling an opponent's leg and hip.
2. Explain the key elements of executing sweeps from Deep Half Guard, including underhook usage, hip positioning, and the back-and-forth timing of the sweep.

Transitioning into Deep Half Guard (15 minutes):

1. Demonstrate entering Deep Half Guard from a standard Half Guard, focusing on obtaining a deep underhook and then transitioning to a deep underhook of the leg as you load the opponent and take them over your head (maintaining a tight knee pinch) leg and positioning oneself directly beneath the opponent.
2. Practice shifting weight and using hip movement to position oneself under the opponent effectively and push them forwards (or backwards) while maintaining a tight knee pinch.
3. Work on securing control of the opponent's leg, either by gripping the thigh or wrapping the leg with the arms.

Executing the Deep Half Guard Sweep (15 minutes):

1. Instruct on using the underhook and leg control to off-balance the opponent, creating an opportunity to sweep.
2. Show how to elevate the opponent with the hips and switching the hips to face down and pulling the leg out from under the opponent as you finish the sweep all the way forward.
3. Emphasize the importance of using a combination of momentum and leverage to unbalance the opponent and complete the sweep with the hip switch.
4. Show how to rotate them backwards with their own momentum if the opponent pulls backwards (avoiding the forward sweep) and come up on a single leg take down.

Safety Considerations:

- Stress the need for controlled and cautious movements to prevent injury, especially when manipulating the opponent's weight.

- Instruct participants to apply the sweep techniques slowly, focusing on correct form and safety.
- Ensure the training area is equipped with suitable mats for practicing dynamic techniques.
- Encourage clear communication between partners during practice, particularly when transitioning into and applying sweeps from Deep Half Guard.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Deep Half Guard working on executing sweeps, and the other focusing on balance and defense.
2. Introduce varying degrees of resistance to simulate realistic grappling scenarios, emphasizing technique and fluidity.

Reflection and Feedback: Conclude the class with a session where participants share their experiences with the Deep Half Guard sweep, focusing on the differences between forward and backwards sweeps, effectiveness of the technique, challenges encountered during execution, and areas for improvement.

Balloon Sweep from Closed Guard

Learning Objectives:

1. To proficiently execute the Balloon Sweep from Closed Guard, focusing on precise control of the opponent's posture, hip elevation, and effective leg momentum.
2. To develop skills in disrupting the opponent's balance from Closed Guard for a successful sweep.
3. To enhance overall grappling techniques with a focus on dynamic sweeps utilizing leverage and momentum.

Education Eligibility: Participants must:

- Have a good understanding of Closed Guard and its offensive strategies.
- Possess the ability to perform movements involving hip elevation and coordinated leg actions.
- Understand principles of leverage, balance disruption, and timing in executing sweeps.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up drills focusing on hip mobility, leg strength, and core engagement. Include exercises that simulate the hip lift and pulling motions characteristic of the Balloon Sweep.

Technical Explanation:

Understanding Closed Guard and Sweep Mechanics (5 minutes):

1. Discuss the use of Closed Guard for controlling an opponent and setting up attacks.
2. Break down the mechanics of the Balloon Sweep, emphasizing the need for lifting the hips and using the legs to create momentum.

Setting Up the Balloon Sweep (15 minutes):

1. Demonstrate how to establish control over the opponent's sleeves or wrists, pulling them forward to break their posture.
2. Practice positioning your feet on the opponent's hips, preparing for the hip elevation necessary for the sweep.
3. Work on the coordination of pulling with the arms and pushing with the legs to disrupt the opponent's balance.

Executing the Balloon Sweep (15 minutes):

1. Instruct on timing the sweep by elevating the hips while pulling the opponent forward and upward over your head.
2. Show how to extend the legs upwards and use a rocking motion to elevate and flip the opponent over, landing in full mount.
3. Emphasize the importance of fluid motion and control throughout the sweep to effectively unbalance and transition to a top position without injuring your training partner.
4. Add the Balloon Sweep from standing with a basic guard pull for excitement and flair.

Safety Considerations:

- Stress controlled movements to prevent injury during the sweep.
- Instruct participants to apply the sweep techniques gradually, focusing on technique and safety.

- Ensure the training area is equipped with appropriate mats for practicing dynamic techniques.
- Encourage clear communication between partners during practice.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Closed Guard working on the Balloon Sweep, and the other focusing on maintaining balance and defense.
2. Introduce varying degrees of resistance to simulate realistic grappling scenarios, emphasizing technique and timing.

Reflection and Feedback: Conclude with a session where participants share their experiences with the Balloon Sweep from Closed Guard, focusing on the effectiveness of the technique, challenges encountered in execution, and areas for improvement.

Berimbolo Sweep from Closed Guard (De La Riva Hook)

Learning Objectives:

1. To effectively execute the Berimbolo Sweep from Closed Guard, incorporating the De La Riva guard, focusing on rotational movement, grip control, and opponent manipulation.
2. To develop an understanding of transitioning from Closed Guard to De La Riva Guard and executing the Berimbolo Sweep.
3. To enhance overall grappling skills with a focus on fluid transitions and advanced sweeping techniques.

Education Eligibility: Participants must:

- Have experience with Closed Guard and De La Riva Guard techniques.
- Possess the ability to perform complex rotational movements and maintain balance.
- Understand the concepts of momentum, leverage, and opponent control in advanced guard sweeps.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up drills focusing on hip flexibility, leg dexterity, and rotational movement. Include exercises that simulate the transition from Closed Guard to De La Riva Guard and the spinning motion of the Berimbolo.

Technical Explanation:

Understanding Closed Guard to De La Riva Transition (5 minutes):

1. Discuss the effectiveness of transitioning from Closed Guard to De La Riva Guard as a setup for sweeps.
2. Explain how to establish the De La Riva hook, which involves placing one foot on the opponent's hip and wrapping the other leg around their lead leg, hooking it from the outside with the foot on the backside of the front leg for short hook and far leg for a deep hook while holding the heel of the lead leg with the same side hand.

Setting Up the Berimbolo Sweep (15 minutes):

1. Demonstrate transitioning from Closed Guard to De La Riva Guard, securing grips on the opponent's sleeve and collar or wrist for no-gi.
2. Practice inverting underneath the opponent while maintaining the De La Riva hook and grip control by tucking your head and shoulder then inverting outside and rolling toward your De La Riva grip side.
3. With the Gi, keep the lapel grip and use it to control the upper back.
4. without the Gi, swim the opposite arm of the De La Riva hook under the opponent's opposite arm and hook around the back
5. Work on the coordination of spinning underneath the opponent, using the De La Riva hook to manipulate their balance by kicking the hooked leg over and following it up.

Executing the Berimbolo Sweep (15 minutes):

1. Instruct on completing the sweep by inverting and rotating beneath the opponent, aiming to off-balance them and expose their back.

2. Show how to use the grips and the hook to control the opponent's rotation and maintain momentum throughout the sweep.
3. Emphasize the importance of fluid movement and continuous control to effectively unbalance the opponent and achieve a dominant position.

Safety Considerations:

- Stress the importance of controlled and cautious movements to prevent injury, especially when inverting.
- Instruct participants to perform the sweep at a moderate pace, focusing on technique and fluid execution.
- Ensure the training area is equipped with suitable mats for practicing advanced and dynamic movements.
- Encourage clear communication between partners during practice.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Closed Guard transitioning to De La Riva Guard and executing the Berimbolo Sweep, and the other focusing on defense and balance.
2. Introduce varying degrees of resistance to simulate realistic grappling scenarios, emphasizing technique and adaptability.

Reflection and Feedback: Finish with a session where participants share their experiences with the Berimbolo Sweep, focusing on the effectiveness of the technique, individual challenges with flexibility and rotations encountered during execution, any submissions or they saw an opening for and areas for improvement.

Knee On Belly

Knee on Belly and Variations: Techniques and Drills

Learning Objectives:

1. To master the Knee on Belly position, Reverse Knee on Belly, Knee on Chest, and Reverse Knee on Chest, focusing on stability, pressure application, and transitions.
2. To develop the ability to smoothly transition between these positions while maintaining control and pressure.
3. To enhance overall top control skills, particularly in maintaining dominant positions and applying rotational pins.

Education Eligibility: Participants must:

- Be familiar with basic top control positions in grappling.
- Possess the ability to balance and apply controlled pressure with their knees.
- Understand the principles of positional dominance and transitions in grappling.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up exercises focusing on core strength, balance, and lower body flexibility. Include drills that mimic the movements of transitioning between different knee positions on an opponent.

Technical Explanation:

Understanding Knee on Belly and Variations (5 minutes):

1. Discuss the importance of the Knee on Belly position as a control point, offering both stability and mobility.
2. Break down the variations such as Reverse Knee on Belly and Knee on Chest, highlighting the pressure points and balance required.

Transitioning between Positions (15 minutes):

1. Demonstrate transitioning from Knee on Belly to Reverse Knee on Belly, maintaining constant pressure on the opponent.

2. Practice moving from Knee on Belly to Knee on Chest, focusing on the correct placement of the knee for maximum control.
3. Work on the Reverse Knee on Chest position, ensuring stability and pressure are sustained during transitions.

Knee on Belly Rotational Pins (15 minutes):

1. Show how to apply rotational pins starting from Knee on Belly, using circular motions to maintain dominance and respond to the opponent's movements (pinning arms and shoulders).
2. Instruct on the importance of upper body control, using the hands to grip and guide the opponent's movement.
3. Emphasize fluidity and control during rotational transitions to effectively pin and control the opponent.

Safety Considerations:

- Stress the importance of controlled pressure to prevent injury, particularly when applying weight with the knee.
- Instruct participants to maintain balance and avoid abrupt movements that might harm the partner.
- Ensure the training area is equipped with suitable mats for safe practice.
- Encourage clear communication between partners, especially regarding the intensity of pressure applied.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner on top working on Knee on Belly transitions and rotational pins, and the other focusing on defensive movements.
2. Introduce light resistance to simulate realistic grappling scenarios, emphasizing technique and control.

Reflection and Feedback: Conclude with a discussion session where participants share their experiences with the Knee on Belly variations and rotational pins, focusing on challenges, effectiveness, and areas for improvement.

Far Side Armbar from Knee on Belly

Learning Objectives:

1. To proficiently execute the Far Side Armbar from the Knee on Belly position, focusing on arm isolation, transition fluidity, and effective submission application.
2. To develop skills in recognizing opportunities for the Far Side Armbar while maintaining top control in Knee on Belly.
3. To enhance overall grappling techniques with a focus on transitioning from a dominant position to a submission.

Education Eligibility: Participants must:

- Be familiar with the Knee on Belly position and its control dynamics.
- Possess the ability to transition smoothly from control positions to submission attempts.
- Understand the mechanics of armbar submissions, including limb isolation and joint control.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up exercises focusing on core stability, arm control, and transitional movements. Include drills that mimic the shift from Knee on Belly to armbar positioning.

Technical Explanation:

Understanding Knee on Belly Position and Armbar Setup (5 minutes):

1. Discuss the strategic advantages of Knee on Belly for control and submission setups.
2. Explain the mechanics of isolating the far arm for an armbar, highlighting the importance of leverage and hip positioning.

Transitioning to Far Side Armbar (15 minutes):

1. Demonstrate securing the far arm by pulling it up and across using a triceps grip with the same side arm as your Knee while maintaining Knee on Belly, ensuring the arm is properly isolated.

2. With your free arm, push the head down and Practice transitioning from Knee on Belly to the armbar position by swinging the leg over the opponent's head, and securing the arm.
3. Rotate your hips completely around and finish the basic or armpit armbar. (see armpit armbar from mount)
4. Work on the details of hip placement and leg positioning to effectively control the opponent during the transition.

Executing the Far Side Armbar (15 minutes):

1. Instruct on applying the armbar by extending the hips while maintaining a grip on the opponent's isolated arm.
2. Show how to keep the opponent's arm tight against your chest, using both hands to control the wrist.
3. Emphasize the importance of controlled execution to effectively apply the submission without risking injury to the opponent as the rotational force from the transition can increase the pressure and speed.

Safety Considerations:

- Stress the importance of controlled and gradual pressure to prevent injuries, especially to the opponent's elbow joint.
- Watch for knees on faces*
- Instruct participants to apply the armbar slowly and release immediately upon a tap out.
- Ensure the training area is equipped with suitable mats for practicing submission techniques.
- Encourage clear communication between partners during practice for safety and comfort.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Knee on Belly transitioning to the Far Side Armbar, and the other focusing on defense and escape.
2. Introduce varying degrees of resistance to simulate realistic grappling scenarios, while emphasizing safety and technique.

Reflection and Feedback: Conclude with a session where participants share their experiences with the Far Side Armbar from Knee on Belly, focusing on the effectiveness of the technique, challenges faced during application, and areas for improvement.

Pull-Up Triangle from Knee on Belly

Learning Objectives:

1. To effectively execute the Pull-Up Triangle from the Knee on Belly position, focusing on precise timing, leg coordination, and opponent manipulation.
2. To develop the ability to transition from a dominant Knee on Belly position to a Triangle submission, emphasizing balance and control.
3. To enhance overall grappling skills, with a particular emphasis on submissions from top control positions.

Education Eligibility: Participants must:

- Be familiar with Knee on Belly position and its control dynamics.
- Possess the ability to perform fluid transitions from control positions to submission holds.
- Understand the mechanics of Triangle choke submissions, including leg positioning and pressure application.

Ice Breaker Activity (5 minutes): Start with a series of warm-up exercises focusing on hip mobility, leg flexibility, and core strength. Include drills that mimic the movements required for transitioning from Knee on Belly to a Triangle choke, such as hip elevation and leg/hip dexterity.

Technical Explanation:

Understanding Knee on Belly Position and Triangle Setup (5 minutes):

1. Discuss the strategic advantages of the Knee on Belly position for maintaining control and setting up submissions.

2. Explain the key elements for setting up a Triangle choke from this position, focusing on leg movement and opponent's arm control.

Transitioning to the Pull-Up Triangle (15 minutes):

1. From knee on belly, demonstrate securing control of the opponent's arm nearest to your knee with your top arm and a triceps or wrist grip. Pull this grip high to your shoulder, creating space to maneuver your leg under their head and shoulder for the triangle setup.
2. Practice sliding the leg that's on the belly over the opponent's head while simultaneously pulling the controlled close arm to create space for the choke.
3. Work on securing the triangle choke setup by locking the foot behind the knee of the other leg and maintaining balance and control over the opponent's posture.

Executing the Pull-Up Triangle (15 minutes):

1. Instruct on adjusting the Triangle to tighten the choke, such as by pulling up on the opponent's head or adjusting the angle of your hips.
2. Show how to apply pressure with the legs to complete the choke, focusing on constriction of the carotid arteries.
3. Emphasize the importance of controlled execution to effectively apply the submission without causing injury.

Safety Considerations:

- Stress the need for controlled and gradual application of the choke to prevent injury.
- Instruct participants to apply the submission slowly and release immediately upon a tap out.
- Ensure the training area is equipped with suitable mats for practicing submission techniques.
- Encourage clear communication between partners during practice for safety and comfort.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Knee on Belly transitioning to the Pull-Up Triangle, and the other focusing on defense and escape.

2. Introduce varying degrees of resistance to simulate realistic grappling scenarios, while emphasizing safety and technique.

Reflection and Feedback: Conclude with a session where participants share their experiences with the Pull-Up Triangle from Knee on Belly, focusing on the effectiveness of the technique, all the different grip placements, individual challenges faced during application, and areas for improvement.

Knee on Belly to Backstep Heel Hook or Straight Ankle Lock (double leg)

Learning Objectives:

1. To master the transition from Knee on Belly to a backstep that sets up an outside heel hook or straight ankle lock, focusing on controlling both legs of the opponent.
2. To develop the skill of trapping one leg under the armpit while attacking the top leg, emphasizing leg control and submission execution.
3. To enhance overall grappling techniques with a focus on transitioning from a dominant position to a leg lock submission.

Education Eligibility: Participants must:

- Be experienced with Knee on Belly position and leg lock submissions, including heel hooks and ankle locks.
- Possess the ability to perform complex transitions and maintain control over the opponent's legs.
- Understand the mechanics of leg submissions and the importance of applying them safely.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up drills focusing on balance, lower body control, and transitioning movements. Include exercises that simulate the backstep and leg control required for this technique.

Technical Explanation:

Understanding Knee on Belly to Leg Lock Transition (5 minutes):

1. Discuss the advantages of using Knee on Belly for controlling the opponent and creating opportunities for submissions.
2. Explain the transition process, including the backstep maneuver to control both legs of the opponent and set up the leg lock.

Executing the Backstep to Heel Hook or Ankle Lock (15 minutes):

1. Demonstrate the backstep from Knee on Belly, focusing on pushing the opponent's arms to their chest and taking a big back step over both legs with your free leg, and sliding the free knee under the opponent's leg (trapping one of the opponent's legs under your armpit while maintaining knee line with your legs), controlling the top leg with your hands.
2. Slide the foot of your knee on belly leg in between the legs of your opponent with the heel to the mat and secure a figure four leg grip.
3. Practice securing the top leg between your legs, establishing control for either a heel hook or ankle lock on either leg.
4. Work on the details of applying the submissions, such as grip positioning and applying pressure safely and effectively.

Control and Submission Application (15 minutes):

1. Instruct on maintaining control of both legs to prevent the opponent from escaping or countering.
2. Show how to apply the heel hook or straight ankle lock, focusing on the correct leg positioning and submission mechanics.
3. Emphasize the importance of controlled pressure to effectively apply the submission and ensure safety.

Safety Considerations:

- Stress the need for controlled and gradual application of leg locks to prevent injuries, especially to the knees and ankles.
- Instruct participants to apply submissions slowly and release immediately upon a tap out.
- Ensure the training area is equipped with suitable mats for practicing submission techniques.

- Encourage clear communication between partners during practice for safety and comfort.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner in Knee on Belly transitioning to the leg lock setup, and the other focusing on defense and escape.
2. Introduce varying degrees of resistance to simulate realistic grappling scenarios, emphasizing safety and technique.

Reflection and Feedback: Conclude with a session where participants share their experiences with transitioning from Knee on Belly to a leg lock, focusing on the effectiveness of the technique, challenges faced during application, and areas for improvement.

Guards

Closed Guard

Learning Objectives:

1. To master the fundamentals of maintaining and controlling the Closed Guard, focusing on posture control, grip management, and effective use of the legs to limit the opponent's movements.
2. To develop strategies for opening offensive opportunities from the Closed Guard, emphasizing sweeps, submissions, and transitions to other guard types.
3. To enhance overall defensive capabilities from the bottom position, with a focus on preventing guard passes and creating attack vectors.

Education Eligibility: Participants must:

- Possess the ability to perform guard maintenance techniques that involve coordination between arms and legs.
- Understand the principles of leverage, opponent control, and the mechanics of executing attacks from the guard position.

Ice Breaker Activity (5 minutes): Start with dynamic warm-up exercises focusing on hip flexibility, core strength, and grip endurance. Include specific drills that replicate movements characteristic of the Closed Guard, such as shrimping and reverse shrimping.

Technical Explanation:

Introduction to Closed Guard Mechanics (5 minutes):

1. Discuss the strategic advantages of the Closed Guard in controlling an opponent from the bottom, highlighting its utility in both defensive and offensive scenarios.
2. Explain the importance of posture control, grip management, and leg positioning for effectively maintaining the Closed Guard.

Maintaining and Controlling the Closed Guard (15 minutes):

1. Demonstrate techniques for breaking the opponent's posture by pulling them forward using the legs and securing collar and sleeve grips.
2. Practice using the hips and legs to adjust the guard as needed, including opening the guard to reposition or attack while maintaining control.
3. Work on drills that enhance the ability to use the Closed Guard for defense, focusing on preventing the opponent from standing or initiating guard passes.

Offensive Strategies from Closed Guard (15 minutes):

1. Instruct on setting up simple sweeps from the Closed Guard, such as the scissor sweep or hip bump sweep, detailing the importance of timing and opponent manipulation.
2. Discuss various submissions accessible from the Closed Guard, including armbar, triangle choke, and guillotine, emphasizing setup and execution techniques.

3. Highlight transitions from Closed Guard to other guard types or positions as part of an offensive strategy, focusing on fluid movement and maintaining control.

Safety Considerations:

- Emphasize controlled and cautious movements to prevent injuries, especially when applying submissions or executing dynamic sweeps.
- Instruct participants to apply techniques with care, focusing on precision and partner safety.
- Ensure the training area is equipped with suitable mats for practicing these techniques.
- Encourage open communication between partners, particularly when practicing submissions and sweeps.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner working from the Closed Guard and the other focusing on posture maintenance and guard passing defense.
2. Introduce light to moderate resistance to simulate realistic grappling scenarios, emphasizing the interplay between guard maintenance and offensive execution.

Reflection and Feedback: Conclude with a discussion session where participants share their experiences with the Closed Guard, including challenges faced, effective techniques, and areas for improvement in both defensive and offensive applications.

Spider Guard

Learning Objectives:

1. To gain a comprehensive understanding of the Spider Guard, focusing on grip control, leg positioning, and effective use of leverage.
2. To develop skills in maintaining the Spider Guard against various passing attempts, emphasizing the importance of flexibility and agility.

3. To enhance overall grappling techniques with a focus on utilizing the Spider Guard for offensive strategies, including sweeps and submissions.

Education Eligibility: Participants must:

- Be familiar with basic guard positions and their defensive and offensive capabilities.
- Possess the ability to perform movements involving significant coordination between hands and feet.
- Understand the principles of leverage and balance as they apply to guard play and submissions.

Ice Breaker Activity (5 minutes): Begin with a series of warm-up exercises focusing on wrist strength, hip mobility, and leg flexibility. Include drills that simulate the foot placement and grip control characteristic of the Spider Guard.

Technical Explanation:

Introduction to Spider Guard Mechanics (5 minutes):

1. Discuss the strategic use of the Spider Guard in controlling an opponent, highlighting the role of sleeve grips and foot placement on the opponent's biceps.
2. Explain how to establish the Spider Guard, focusing on securing sleeve grips and extending the legs to create pressure on the opponent's arms.

Maintaining and Controlling the Spider Guard (15 minutes):

1. Demonstrate techniques for maintaining the Spider Guard, including adjustments to foot placement and grip repositioning to counter opponent's guard pass attempts.
2. Practice using the legs to manipulate the opponent's posture and balance, employing the leverage from the grips and foot placement.
3. Work on drills that enhance flexibility and agility, crucial for effective Spider Guard play.

Offensive Strategies from Spider Guard (15 minutes):

1. Instruct on transitioning from defense to offense in the Spider Guard, highlighting sweeps and submissions that can be initiated from this position.

2. Show examples of common sweeps, such as the tripod sweep or scissor sweep, that can be executed from the Spider Guard.
3. Discuss submission options available from the Spider Guard, including triangle chokes and armbar setups, emphasizing the transition mechanics.

Safety Considerations:

- Stress the importance of controlled movements to prevent injury, especially when applying pressure with the legs or during sweeps.
- Instruct participants to apply techniques gradually, focusing on accuracy and safety.
- Ensure the training area is equipped with suitable mats for practicing dynamic and acrobatic movements characteristic of Spider Guard play.
- Encourage clear communication between partners, particularly when practicing submissions and sweeps.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner working from the Spider Guard and the other focusing on guard passing strategies.
2. Introduce light to moderate resistance to simulate realistic grappling encounters, emphasizing the dynamic interplay between guard maintenance and passing.

Reflection and Feedback: Conclude with a discussion session where participants share their experiences with the Spider Guard, including challenges encountered, techniques found effective, and areas for improvement in both defense and offense.

De La Riva Guard

Learning Objectives:

1. Master the fundamentals of the De La Riva Guard, focusing on proper hook placement, grip control, and using leverage to control the opponent.

2. Develop skills for maintaining the De La Riva Guard against various passing attempts, emphasizing agility, flexibility, and strategic grip adjustments.
3. Enhance overall grappling techniques with a focus on utilizing the De La Riva Guard for offensive maneuvers, including sweeps and submissions.

Education Eligibility: Participants must:

- Have a foundational understanding of various guard positions and their purposes in grappling.
- Possess the ability to execute movements that involve coordination between hands, feet, and hips.
- Understand leverage, balance, and opponent manipulation principles in guard play.

Ice Breaker Activity (5 minutes): Start with dynamic warm-up exercises focusing on lower body flexibility, hip mobility, and grip strength. Incorporate drills that mimic the movements and positions characteristic of the De La Riva Guard, such as hip rotations and reverse shrimping.

Technical Explanation:

Introduction to De La Riva Guard Mechanics (5 minutes):

1. Discuss the strategic advantages of the De La Riva Guard in controlling an opponent, highlighting the significance of the De La Riva hook (wrapping one foot around the outside of the opponent's lead leg and hooking it from the inside with your foot).
2. Explain the importance of grip control on the sleeve and ankle or pant leg to effectively manage distance and opponent's posture.

Maintaining the De La Riva Guard (15 minutes):

1. Demonstrate effective De La Riva hook placement and adjustments needed to maintain control as the opponent attempts to pass.
2. Practice using the non-hooking leg for additional control, either by placing it on the opponent's biceps, hip, or using it to push off the mat for movement.
3. Work on maintaining a dynamic guard, constantly adjusting grips and hook placement to counter the opponent's movements.

Offensive Strategies from De La Riva Guard (15 minutes):

1. Instruct on transitioning from defense to offense, highlighting common sweeps that can be initiated from the De La Riva Guard, such as the De La Riva sweep to the back or coming up on a single leg.
2. Discuss submission setups from the De La Riva Guard, including triangle chokes, arm locks, and omoplatas, focusing on the transition details.
3. Emphasize fluidity in transitions between sweeps and submissions, leveraging the De La Riva hook and grips for offensive maneuvers.

Safety Considerations:

- Stress controlled movements to prevent injury, particularly when applying pressure or executing dynamic sweeps and submissions.
- Instruct participants to apply techniques with care, focusing on form and safety.
- Ensure the training area is equipped with suitable mats for practicing the techniques.
- Encourage open communication between partners, especially when practicing submissions and complex transitions.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner working from the De La Riva Guard and the other focusing on passing strategies.
2. Introduce moderate resistance to simulate realistic grappling interactions, highlighting the interplay between guard maintenance and passing attempts.

Reflection and Feedback: Conclude with a feedback session where participants share their experiences with the De La Riva Guard, discussing challenges faced, effective techniques, and areas for improvement in both defensive and offensive aspects.

Lasso Guard

Learning Objectives:

1. Master the fundamentals of the Lasso Guard, focusing on proper lasso hook placement, sleeve control, and leveraging the guard for opponent manipulation.
2. Develop defensive strategies using the Lasso Guard to counteract various guard passing attempts, emphasizing the importance of flexibility, grip strength, and positional awareness.
3. Enhance offensive capabilities from the Lasso Guard, including sweeps and submissions, by utilizing dynamic movements and precise control.

Education Eligibility: Participants must:

- Possess a foundational understanding of guard positions and their defensive and offensive roles in grappling.
- Have the ability to perform complex guard manipulations involving coordinated use of arms and legs.
- Understand key principles of leverage, opponent control, and the application of pressure from guard positions.

Ice Breaker Activity (5 minutes): Begin with dynamic warm-up exercises focusing on wrist flexibility, leg dexterity, and core stability. Include specific drills that replicate the lasso hook motion and grip adjustments characteristic of the Lasso Guard.

Technical Explanation:

Introduction to Lasso Guard Mechanics (5 minutes):

1. Discuss the strategic use of the Lasso Guard for controlling distance and managing the opponent's posture and movements.
2. Highlight the essential components of establishing a Lasso Guard, including securing a deep sleeve grip and wrapping one leg around the opponent's arm to create the "lasso" effect.

Maintaining and Adjusting the Lasso Guard (15 minutes):

1. Demonstrate the process of establishing a strong lasso hook with the leg and securing the sleeve grip to maintain control over the opponent.

2. Practice adjustments needed to counter various guard passing strategies, focusing on the use of the free leg for additional control and balance.
3. Work on grip management and the importance of staying active with the lasso hook to prevent the opponent from stabilizing their position.

Offensive Strategies from Lasso Guard (15 minutes):

1. Instruct on transitioning from a defensive Lasso Guard to offensive sweeps, such as the lasso sweep to mount or side control.
2. Discuss setups for submissions from the Lasso Guard, including omoplatas and triangle chokes, detailing the movements required to isolate the opponent's limbs.
3. Emphasize the combination of sleeve control and leg movements to unbalance the opponent and create openings for attacks.

Safety Considerations:

- Stress the need for controlled movements to prevent injury, especially when applying pressure passing the guard or with the lasso hook.
- Instruct participants to apply techniques carefully, prioritizing precision and partner safety.
- Ensure the training area is equipped with appropriate mats for practicing these techniques.
- Encourage clear communication between partners, particularly when practicing submissions and dynamic sweeps.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner working from the Lasso Guard and the other focusing on passing or countering the guard.
2. Introduce various levels of resistance to simulate realistic grappling scenarios, emphasizing the interplay between guard maintenance and guard passing.

Reflection and Feedback: Conclude with a discussion session where participants share their experiences with the Lasso Guard, including challenges encountered, effective techniques, and areas for improvement in both defensive and offensive applications.

X-Guard

Learning Objectives:

1. Master the fundamentals of the X-Guard, focusing on proper positioning, leg placement, and effective use of leverage for control and sweeps.
2. Develop strategies for entering the X-Guard from various positions, emphasizing the importance of transitions and fluid movement.
3. Enhance overall grappling proficiency with a focus on utilizing the X-Guard for offensive maneuvers, including sweeps, back takes, and transitions to other dominant positions.

Education Eligibility: Participants must:

- Have a foundational understanding of open guard positions and their variations.
- Possess the ability to perform complex movements that involve coordination between legs and arms for effective guard play especially how to brake-fall as the top player.
- Understand the principles of leverage, opponent off-balancing, and the mechanics of executing sweeps from guard positions.

Ice Breaker Activity (5 minutes): Begin with dynamic warm-up exercises focusing on hip flexibility, leg strength, and core stability. Include specific drills that replicate the leg positioning and movements characteristic of the X-Guard, such as underhooking and lifting actions.

Technical Explanation:

Introduction to X-Guard Mechanics (5 minutes):

1. Discuss the strategic use of the X-Guard in controlling an opponent from the bottom, highlighting its effectiveness in off-balancing and creating attack opportunities.
2. Explain the key components of establishing a strong X-Guard, including the placement of feet and shins to form an "X" across the opponent's leg or hip.

Entering the X-Guard (15 minutes):

1. Demonstrate various entries into the X-Guard from positions such as standing, closed guard, and half guard, focusing on seamless transitions.
2. Practice positioning one leg behind the opponent's knee (the hook leg) and the other foot on the opponent's hip or bicep to secure the "X" formation.
3. Work on using grips effectively, such as controlling the opponent's sleeves or pant legs, to assist in pulling yourself into the X-Guard.

Executing Sweeps and Transitions from X-Guard (15 minutes):

1. Instruct on executing basic sweeps from the X-Guard, such as standing up into single leg or pushing the opponent forward to come on top.
2. Discuss advanced transitions from the X-Guard to other dominant positions or submissions, leveraging the control provided by the "X" formation.
3. Emphasize the combination of leg pressure and grip control to off-balance the opponent and facilitate sweeps or transitions.

Safety Considerations:

- Stress the importance of controlled movements to prevent injury, especially when lifting or sweeping the opponent to avoid knees from landing on faces.
- Instruct participants to apply techniques with care, prioritizing precision and safety.
- Ensure the training area is equipped with suitable mats for practicing dynamic guard techniques.
- Encourage open communication between partners, particularly when practicing complex transitions and movements.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner working from the X-Guard and the other focusing on passing or countering the guard.
2. Introduce various levels of resistance to simulate realistic grappling interactions, emphasizing the dynamic nature of the X-Guard.

Reflection and Feedback: Conclude with a discussion session where participants share their experiences with the X-Guard, including challenges encountered, effective techniques, and areas for improvement in both defensive and offensive aspects.

50/50 Guard

Learning Objectives:

1. To understand the mechanics and strategic advantages of the 50/50 Guard in grappling.
2. To develop skills in maintaining control, balance, and defense within the 50/50 Guard.
3. To explore offensive techniques from the 50/50 Guard, including sweeps and submissions.

Education Eligibility: Participants must:

- Be familiar with basic guard concepts and positions in grappling.
- Possess the ability to perform controlled movements and maintain balance in ground positions.
- Have an understanding of joint locks and sweeps from guard positions.

Ice Breaker Activity (5 minutes): Start with a series of drills focusing on flexibility, hip mobility, and balance, tailored to familiarize participants with the positions and movements characteristic of the 50/50 Guard.

Technical Explanation:

Understanding the 50/50 Guard (5 minutes):

1. Explain the 50/50 Guard, emphasizing its symmetrical leg entanglement where both competitors have similar control over each other's legs and similar attacking opportunities.
2. Discuss the importance of hip positioning, leg control, and upper body posture in the 50/50 Guard.

Maintaining Control in the 50/50 Guard (15 minutes):

1. Practice establishing and maintaining the 50/50 Guard, focusing on controlling the opponent's leg and managing distance.

2. Work on proper upper body alignment and hand placement to prevent the opponent from advancing or applying submissions.
3. Explore methods to prevent the opponent from disentangling their leg and escaping the position.

Offensive Techniques from the 50/50 Guard (15 minutes):

1. Demonstrate how to off-balance the opponent using sweeps from the 50/50 Guard.
2. Introduce basic submissions that can be applied from this position, such as ankle locks or heel hooks, with a focus on safe application.
3. Encourage participants to experiment with transitioning to dominant positions or other guards from the 50/50.

Safety Considerations:

- Stress the importance of controlled and cautious movements to prevent injuries, especially in entangled leg positions.
- Remind participants to apply submissions slowly and release immediately upon a tap out.
- Ensure the training area is equipped with mats suitable for practicing ground techniques.
- Encourage communication and respect for partners limits during practice.

Partner Drills (20 minutes):

1. Practice alternating roles in the 50/50 Guard, with partners working on maintaining control, executing sweeps, and applying submissions.
2. Introduce varying degrees of resistance and counter-movements to simulate realistic grappling scenarios.

Reflection and Feedback: Conclude with a discussion session where participants share their experiences in the 50/50 Guard, focusing on the effectiveness of control and offensive techniques, challenges encountered, and areas for improvement.

Rubber Guard

Learning Objectives:

1. Master the fundamentals of the Rubber Guard, focusing on flexibility, hip control, and maintaining posture break to control the opponent.
2. Develop the ability to transition into the Rubber Guard from closed guard or during guard retention, emphasizing the importance of grip and leg positioning.
3. Enhance overall grappling skills with a focus on utilizing the Rubber Guard for offensive strategies, including sweeps and submissions.

Education Eligibility: Participants must:

- Have a basic understanding of guard positions and their applications in grappling.
- Possess good flexibility and the ability to perform movements that require significant hip and leg mobility.
- Understand the principles of posture control, leverage, and submissions from the guard position.

Ice Breaker Activity (5 minutes): Begin with dynamic warm-up exercises focusing on hip mobility, leg flexibility, and core strength. Include drills that replicate the leg positioning and movements characteristic of entering and maintaining the Rubber Guard.

Technical Explanation:

Introduction to Rubber Guard Mechanics (5 minutes):

1. Discuss the advantages of using the Rubber Guard for controlling an opponent's posture and setting up attacks from the bottom.
2. Explain the key components of establishing a strong Rubber Guard, including pulling one leg across the shoulder to break the opponent's posture and using hand grips to secure the position.

Entering and Maintaining the Rubber Guard (15 minutes):

1. Demonstrate various entries into the Rubber Guard from the closed guard or during guard retention, focusing on securing the leg over the shoulder and controlling the opponent's head and arm.
2. Practice maintaining the Rubber Guard position by emphasizing hip mobility and the use of hand grips to prevent the opponent from posturing up.
3. Work on adjusting the Rubber Guard to counter the opponent's attempts to escape or pass the guard.

Offensive Strategies from Rubber Guard (15 minutes):

1. Instruct on transitioning from the Rubber Guard to offensive maneuvers, including sweeps and submissions such as the triangle choke, omoplata, or armbar.
2. Discuss the importance of timing and fluidity in transitioning from control to attack, leveraging the posture break and control achieved with the Rubber Guard.
3. Highlight the use of the Rubber Guard to create openings for submissions by manipulating the opponent's arms and posture.

Safety Considerations:

- Stress the importance of controlled and gradual stretching to improve flexibility for the Rubber Guard without causing injury.
- Instruct participants to apply techniques carefully, focusing on maintaining safety for both practitioner and partner.
- Ensure the training area is equipped with suitable mats for practicing submission techniques.
- Encourage open communication between partners, particularly when applying pressure or executing submissions.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner working from the Rubber Guard and the other focusing on defense and posture maintenance.

2. Introduce light to moderate resistance to simulate realistic grappling scenarios, emphasizing the interplay between guard maintenance and offensive strategy execution.

Reflection and Feedback: Conclude with a feedback session where participants share their experiences with the Rubber Guard, discussing challenges faced, effective techniques, and areas for improvement in both control and offense from this unique guard position.

Guard Passing

Knee Slice (Knee Cut) Pass

Learning Objectives:

1. To master the technique of executing the Knee Slice (Knee Cut) Pass, focusing on precision, pressure application, and guard penetration.
2. To develop strategies for effectively setting up and completing the Knee Slice Pass against various guard types, emphasizing control and speed.
3. To enhance overall passing skills, with a focus on transitioning smoothly to dominant positions post-pass.

Education Eligibility: Participants must:

- Have a foundational understanding of guard passing concepts and the challenges presented by different guard types.
- Possess the ability to perform movements that require coordination, balance, and the application of controlled pressure.
- Understand the principles of creating and exploiting openings in an opponent's guard.

Ice Breaker Activity (5 minutes): Begin with dynamic warm-up exercises focusing on agility, lower body strength, and upper body control. Include drills that replicate the movements involved in the Knee Slice Pass, such as lateral movement and pressure application.

Technical Explanation:

Introduction to Knee Slice Pass Mechanics (5 minutes):

1. Discuss the effectiveness of the Knee Slice Pass as a tool for bypassing the opponent's guard and gaining a dominant top position.
2. Explain the key components of a successful Knee Slice Pass, including proper leg positioning, hip pressure, and upper body control.

Setting Up the Knee Slice Pass (15 minutes):

1. Demonstrate how to establish control before initiating the pass, focusing on securing grips on the opponent's collar, sleeve, or and pants (in the Gi).
2. Practice positioning the leading knee (the slicing knee) against the thigh of the opponent's guard, preparing to slice through to the opposite side.
3. Work on utilizing the trailing leg and hip pressure to maintain balance and prevent guard retention attempts.

Executing the Knee Slice Pass (15 minutes):

1. Instruct on driving the slicing knee through the opponent's guard while maintaining upper body control via the opponents top arm/sleeve or wrist grip to push the top arm across the opponents body towards the ground to prevent escapes or counters.
2. Show how to complete the pass by transitioning the slicing leg to the mat and securing side control, emphasizing the need to stay connected to the opponent to prevent guard reestablishment.
3. Highlight the importance of adjusting pressure and position based on the opponent's reactions to successfully complete the pass.

Safety Considerations:

- Stress the importance of controlled execution to prevent injuries, especially when applying pressure with the knee and hips.
- Instruct participants to perform the pass with care, focusing on technique rather than force.
- Ensure the training area is equipped with suitable mats for practicing passing techniques.

- Encourage clear communication between partners, especially when practicing with varying degrees of resistance.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner working on executing the Knee Slice Pass and the other focusing on guard defense and retention.
2. Introduce varying levels of resistance to simulate realistic grappling scenarios, emphasizing the adaptation to different guard types and defenses.

Reflection and Feedback: Conclude with a feedback session where participants share their experiences with the Knee Slice Pass, discussing challenges encountered, effective strategies, and areas for improvement in guard passing techniques.

Torreando Guard Pass

Learning Objectives:

1. Master the technique of executing the Torreando (Bullfighter) Guard Pass, focusing on grip control, footwork, and side-to-side movement to bypass the opponent's guard.
2. Develop strategies for effectively setting up and completing the Torreando Pass against various types of guards, emphasizing speed, timing, and control.
3. Enhance overall passing skills, with a focus on fluid transitions to dominant positions post-pass.

Education Eligibility: Participants must:

- Have a foundational understanding of guard passing concepts and the challenges presented by different guard types.
- Possess the ability to perform dynamic movements that require coordination, balance, and the application of controlled pressure.
- Understand the principles of creating and exploiting openings in an opponent's guard.

Ice Breaker Activity (5 minutes): Begin with dynamic warm-up exercises focusing on agility, lower body strength, and upper body control. Incorporate drills that replicate the movements involved in the Torreando Pass, such as lateral movement and lunges.

Technical Explanation:

Introduction to Torreando Pass Mechanics (5 minutes):

1. Discuss the effectiveness of the Torreando Pass as a versatile tool for bypassing the opponent's guard, highlighting its application against both open and closed guards.
2. Explain the key components of a successful Torreando Pass, including proper hand placement on the opponent's knees or pants, and the importance of agile footwork.

Setting Up the Torreando Pass (15 minutes):

1. Demonstrate how to establish control before initiating the pass, focusing on securing grips on the opponent's knees or pants.
2. Practice the footwork required for the Torreando Pass, emphasizing the need to stay on the balls of the feet for quick side-to-side movement.
3. Work on using body weight and momentum to off-balance the opponent, preparing for the pass.

Executing the Torreando Pass (15 minutes):

1. Instruct on driving the opponent's legs to one side while quickly moving to the opposite side to bypass the guard.
2. Show how to complete the pass by establishing side control or transitioning to the knee-on-belly position, maintaining pressure and leaving no space to prevent the opponent from regaining guard.
3. Highlight the importance of maintaining upper body control throughout the pass to successfully secure the dominant position.

Safety Considerations:

- Stress the importance of controlled execution to prevent injuries, especially when applying pressure and during dynamic movements.

- Instruct participants to perform the pass with care, focusing on technique rather than force.
- Ensure the training area is equipped with suitable mats for practicing passing techniques.
- Encourage clear communication between partners, especially when practicing with varying degrees of resistance.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner working on executing the Torreando Pass and the other focusing on guard retention and defense.
2. Introduce varying levels of resistance to simulate realistic grappling scenarios, emphasizing adaptation to different guard types and defenses. Practice alternating between each side and working in the Knee Slice pass if the partner begins to capture half guard.

Reflection and Feedback: Conclude with a feedback session where participants share their experiences with the Torreando Guard Pass, discussing challenges encountered, effective strategies, and areas for improvement in guard passing techniques.

Turnback Guard Pass from Half Guard

Learning Objectives:

1. To master the technique of executing the Turnback Guard Pass from Half Guard, focusing on body positioning, control, and leveraging the opponent's hip movement.
2. To develop strategies for effectively utilizing the Turnback Pass against various half guard defenses, emphasizing the importance of timing and opponent manipulation.
3. To enhance overall passing skills, with a focus on transitioning smoothly to dominant positions post-pass.

Education Eligibility: Participants must:

- Have a foundational understanding of half guard dynamics and common guard passing challenges.

- Possess the ability to perform movements that require balance, strength, and precision.
- Understand the principles of guard passing, including creating and exploiting openings in an opponent's defense.

Ice Breaker Activity (5 minutes): Begin with dynamic warm-up exercises focusing on agility, core strength, and upper body control. Include drills that replicate the movements involved in the Turnback Guard Pass, such as hip switches and balance exercises.

Technical Explanation:

Introduction to Turnback Guard Pass Mechanics (5 minutes):

1. Discuss the effectiveness of the Turnback Guard Pass as a method for bypassing the opponent's half guard by leveraging their hip movement and creating an opening for the pass.
2. Explain the key components of a successful Turnback Pass, including the positioning of the legs, hips, and the importance of upper body control.

Setting Up the Turnback Pass (15 minutes):

1. Demonstrate the initial setup from within the opponent's half guard, focusing on securing control over the opponent's upper arm and body to prevent them from following your movement.
2. Practice positioning your trapped leg in a way that prepares you for the hip switch needed to execute the turnback motion.
3. Work on applying pressure to the opponent's hip with your free leg to create space for the pass.

Executing the Turnback Pass (15 minutes):

1. Instruct on performing the hip switch and the turnback motion to extract your trapped leg from the opponent's half guard.
2. Show how to complete the pass by moving to side control, ensuring that you maintain control over the opponent's hips and upper body to prevent them from regaining guard.
3. Highlight the importance of fluidity and control throughout the pass to successfully secure the dominant position.

4. Show how to watch for and trap the top hand if it comes around the front of your face, by pushing it to the ground and pinning it to the mat.

Safety Considerations:

- Stress the importance of controlled execution to prevent injuries, especially during the hip switch and extraction of the trapped leg.
- Instruct participants to perform the pass with care, focusing on technique and partner safety.
- Ensure the training area is equipped with suitable mats for practicing passing techniques.
- Encourage clear communication between partners, especially when practicing with varying degrees of resistance.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner working on executing the Turnback Guard Pass and the other focusing on half guard retention and defense.
2. Introduce varying levels of resistance to simulate realistic grappling scenarios, emphasizing adaptation to the opponent's reactions and defense strategies.
3. Chain together the Torreando, Knee Slice and Turnback Pass and stress the importance of knowing when to switch to them as varying stages of the guard progression.

Reflection and Feedback: Conclude with a feedback session where participants share their experiences with the Turnback Guard Pass from Half Guard, discussing challenges encountered, effective strategies, and areas for improvement in guard passing techniques.

Single Under Guard Pass

Learning Objectives:

1. To proficiently execute the Single Under Guard Pass, focusing on correct arm placement, hip control, and pressure application to bypass the opponent's guard.

2. To develop strategies for effectively setting up the Single Under Pass, emphasizing the importance of posture, grip, and leverage.
3. To enhance overall guard passing skills, with a focus on transitioning smoothly to dominant positions while maintaining control.

Education Eligibility: Participants must:

- Understand basic guard principles and the challenges of passing an opponent's guard.
- Possess the ability to perform guard passing movements that require coordination, strength, and precision.
- Be familiar with concepts of leverage and pressure application in the context of guard passing.

Ice Breaker Activity (5 minutes): Begin with dynamic warm-up exercises focusing on core strength, hip mobility, and upper body flexibility. Include drills that simulate the arm placement and body movements characteristic of the Single Under Guard Pass.

Technical Explanation:

Introduction to Single Under Guard Pass Mechanics (5 minutes):

1. Discuss the effectiveness of the Single Under Guard Pass as a tool for bypassing the opponent's guard by controlling one leg and applying pressure.
2. Explain the key components of a successful pass, including securing an underhook on one of the opponent's legs, proper hip placement, and the use of the free arm for balance and controlling the opponents other leg.

Setting Up the Single Under Pass (15 minutes):

1. Demonstrate obtaining an underhook beneath one of the opponent's legs, emphasizing the importance of gripping the inside of the leg or the pants for control.
2. Practice positioning your shoulders and head to prevent the opponent from regaining posture, and place your free arm on the opponent's body to maintain balance.
3. Work on elevating the trapped leg to disrupt the opponent's guard and create openings for the pass.

Executing the Single Under Pass (15 minutes):

1. Instruct on driving forward and using your shoulder to apply pressure to the opponent's thigh, while your trapped arm lifts their leg.
2. Show how to complete the pass by moving to the side of the underhooked leg, utilizing the free arm to prevent the opponent from closing their guard again.
3. Highlight the transition to side control or mount, maintaining tight control over the opponent's hips and upper body to secure the position.

Safety Considerations:

- Stress the importance of controlled movements to prevent injuries to both the practitioner and the opponent, especially when lifting the leg and applying pressure.
- Instruct participants to apply the pass techniques carefully, focusing on technique over force.
- Ensure the training area is equipped with suitable mats for practicing passing techniques.
- Encourage clear communication between partners, especially when practicing with resistance.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner working on executing the Single Under Guard Pass and the other focusing on guard retention and defense.
2. Introduce varying levels of resistance to simulate realistic grappling scenarios, emphasizing the adaptation to the opponent's movements and counterstrategies.
3. Practice chaining guard passing techniques together.

Reflection and Feedback: Conclude with a feedback session where participants share their experiences with the Single Under Guard Pass, discussing challenges encountered, effective techniques, and areas for improvement in guard passing strategies.

Double Under Pass

Learning Objectives:

1. Master the technique of executing the Double Under Pass, focusing on correct arm placement, lifting and stacking the opponent, and pressure application to bypass the opponent's guard.
2. Develop strategies for effectively setting up the Double Under Pass, emphasizing the importance of posture, grip, and controlling the opponent's hips.
3. Enhance overall guard passing skills, with a focus on maintaining control and transitioning smoothly to dominant positions post-pass.

Education Eligibility: Participants must:

- Understand the dynamics of guard passing and the challenges presented by various guard types.
- Possess the ability to perform movements that require coordination, strength, and precision.
- Be familiar with principles of leverage, pressure application, and hip control in the context of guard passing.

Ice Breaker Activity (5 minutes): Begin with dynamic warm-up exercises focusing on lower body strength, upper body flexibility, and core stability. Include drills that simulate the movements involved in the Double Under Pass, such as lifting motions and pressure application.

Technical Explanation:

Introduction to Double Under Pass Mechanics (5 minutes):

1. Discuss the effectiveness of the Double Under Pass as a powerful method for bypassing the opponent's guard by controlling both legs and applying pressure.
2. Explain the key components of a successful Double Under Pass, including securing both of the opponent's legs under your arms, proper posture, and stacking the opponent.

Setting Up the Double Under Pass (15 minutes):

1. Demonstrate obtaining control of both legs by diving your arms under the opponent's thighs and securing grips on the belt, pants, or hips.

2. Practice lifting the opponent's hips off the mat by engaging your core and legs, preparing for the stacking process.
3. Work on positioning your shoulders and head in a way that prevents the opponent from regaining their guard or creating space.

Executing the Double Under Pass (15 minutes):

1. Instruct on driving forward and stacking the opponent onto their shoulders, using your hips and legs to apply pressure and limit their mobility.
2. Show how to complete the pass by either stepping to one side to bypass the legs or splitting the opponent's legs to move directly into side control.
3. Highlight the importance of maintaining control over the opponent's hips and legs throughout the pass to prevent guard recovery.

Safety Considerations:

- Stress the importance of controlled execution to prevent injuries, especially when lifting and stacking the opponent.
- Instruct participants to apply the pass techniques with care, focusing on technique over force.
- Ensure the training area is equipped with suitable mats for practicing guard passing techniques.
- Encourage clear communication between partners, especially when practicing with resistance.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner working on executing the Double Under Pass and the other focusing on guard retention and defense.
2. Introduce varying levels of resistance to simulate realistic grappling scenarios, emphasizing the adaptation to the opponent's defense strategies.
3. Chain together multiple guard passing techniques to develop the natural flow of transitioning from one technique to the next.

Reflection and Feedback: Conclude with a feedback session where participants share their experiences with the Double Under Pass, discussing challenges encountered, effective strategies, and areas for improvement in guard passing techniques.

Over-Under Guard Pass

Learning Objectives:

1. Master the technique of executing the Over-Under Guard Pass, focusing on proper body positioning, pressure application, and control to bypass the opponent's guard.
2. Develop strategies for effectively setting up and completing the Over-Under Pass, emphasizing the importance of balance, grip management, and hip control.
3. Enhance overall guard passing skills, with a focus on transitioning smoothly to dominant positions while maintaining control and preventing guard recovery.

Education Eligibility: Participants must:

- Have a foundational understanding of guard passing principles and the challenges posed by various guard configurations.
- Possess the ability to perform guard passing movements that require coordination, leverage, and strength.
- Understand the concepts of creating and exploiting openings in an opponent's guard through controlled pressure and positioning.

Ice Breaker Activity (5 minutes): Begin with dynamic warm-up exercises focusing on core strength, hip mobility, and upper body conditioning. Incorporate drills that replicate the movements involved in the Over-Under Guard Pass, such as hip drops, shoulder pressure application, and balance exercises.

Technical Explanation:

Introduction to Over-Under Guard Pass Mechanics (5 minutes):

1. Discuss the effectiveness of the Over-Under Guard Pass as a method for navigating through the opponent's guard by combining pressure and control.
2. Explain the key elements of a successful Over-Under Pass, including positioning one arm over the opponent's leg (near the thigh) and the other arm under the opposite leg (near the hip), creating an asymmetrical control.

Setting Up the Over-Under Pass (15 minutes):

1. Demonstrate the initial setup for the Over-Under Pass, focusing on obtaining a deep grip on the opponent's belt or pants with the under-arm and placing the over-arm on the outside of the opponent's thigh.
2. Practice positioning your head and shoulders to maximize pressure on the opponent's hip or thigh, using the under-arm to lift and control the hip.
3. Work on using your body weight effectively to pin the opponent's leg down with the over-arm, preventing them from creating space or recovering guard.

Executing the Over-Under Pass (15 minutes):

1. Instruct on driving forward and using your hips to apply pressure, while simultaneously pulling the opponent's hip towards you with the under-arm to destabilize their guard.
2. Show how to complete the pass by stepping over the opponent's leg (controlled by the over-arm) and transitioning into side control, maintaining tight pressure to prevent guard recovery.
3. Highlight the importance of keeping the hips low and controlling the opponent's legs and hips throughout the pass to secure the dominant position successfully.

Safety Considerations:

- Stress the need for controlled and gradual application of pressure to prevent injuries, particularly when applying shoulder pressure and lifting the opponent's hip.
- Instruct participants to perform the pass with care, focusing on precision and partner safety.
- Ensure the training area is equipped with suitable mats for practicing guard passing techniques.

- Encourage clear communication between partners, especially when practicing with varying degrees of resistance.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner working on executing the Over-Under Guard Pass and the other focusing on guard retention and defense.
2. Introduce varying levels of resistance to simulate realistic grappling scenarios, emphasizing the adaptation to the opponent's movements and defensive strategies.
3. Practice chaining together the Single Under, Double Under and the Over Under Guard Pass as resistance increases.

Reflection and Feedback: Conclude with a feedback session where participants share their experiences with the Over-Under Guard Pass, discussing challenges encountered, effective techniques, and areas for improvement in chaining together guard passing strategies.

Body Lock Pass

Learning Objectives:

1. Master the technique of executing the Body Lock Pass, focusing on securing a tight grip around the opponent's waist, using pressure and control to bypass the guard.
2. Develop strategies for effectively setting up the Body Lock Pass, emphasizing the importance of posture, timing, and managing the opponent's legs.
3. Enhance overall guard passing skills, with a focus on maintaining control and transitioning smoothly to dominant positions post-pass.

Education Eligibility: Participants must:

- Have a foundational understanding of guard passing principles and the challenges posed by various guard configurations.

- Possess the ability to perform guard passing movements that require coordination, leverage, and controlled pressure.
- Understand the concepts of creating and exploiting openings in an opponent's guard through precise movement and positioning.

Ice Breaker Activity (5 minutes): Begin with dynamic warm-up exercises focusing on lower back strength, hip mobility, and grip endurance. Incorporate drills that replicate the movements involved in the Body Lock Pass, such as engaging the bridging, shrimping, and lunging.

Technical Explanation:

Introduction to Body Lock Pass Mechanics (5 minutes):

1. Discuss the effectiveness of the Body Lock Pass as a method for controlling the opponent's hips and limiting their mobility, making it difficult for them to retain or gain a guard.
2. Explain the key elements of a successful Body Lock Pass, including establishing a secure grip around the opponent's waist and using body weight to apply pressure.

Setting Up the Body Lock Pass (15 minutes):

1. Demonstrate the initial approach to achieving the body lock, focusing on closing the distance to the opponent while managing their legs to prevent kicks or pushes (usually initiated from an open guard)
2. Practice securing a tight grip around the opponent's waist, with hands clasped together and elbows tucked in to prevent escapes.
3. Work on bringing your knees to your elbows and lowering/dropping one hip and applying forward pressure to collapse the opponent's guard, preparing for the pass.

Executing the Body Lock Pass (15 minutes):

1. Instruct on transitioning from the body lock to passing the guard by using knee slides, hip switches, or stepping over the opponent's legs back and forth to each side –depending on their reaction and guard configuration.

2. Show how to maintain control over the opponent's hips and upper body as you complete the pass, preventing them from regaining guard or creating space.
3. Highlight the importance of fluid movement and constant pressure to successfully navigate through the opponent's defenses and secure a dominant position.

Safety Considerations:

- Stress the need for controlled and gradual application of pressure to prevent injuries, especially when applying body weight and executing grip adjustments.
- Instruct participants to perform the pass with care, focusing on technique and partner safety.
- Ensure the training area is equipped with suitable mats for practicing guard passing techniques.
- Encourage clear communication between partners, especially when practicing with varying degrees of resistance.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner working on executing the Body Lock Pass and the other focusing on guard retention and defense.
2. Introduce varying levels of resistance to simulate realistic grappling scenarios, emphasizing adaptation to the opponent's movements and defensive strategies.

Reflection and Feedback: Conclude with a feedback session where participants share their experiences with the Body Lock Pass, discussing challenges encountered, effective techniques, and areas for improvement in guard passing strategies.

Diving/Rolling Guillotine Pass (From Half Guard)

Learning Objectives:

1. To proficiently execute the Diving Guillotine Pass, focusing on precision in diving movement, securing the neck grip, and applying pressure to bypass the guard.

2. To develop strategies for effectively setting up and completing the Diving Guillotine Pass, emphasizing the importance of timing, opponent's guard position, and maintaining control.
3. To enhance overall guard passing skills, with a focus on integrating submission threats into guard passing sequences.

Education Eligibility: Participants must:

- Have an understanding of basic guard passing techniques and the positioning required to safely apply submission threats during passes.
- Possess the ability to perform dynamic movements that involve diving forward and securing grips with accuracy.
- Understand the principles of leverage and pressure, especially in relation to submission application and guard passing.

Ice Breaker Activity (5 minutes): Begin with dynamic warm-up exercises focusing on agility, flexibility, and upper body strength. Include drills that simulate the diving motion and neck control, such as forward rolls and backward rolls, with a focus on tucking the chin to the chest and head to one side as you roll.

Technical Explanation:

Introduction to Diving Guillotine Pass Mechanics (5 minutes):

1. Discuss the concept of the Diving Guillotine Pass as a method for combining the threat of a submission with the objective of passing the guard.
2. Explain the key components, including the dive towards the opponent's neck, securing the guillotine grip, and using the momentum to pass the guard.

Setting Up the Diving Guillotine Pass (15 minutes):

1. Demonstrate the initial setup, focusing on recognizing the right moment to dive when the opponent's guard is open or when they are attempting to sit up and achieve a solid foundation or under hook.
2. Practice the diving movement, ensuring a safe landing and immediate grip placement around the opponent's neck, simulating the guillotine choke setup.

3. Work on positioning your body to the side of the opponent post-dive to facilitate the guard pass while maintaining the threat of the choke.

Executing the Diving Guillotine Pass (15 minutes):

1. Instruct on applying pressure with the guillotine grip to off-balance the opponent and disrupt their guard retention efforts.
2. Show how to use the momentum and pressure from the dive to slide past the opponent's legs, transitioning into a dominant top position.
3. Highlight the importance of controlling the opponent's body during the pass to prevent them from closing their guard or countering the movement.

Safety Considerations:

- Stress the importance of controlled execution to prevent injuries to both the practitioner and the opponent, especially during the diving motion and when applying neck pressure.
- Instruct participants to apply the technique with care, prioritizing accuracy and safety over speed.
- Ensure the training area is equipped with suitable mats to safely practice the diving movements.
- Encourage clear communication between partners, especially when practicing submission threats and dynamic passes.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner working on executing the Diving Guillotine Pass and the other focusing on guard retention and defense.
2. Introduce varying levels of resistance to simulate realistic grappling scenarios, emphasizing the integration of submission threats into guard passing strategies.
3. Practice changing together the Knee Slice Pass, The Turn Back pass and The Guillotine Pass.

Reflection and Feedback: Conclude with a feedback session where participants share their experiences with the Diving Guillotine Pass, discussing challenges encountered, effective techniques, and areas for improvement in guard passing and submission integration.

Leg Drag Guard Pass

Learning Objectives:

1. To proficiently execute the Leg Drag Guard Pass, focusing on control, leg manipulation, and positioning to bypass the opponent's guard.
2. To develop strategies for effectively setting up and completing the Leg Drag Pass, emphasizing timing, grip control, and the importance of securing the pass to a dominant position.
3. To enhance overall guard passing skills, with a focus on fluid transitions to side control or the back, maintaining pressure and control throughout the pass.

Education Eligibility: Participants must:

- Have a foundational understanding of guard passing principles and the dynamics of controlling an opponent's legs.
- Possess the ability to perform movements that require coordination, grip strength, and precision.
- Understand the principles of leverage, opponent off-balancing, and securing dominant positions.

Ice Breaker Activity (5 minutes): Begin with dynamic warm-up exercises focusing on agility, lower body flexibility, and balance. Include drills like lunges, lateral movement and forward rolls.

Technical Explanation:

Introduction to Leg Drag Guard Pass Mechanics (5 minutes):

1. Discuss the effectiveness of the Leg Drag Guard Pass as a versatile tool for navigating through the opponent's guard by controlling one leg and moving it across their body.
2. Explain the key components of a successful Leg Drag Pass, including the initial grip on the opponent's leg, dragging it across their body, and securing control to prevent guard recovery.

Setting Up the Leg Drag Pass (15 minutes):

1. Demonstrate how to obtain a secure grip on the opponent's pants or ankle, and the importance of using the other hand to control the knee or hip.

2. Practice the motion of dragging the opponent's leg across their body while simultaneously moving your body to the side to establish control.
3. Work on positioning your hips and legs to block the opponent's leg from returning to guard, emphasizing the transition to side control or preparing for a back take.

Executing the Leg Drag Pass (15 minutes):

1. Instruct on finalizing the pass by securing the opponent's hips or upper body to prevent them from turning into you or escaping.
2. Show how to complete the pass to side control, highlighting the need to maintain pressure on the dragged leg and control over the upper body.
3. Discuss options for transitioning to the back if the opponent turns away, using the leg drag position to control and expose the back.

Safety Considerations:

- Stress the importance of controlled and gradual application of pressure to prevent injuries, especially when manipulating the opponent's legs.
- Instruct participants to perform the pass with care, focusing on technique over force.
- Ensure the training area is equipped with suitable mats for practicing passing techniques.
- Encourage clear communication between partners, especially when practicing with resistance.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner working on executing the Leg Drag Guard Pass and the other focusing on guard retention and defense.
2. Introduce varying levels of resistance to simulate realistic grappling scenarios, emphasizing the adaptation to the opponent's movements and defensive strategies.
3. Work in repetitions of the Torreando Pass and Knee Cut Pass to chain together an advanced passing system.

Reflection and Feedback: Conclude with a feedback session where participants share their experiences with the Leg Drag Guard Pass, discussing challenges encountered, effective strategies, and areas for improvement in guard passing techniques.

Backstep Pass from Half Guard

Learning Objectives:

1. Master the technique of executing the Backstep Pass from Half Guard, focusing on body positioning, balance, and leveraging pressure to bypass the opponent's guard.
2. Develop strategies for effectively setting up and completing the Backstep Pass, emphasizing the importance of timing, hip control, and preventing the opponent from securing grips.
3. Enhance overall guard passing skills, with a focus on transitioning smoothly to side control or north-south position while maintaining control and pressure.

Education Eligibility: Participants must:

- Have a foundational understanding of half guard dynamics and the challenges of passing a well-established half guard.
- Possess the ability to perform guard passing movements that require balance, precision, and the application of controlled pressure.
- Understand the principles of creating openings and exploiting the opponent's positioning for successful guard passing.

Ice Breaker Activity (5 minutes): Begin with dynamic warm-up exercises focusing on hip mobility, core strength, and lower body flexibility. Incorporate drills that simulate the movements involved in the Backstep Pass, such as hip rotations and balance exercises.

Technical Explanation:

Introduction to Backstep Pass Mechanics (5 minutes):

1. Discuss the effectiveness of the Backstep Pass as a method for bypassing the opponent's half guard by changing angles and creating a path to side control.
2. Explain the key elements of a successful Backstep Pass, including the initial positioning in half guard, the backstep movement to clear the legs, and securing the pass to a dominant position.

Setting Up the Backstep Pass (15 minutes):

1. Demonstrate the initial setup in half guard, focusing on controlling the opponent's upper body to prevent them from following your movement or establishing grips.
2. Practice the backstep motion, ensuring that the stepping leg clears the opponent's leg and hip, positioning yourself perpendicular to the opponent.
3. Work on using your free hand to control the opponent's far leg or hip, preventing them from regaining guard or countering the pass.

Executing the Backstep Pass (15 minutes):

1. Instruct on finalizing the pass by securing side control or transitioning to the north-south position, maintaining tight pressure on the opponent to limit their movement.
2. Show how to use your body weight and positioning to stabilize the pass, emphasizing the need to control the opponent's hips and shoulders to prevent escapes.
3. Discuss variations of the Backstep Pass, including passing directly to knee-on-belly or using the backstep to set up submissions.

Safety Considerations:

- Stress the importance of controlled execution to prevent injuries, especially when performing the backstep motion and applying pressure.
- Instruct participants to perform the pass with care, focusing on technique and partner safety.
- Ensure the training area is equipped with suitable mats for practicing passing techniques.
- Encourage clear communication between partners, especially when practicing with varying degrees of resistance.

Partner Drills (20 minutes):

1. Practice alternating roles, with one partner working on executing the Backstep Pass and the other focusing on half guard retention and defense.
2. Introduce varying levels of resistance to simulate realistic grappling scenarios, emphasizing adaptation to the opponent's movements and defensive strategies.
3. Add the Knee Slice Pass and the Turnback Pass to the drills to create a complete passing strategy.

Reflection and Feedback: Conclude with a feedback session where participants share their experiences with the Backstep Pass from Half Guard, discussing challenges encountered, effective strategies, and areas for improvement in guard passing techniques.

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