US ACADEMY OF MARTIAL ARTS, INC

BJJ PROGRAM OUTLINE (1)

	Class #	Attend.	Verification			Techniques
Mod. 1	B14				5 min test	**Fight Simulations from BJJ Test Review 1**
	B15					**Fight Simulations from BJJ Test Review 2**
	B16					**Fight Simulations from BJJ Test Review 3**
Mod. 2	B17				5 min test	**Double Ankle Sweep - Guard**
						Guillotine Choke (Guard Pull)
	B18					**Headlock Escape 2 - Side Mount**
						Clinch (Conservative Opponent)
	B19					**Shrimp Escape - Side Mount**
						Body Fold Takedown
	B20					**Kimura Armlock - Guard**
						Leg Hook Takedown
	B21					**Punch Block Series (5) - Guard**
						Haymaker Punch Defense
Mod. 3	B22				5 min test	**Hook Sweep - Guard**
						Guillotine Defense
	B23					**Take the back - Guard**
						Standing Headlock Defense
	B24					**Elbow Escape - Side Mount**
						Pull Guard
	B25					**Twisting Arm Control - Mount**
						Rear Takedown
	B26					**Double Underhook Pass - Guard**
						Double Leg Takedown (Conservative)
Mod. 4	B27				5 min test	**Top Mount Control A**
						Super Hooks
	B28					**Top Mount Control B**
						High Mount
	B29					**Top Mount Esc A**
						Surprise Rolls
	B30					**Top Mount Esc B**
						Surprise Elbows
Mod. 5	B31				5 min test	**Top Mount Submission Counter A**
						Americana Armlock
	B32					**Top Mount Submission Counter B**
						Straight Armlock
	B33					**Top Mount Submission Counter C**
						Twisting Arm Control

	Class #	Attend.	Verification			Techniques					
Mod. 5	B34				5 min test	**Top Mount Submission A**	Reflex Development Classes				
						Neck Hug Sequence					
	B35					**Top Mount Submission B**					
						Cross Choke Sequence					
Mod. 6	B36				5 min test	**Side Mount Control A**					
						Control Flow					
	B37					**Side Mount Control B**					
						Knee on Stomach					
	B38					**Side Mount Esc A**					
						Bump and Shoot					
	B39					**Side Mount Esc B**					
						High-low Guard					
	B40					**Side Mount Submission A**					
						Americana Armlock					
	B41					**Side Mount Submission B**					
						Elbow Cup Armbar					
	B42					**Side Mount Submission Counter A**					
						Safe Hands					
Mod. 7	B43				5 min test	**Guard Control A**					
						Posture Prevention					
	B44					**Guard Control B**					
						Pass Prevention					
	B45					**Guard Pass A**					
						Knee Split Pass					
	B46					**Guard Pass B**					
						Standing Pass					
	B47					**Guard Submission Counter A**					
						Triangle Choke					
	B48					**Guard Submission Counter B**					
						Straight Armlock					
	B49					**Guard Submission Counter C**					
						Kimura					
Mod. 8	B50				5 min test	**Guard Submission A**					
						Wrist Control Sequence					
	B51					**Guard Submission B**					
						Triple Threat					
	B52					**Guard Sweep A**					
						Scissor Sweep					
	B53					**Guard Sweep B**					
						Cross Sweep					