



Ballard Jiu Jitsu Beginner Curriculum

Goals: Introduce new students to basic Brazilian Jiu Jitsu terminology, positions and principles in a safe manner. Introduce students to Ballard Jiu Jitsu.

Non-Goals: No expectations that students are "good" at the end.

Timeframe: 3 classes per week, 4 weeks in duration.

General Class Structure

1. Warm ups
2. 2 or 3 techniques
3. Interactive drill
4. Preview next class
5. Exciting weekly move sequence

Common Warm Ups

Elbow escape/hip escape/shrimp, bridge/upa, technical stand up, pummeling, breakfalls, switch base

WEEK 1

Focus → escapes

Class One

- Warm ups (breakfalls, upa, elbow escape)
- Rear naked choke
- Back escape to the correct side
- Back escape to the not-correct side
- Interactive drill: back escape specifics
- Preview mount escapes
- **Exciting move sequence of week:**
standing head lock escape, take down, control, armbar finish

Class Two

- warm ups (breakfalls, upa, pummeling, technical stand up)
- cross collar choke from mount
- mount escape - upa
- mount escape - shrimp
- mount escape - foot drag to 1/2 guard, shrimp to full guard
- interactive drill: mount escape specifics
- takedown to back take

Class Three

- warm ups (breakfalls, pummeling, switch base)
- pummel to back to takedown
- takedown to back take to finish
- interactive drill: takedown to back take/escape back to mount to escape mount
- preview guard sweeps

WEEK 2

Focus → guard sweeps, finishes, passing

Class One

- Warm ups (breakfalls, pummeling, technical stand up)
- Guard sweep #1 (scissor sweep)
- Guard sweep #2 (push sweep)
- Interactive drill: guard sweep to mount to mount escape
- Preview guard finish
- **Exciting move sequence of the week:**
rear bear hug escape, take down, control, finish

Class Two

- Warm ups (breakfalls, technical stand up, switch base)
- Guard finish (triangle)
- Guard finish (arm lock)
- Interactive drill: guard attacks - sweep or submit
- Preview guard passing

Class Three

- Warm ups (switch base, upa, pummeling)
- Break the guard (knees)
- Break the guard (standing)
- Knee cut pass
- Interactive drill: guard pass
- Preview side control escape



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General Class Structure

1. Warm ups
2. 2 or 3 techniques
3. Interactive drill
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Common Warm Ups

Elbow escape/hip escape/shrimp, bridge/upa, technical stand up, pummeling, breakfalls, switch base

Week 3

Focus → side control escapes, control and finishes

Class One

- Warm ups (switch base, upa, elbow escape)
- Recover guard
- Turtle (to knee takedown)
- Turtle (to recover guard)
- Interactive drill: side control escapes
- Preview control
- **Exciting move sequence of the week:**
hip throw, control, arm bar finish

Class Two

- Warm ups (breakfalls, pummeling, upa)
- Side control concepts
- Mount control concepts
- Interactive drill: pass guard to control
- Preview finishing

Class Three

- Warm ups (breakfalls, elbow escape, upa)
- Arm bar from side control
- Arm bar from mount
- Arm triangle from side control
- Arm triangle from mount
- Interactive drill: finishes from mount vs mount escape
- Preview takedowns

Week 4

Focus → takedowns, takedown defense, rolling

Class One

- Warm ups (breakfalls, elbow escape, pummeling)
- Single leg
- Double leg
- Hip throw
- Interactive drill: takedowns
- Preview takedown defense
- **Exciting move sequence of the week:**
double leg shot, control, mount, choke finish

Class Two

- Warm ups (breakfalls, switch base, pummeling)
- Take
- Sprawl
- Push the head down/crossface

Class Three

- Interactive drill: flow roll
- Review four-week curriculum