



# **CURRICULUM**

**English**

## FUNDAMENTALS JIU-JITSU - CURRICULUM

Category	Description	white	yellow	orange	green	blue	brown
Solo Drills	Basic Footwork (Fighting Stance)	✓	✓	✓	✓	✓	✓
	Backward Breakfall	✓	✓	✓	✓	✓	✓
	Side Breakfall	✓	✓	✓	✓	✓	✓
	Forward Breakfall	✓	✓	✓	✓	✓	✓
	Forward Roll		✓	✓	✓	✓	✓
	Backward Roll		✓	✓	✓	✓	✓
	Shrimping	✓	✓	✓	✓	✓	✓
	Bridging	✓	✓	✓	✓	✓	✓
	Technical Standup	✓	✓	✓	✓	✓	✓
	Sprawl Defense	✓	✓	✓	✓	✓	✓
Striking	Boxing Combos	2	3	4	6	8	10
	Kickboxing Combos	2	3	4	6	8	10
	Other Fist & Open Hand Strikes	1	2	4	6	8	10
	Close Combat Combos			2	4	5	6
Throws & Takedowns	Hip Throws	1	2	3	4	5	6
	Leg Throws	1	2	3	4	5	6
	Hand & Shoulder Throws		2	3	4	5	6
	Sacrifice Throws		2	3	4	5	6
Jointlocks	Wrist- and/or Fingerlocks	1	2	4	6	8	10
	Straight Armlocks	1	2	4	6	8	10
	Bent Armlocks	1	2	4	6	8	10
	Leglocks					2	4
	Neck Cranks					1	2
Chokes	Gi Chokes		2	4	6	8	10
	No Gi Chokes		2	4	6	8	10
Defenses	Wrist Releases	6	7	8	9	10	10
	Front Choke	3	4	5	6	7	8
	Rear Choke	3	4	5	6	7	8
	Pushing and Shoving	1	2	3	4	5	6
	Standing Headlock	1	2	3	4	5	6
	Ground Headlock	1	2	3	4	5	6
	Front Bearhug (over Arms)	1	2	3	4	5	6
	Front Bearhug (under Arms)	1	2	3	4	5	6
	Rear Bearhug (over Arms)	1	2	3	4	5	6
	Rear Bearhug (under Arms)	1	2	3	4	5	6
	Nelson		1	2	3	4	5
Clothing Grabs	2	4	6	8	10	10	

Category	Description	white	yellow	orange	green	blue	brown
Defenses	Hair Grabs		1	2	3	4	5
	Front Headlock / Guillotine		1	2	3	4	5
	Punches	1	2	3	4	5	6
	Kicks	1	2	3	4	5	6
Weapon Defenses	Stick			2	4	6	8
	Knife				4	6	8
	Gun					4	6
	Other Weapons					4	6
Guard	Get-ups	1	2	3	4	5	6
	Sweeps	1	2	3	4	5	6
	Submissions	1	2	3	4	5	6
	Passes	1	2	3	4	5	6
Side Control / KOB	Pins	1	2	3	4	5	6
	Escapes	1	2	3	4	5	6
	Submissions	1	2	3	4	5	6
Mount	Pins	1	2	3	4	5	6
	Escapes	1	2	3	4	5	6
	Submissions	1	2	3	4	5	6
Back Mount / Turtle	Attacks	1	2	3	4	5	6
	Defenses	1	2	3	4	5	6
Fight Simulation Drills	Escapes	1 x 2'	1 x 2'	1 x 2'	1 x 2'	1 x 2'	1 x 2'
	Throws & Takedowns		1 x 2' or	1 x 2'	1 x 2'	1 x 2'	1 x 2'
	Jointlocks		1 x 2'	1 x 2'	1 x 2'	1 x 2'	1 x 2'
	Controlling Techniques				1 x 2'	1 x 2'	1 x 2'
	Weapons Defense					1 x 2' or	1 x 2'
	Close Combat					1 x 2'	1 x 2'
	Freestyle			1 x 2'	1 x 2'	2 x 2'	2 x 2'
Sparring	Semi-Contact Sparring			1 x 2'	1 x 2'	2 x 2'	2 x 2'
	Fight Simulation Sparring			1 x 2'	1 x 2'	2 x 2'	2 x 2'
	Submission Grappling			1 x 5'	2 x 5'	3 x 5'	3 x 5'
	No Gi Street Sparring				1 x 5'	1 x 5'	2 x 5'

This curriculum represents the minimum requirements to acquire a next rank or coloured belt. During class everything is taught in a structural and systematic way. The instructors will recommend certain techniques to start with as a beginner. During the examination you are free to demonstrate the techniques that you like best or that suit your morphology. In this way, you have a lot of freedom to develop your favorite moves in depth. There is a lot of room for personal growth, development and creativity. We encourage you to develop your own style. The goal is to eventually be able to apply your techniques in fight simulation drills (or randori contact) and live sparring. Techniques evolve all the time, and so does our curriculum. As you progress it becomes more important to understand the system and underlying concepts behind the individual techniques. We strive for quality and depth over quantity and superficiality.

White and yellow belts are considered beginner level. A lot of emphasis is on the basic techniques. Orange and green belts are considered intermediate level. More emphasis is on the fight simulation drills and sparring. Blue and brown belts are considered advanced level. A lot of emphasis is on the fight simulation drills and sparring.

## GUIDELINES

**Solo Drills:** these are fundamental movements performed without a partner. They can be shown in one complete warming up exercise. Do them as smooth as possible.

**Striking:** demonstrated with partner.

**Boxing Combos** have to be at least 2 techniques and maximum 5 (punches only).

**Kickboxing combos** have to be at least 3 techniques and maximum 5 (punches and kicks).

**Other Fist & Open Hand Strikes:** hammerfist, backfist, palmstrike, knife hand, and so on ...

**Close Combat Combos** have to be at least 3 techniques, performed on an attack of any kind (grab, punch, kick) incorporating elbows, knees, and other close quarters techniques. The same combination can be performed on different attacks, but make sure you can perform more than 1 combination.

**Throws & Takedowns:** you can choose how you demonstrate the throws. You can do a classical judo application or from a self-defense type scenario. Also, you can do the same throw from different set-ups or different attacks. Yellow belts and above: make sure you know more than 1 throw in each group.

A **Hip Throw** involves using your hip as a pivot point, by placing the hip in a lower position than the opponent's center of gravity.

A **Leg Throw** is a throw or takedown that primarily uses the legs to attack an opponent's legs.

A **Hand Throw** involves effectively using your hands/arms to throw an opponent.

A **Sacrifice Throw** is a throw or takedown where the executioner falls on his/her back or side.

**Jointlocks:** you can choose how you demonstrate the locks, starting from an attack in a standing position or from a starting position on the ground. Different set-ups or variations of the same lock are possible. Yellow belts and above: make sure you know more than 1 lock in each group.

**Wrist- and/or Fingerlocks** are locks that primarily attack the wrist and/or one or more fingers.

**Straight Armlocks** are armbars that hyperextend the elbow joint.

**Bent Armlocks** are armlocks that also affect the shoulder.

**Leglocks** can be bent or straight (straight footlocks, heel hooks, kneebars, toeholds, calf slicers).

**Neck cranks** are locks that attack the cervical vertebrae in any kind of way.

**Chokes:** you can choose how you demonstrate the choke (or strangulation), starting from an attack in a standing position or from a starting position on the ground. Different set-ups or variations of the same choke are possible. Yellow belts and above: make sure you know more than 1 choke in each group.

**Gi Chokes:** are done with aid of the gi.

**No Gi Chokes:** think RNC, guillotine, head&arm choke, d'arce, no gi Ezekiel, ...

**Defenses:** This large section is heavily self-defense based. Attacks should be dynamic and realistic though with manageable resistance for the defender to be able to demonstrate the technique in a clear & proper way.

**Wrist Releases:** free yourself from any kind of wristgrab (1-on-1, 2-on-1, 2-on-2, inverted, ...)

**Front and Rear Choke:** any kind of choke as an attack: standing, on the ground, against a wall, 2 hands, 1 hand, forearm, ... (only guillotine is a separate section). A front attack means that the attacker is visible (also from the side). A rear attack means that the attacker is (or was) not visible.

**Pushing and shoving:** any push is possible (1 hand, 2 hands, slow and steady, fast and hard).

**Standing and Ground Headlock:** this is a typical "streetfight" headlock from the side (no arm control). Standing headlock defenses can go to the ground but start standing.

**Bearhugs:** the attacker grabs with his arms around your body and wants to control you, move you, throw you or lift you up.

**Nelson:** defense against a full nelson from standing position. The attacker wants to control you and/or damage your neck.

**Clothing Grabs:** Collar grabs, lapel grabs, sleeve grabs, one handed, two handed, from the front, from the back, ... a lot of possibilities.

**Hair Grabs:** from the front, from the back, standing and on the ground.

**Front Headlock / Guillotine:** the attack is a front headlock which can result in a dangerous choke. Can be performed standing or on the ground.

**Punches and kicks:** the attacker wants to punch or kick you (can be preceded by a grip). You can block and/or counter with strikes or with grappling techniques or a combination of both.

**Weapon Defenses:** attacks can come from different angles. Make sure you have an answer for every angle. Especially blue belts are tested thoroughly on their knowledge on weapon defense. **Other Weapons** can be a rifle, a chair, a chain, ...

## Guard

**Get-ups:** when lying on your back, how to get back on your feet and get back to a safe distance. This can be performed from different types of situations (attacker standing, kneeling, choking, crushing, ...)

**Sweeps:** putting your opponent on his/her back with the use of your legs and hips. This can be performed from any kind of open, closed or half guard. You have to follow up with a dominant position without losing control.

**Submissions:** jointlock or choke. Can be performed from any kind of open, closed or half guard.

**Passes:** can be performed kneeling or standing, against any kind of guard. From closed guard, you will first need to break the guard (uncross the feet). Follow-up with a dominant position.

## Side Control/KOB

**Pins:** these are methods of holding your opponent on his/her back while you are on his/her side: kesa gatame and variations, yoko shiho gatame and variations, north-south, knee on belly, kata gatame, ...

**Escapes:** know how to escape and improve your position from different kinds of pins. If you can demonstrate 3 escapes from the same pin, that is great but make sure you can escape different kinds of pins.

**Submissions:** any jointlock or choke from any of the afore mentioned side control positions is a submission.

## Mount

**Pins:** these are methods of holding your opponent on his back while you are on top of him/her: middle mount (with airplane base), low mount (with hooks), high mount (knees against armpits), technical mount, a classical judo tate shiho gatame, ...

**Escapes:** improve your position from the bottom of the mount. Yellow belts or above: make sure you understand the trap & roll escape as well as the elbow to knee escape with variations.

**Submissions:** any jointlock or choke from any of the different mount positions is a submission.

## Back Mount/Turtle

**Attacks:** you are on your partners back or he/she is on all fours. You can submit your opponent with a choke or jointlock but you can also do a turnover of a turtled opponent and establish a dominant position without losing control.

**Defenses:** know how to improve your position with your opponent on your back. Your opponent can be in back mount (with hooks in) or you can be forced in a turtle position (on all fours).

**Fight Simulation Drills:** These are training methods with a co-operative training partner that simulate a self-defense or street fight scenario. It is not a sparring session but more like a demonstration. Attacks should be dynamic and realistic with manageable resistance. Yellow belts can choose between "Throws & Takedowns" or "Jointlocks". Blue belts can choose between "Weapons" or "Close Combat". The other themes are obligatory as mentioned in the table.

**Escapes:** the goal is to get yourself to safety (to a safe distance) without escalating the situation (no unnecessary striking). Show your best escapes as smoothly and efficiently as you can within the limited time (standing and ground).

**Throws & Takedowns:** show your best throws and takedowns as smoothly and efficiently as you can within the limited time.

**Jointlocks:** show your best jointlocks as smoothly and efficiently as you can within the limited time (standing and ground).

**Controlling Techniques:** show your best methods to control an attacker with jointlocks, chokes or pins as smoothly and efficiently as you can within the limited time (standing and ground). Show at least 2 ways to turn an attacker face down and 2 ways to force him/her to follow you.

**Weapons Defense:** show your best weapon defenses as smoothly and efficiently as you can within the limited time against at least 3 types of weapons (stick, knife and gun).

**Close Combat:** show your best close combat techniques as smoothly and efficiently as you can within the limited time. Every defense should be a combination of at least 3 techniques, incorporating elbows, knees, and other close quarters techniques.

**Freestyle:** is a training method with a co-operative training partner where you are not limited to a group of techniques.

**Sparring:** this is a training method to learn how to apply your techniques on a non co-operative training partner (with resistance). The focus is not on winning or losing but showing good technique, skill, perseverance and heart. For white and yellow belts, there is no sparring required for the examination. No shin guards = no lowkicks!

**Semi-Contact Sparring:** this is a form of light-contact kickboxing. No grabbing, lowkicks or hard contact allowed.

**Fight Simulation Sparring:** your training partner is wearing boxing gloves and is only allowed to punch you. You are not allowed to use strikes and you have to be able to control and submit your training partner with your skills. For blue and brown belt, there will be a fight simulation with a striking opponent as well as a fight simulation with a knife attacker.

**Submission Grappling:** the goal is to submit each other with a choke or jointlock. You can both start standing, or one or two partners on the ground. No striking allowed. For green belt and above, the last round is performed No Gi.

**No Gi Street Sparring:** both training partners are wearing protective gear (mma-gloves, ...). Contact is light and always controlled. No striking allowed from bottom positions, with the exception of the guard.

“If you want to go fast, go alone. If you want to go far, go together because together we grow.”