

White Belt



THE MINDSET

The Unconscious Incompetence -
You don't know what you don't know.

THE QUESTIONS

What to do, it's about knowing the direction to take, the progression.

How to do it, it's the proper technique, the skill.

Why do, it's about understanding the movement, always better than memorising.

When to do it, it's about learning to act on reactions, the timing.

MAIN OBJECTIVES

Attaining the fundamental knowledge and **movement patterns** on which all of your skills are based upon.

To learn the **basic scenarios** of Brazilian Jiu-Jitsu matches, in a defensive and offensive progression.

Creating correct **Muscle Memory** through Solo & Partner drills to efficiently reach the desired positions.

AVERAGE NUMBERS

Stripes: 4

Hours: 300

Classes: 200 (40/stripe)

Frequency: 4/week

Weeks: 50

Duration (average): 1.5 years

THE MOST IMPORTANT SKILL TAPPING

Why? You shall ask...

It's about keeping your own and your partner's **body integrity**.

It's about **respecting** your own body and opponent's body, **making points** without making enemies.

THE CONCEPTS

Self-organisation - Set your alarms, schedule all classes in your online calendar, write on the paper all possible excuses to skip any class than in front

Balance - Try to keep the top position as much as possible.

Resilience - Surviving as long as possible, tap, start again, that's the secret.

When to Hold and Let Go - Understand that sometimes we need to let it go something to get something else better.

The Five Main Directions - Keep in mind that there are five directions that you can move to.

THE SKILLS

Surviving; Identify the most common submission

Escaping from bad positions

Submission; Basic scenarios.

BASIC SCENARIOS

Stand Up | Side Control | Full Closed Guard | Half Guard | Mount | Back Control.

BASIC TRANSITIONS

Offensive - Progressing in your game until reaching the **submission** of your opponent.

Defensive - Recovering **from** uncomfortable/lost positions **to** dominant positions.

BASIC SUBMISSIONS

From Back Control - **Lapel Choke**

From Side Control - **Americana**

From Mount - **ArmBar**

From Full Closed Guard - **Cross Choke**

SOLO DRILLS

Yoga Kick

(Balance, Speed, Self Control)

Necks

(Chin + Chest, Chin + Shoulder, Ear + Shoulder)

Rolling

(Forward, Backward, Sideways)

Escaping Hips

(The same Place, Moving Away, to Knees)

Sliding

(One leg, Two Legs)

Wall Drill

(Hands, Full Spinning, Kicking)

Bridge

(On Shoulders, Crossing Hands)

PARTNER DRILLS

Sit-Ups + Americana

Bridge + Under Side Control

Sliding Out + One leg trapped (Escaping hips)

Shrimping + Under-Mount (Escaping from mount)

Push-Ups + Knee On Belly

THE MOST IMPORTANT

Learn to **enjoy** the Journey.