



**FOX FITNESS, LLC**  
**2923 N TYLER ST. #105**  
**WICHITA, KS 67205**  
**316-243-0960**

## Kids Skills

### Little Lutadores

(Emphasis on positional knowledge, transitions to position, and vocabulary)

### Positions

1. Mountain (strong mountain/skydive)
2. Side Control (peanut shell)
3. Back Pack (seatbelt and hooks)
4. Turtle (turtle shell and stand up)
5. Knee on Belly (surfboard)
6. Guard (jiujitsu hug/posture)

### Takedowns

1. Double Leg w/Trip
2. Single Leg
3. O-Goshi

### Movements

1. Forward Roll
2. Backward Roll
3. Breakfall
4. Technical Stand Up
5. Heel, Toe, Knee (Push the Knee)
6. Bear Crawl
7. Tie Belt



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#### Fox Pups

(Knowledge of all of the Little Lutadores plus the following)

#### Positions (Escapes)

1. Trap and Roll (Mount)
2. Shrimp (Mount)
3. Fishing/Kwok Escape (Mount)
4. Knee-Elbow (Side Control)
5. Shrimp to Knees (Side Control)
6. Scoop Hips (Back Control)
7. Hey Punk Pass (Guard)
8. Knee in Butt Pass (Guard)
9. Double Unders Pass (Guard)

#### Takedowns

1. Snap Down (Gimme Yo Money)
2. Sit and Spin/Table Top
3. Guard Pull
4. O-Soto-Gari

#### Submissions

1. Americana (Mount/Side Control)
2. Armbar (Mount/Guard)
3. RNC
4. Guillotine
5. Triangle
6. Ezekiel Choke

#### Sweeps

1. Hip Bump
2. Flower (Skinny Jeans)
3. Scissor Sweep
4. Arm Drag to Back



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## Training Modules

### Mod 1: (Gray)

Double Leg w/Trip to Mount (1)

Americana from Mount (1)

Trap & Roll (2)

Hey Punk Pass (2)

Dummy Sweep (1)

### Mod 2: (Gray)

O-soto-gari to Mount (1)

Gift Wrap from Mount to RNC (1)

Shrimp to Guard (2)

Flower Sweep (2)

Shrimp to Guard (1)

### Mod 3: (Gray)

Snap down to front Headlock (1)

Guillotine from Guard (1)

Hip Bump Sweep from Guard (1)

Trap & Roll (2)

Knee in the Butt Pass (2)



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Mod 4: (Yellow)

Single Leg to Mount (1)

Armbar from Mount (1)

Fishing Escape from Mount (2)

Arm Drag to Back Control (2)

Hip Scoop Escaper from Back Control (1)

Mod 5: (Yellow)

Guard Pull (1)

Lemon Squeeze Sweep (1)

Armbar from Guard (1)

Double Unders Pass (2)

Armbar from Mount (2)

Mod 6: (Yellow)

Guard Pull (1)

Scissor Sweep (1)

Armbar from Mount (1)

Fishing Escape (2)

Triangle from Guard (2)



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Mod 7: Orange

O-Goshi (1)

Underhook Escape from Side Control (2)

Arm in Guillotine (2)

Guard Pass from Half (1)

Kimura from Side Control (1)

Mod 8: Orange

Arm Drag to Sit and Spin (1)

Mount Escape to Butterfly Guard (2)

Arm Drag to Hook Sweep (2)

Ezekiel Choke from Mount (2)

Mount Escape to Half Guard (1)

Mod 9: Orange

Arm Drag to Table Top (1)

Mount Escape to Half Guard (2)

Kimura from Half Guard (2)

Underhook from Half Guard to Back Control (2)

Shoulder roll to Guard recovery (1)

Tripod Sweep (1)



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Mod 10: Green

Punch block to Clinch to Body Fold Takedown (1)

Americana from Mount (1)

Trap & Roll (Overhook) (2)

Punch block to Hip Bump Sweep (1)

Kimura from Side Control (1)

Recover Guard from Side Control, Overhook and Technical Stand Up (2)

Mod 11: Green

Punch block to Hip Toss (1)

Headlock defense and escape from bottom (2)

RNC from Back Control (2)

Defend RNC and escape Back Control (1)

Recover Guard from Side Control (2)

Punch block to Triangle Choke (2)

Mod 12: Green

Side headlock from Clinch (1)

Sit and Spin from side headlock (2)

Recover Guard from Side Control (1)

Punch block to Overhook and Technical Stand Up (1)

Duck under to tight waist (1)

Rear Bear Hug defense (2)