

US ACADEMY OF MARTIAL ARTS, INC

BJJ PROGRAM OUTLINE (2)



Mod. 8	B54			5 min test	Sport Guard A	Mod. 12	B72			5 min test	Leg Lock Knee Lock A	Reflex Development Classes									
	B55				Butterfly Guard		Sport Guard B	B73					Reverse Drop								
Mod. 9	B56			5 min test	Half Guard Bottom Strategy A	Mod. 13	B74			5 min test	Leg Lock Knee Lock B										
	B57				Spider Guard		Half Guard Bottom Strategy B	B75					Primary Counter								
	B58				Half Guard Bottom Strategy C		Take the back	B76					Leg Lock Heel Hook A								
	B59				Half Top Strategy A	Elevator Sweep	Mod. 14	B77			Standard Heel Hook										
	B60				Half Top Strategy B	Tripod Pass			B78				Leg Lock Heel Hook B								
	B61				Half Top Strategy C	Sitting Pass			B79				Primary Counter								
Mod. 10	B62			5 min test	Back Mount Control A	Mod. 14	B80			5 min test	Standing Front Attack Defense A										
	B63				Crossover Control			Back Mount Control B	Mod. 13		B76				Sucker Punch Defense						
	B64				Triple Threat			Back Mount Submission A					B77			Standing Front Attack Defense B					
	B65				Choke Sequence			Back Mount Submission B					B78			Standing Headlock					
	B66				Double Threat			Back Mount Submission Counter A	B79					Standing Rear Attack Defense A							
	B67				Early Escape			Back Mount Submission Counter B			B81				Rear Choke - Standard						
Mod. 11	B68			5 min test	Leg Lock Straight Footlock A	Mod. 14	B82			5 min test	Standing Rear Attack Defense B										
	B69				Open Guard Setup			Leg Lock Straight Footlock B	B83				Rear Choke - Pullback								
	B70				Primary Counter			Leg Lock Toe Hold A	B84				Sport Techniques A								
	B71				Standard Toe Hold			Leg Lock Toe Hold B			B80			(Mount) Ezekiel, Arm lock, Arm lock Def. Counters, Escapes							
					Primary Counter				Sport Techniques B												
									Behind Back, Under Leg, Butterfly weave Pass, Pass Recovers 1, 2												
									Sport Techniques C												
									KG Head & Arm choke, arm & shoulder lock, Esc. roll over & leg triangle												
									Sport Techniques D												
									De La Riva 1, 2, 3, Heel Hook, Pass De La Riva												
									Sport Techniques E												
									Hip Bump Sweep, Omoplata, Guillotine Choke Guard												