



**FOX FITNESS, LLC  
2923 N TYLER RD  
WICHITA, KS 67205  
316-243-0966**

## Beginner's Curriculum

### Movements & Exercises

- Shrimp Crawl
- Back Break Fall
- Technical Stand Up
- Forward Roll
- Backward Roll

### 1. Positional Control (Mount)

- Explain purpose (4 Golden Rules of Grappling)
  - Be on top
  - If not on top, get on top
  - If on bottom, have a guard (thou shall not pass)
  - Don't forget rule 1
- Trap and Roll Escape
- Shrimp Escape
- Fishing Escape

### 2. Mount Attacks

- Americana Armlock
- Straight Armlock (Armbar)
- X-Choke (Palm Up/Palm Down variation)

### 3. Positional Control (Side Mount)

- Explain purpose of position
  - Top side hand position/bottom side frames
  - Shoulder of justice/answer the phone
  - Ribs to ribs pressure/always be a little on your side
- Knee-Elbow Escape (Recover Guard)
- Shrimp to Knees
- Underhook Escape



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#### 4. Side Mount Attacks

- Americana
- Head and Arm Choke (Arm Triangle)
- Kimura

#### 5. Kesa Gatame

- Explain purpose of position
  - How to hold and maintain position
  - Underhook variation vs headlock
  - Escapes are covered in Self-Defense section
- Near Side Armbar
- Reverse Triangle
- Gift Wrap to Technical Mount

#### 6. Knee On Belly (KOB)

- Explain purpose of position
  - How to hold and maintain position
  - Low Knee ride (hips) vs Classic KOB
  - Explain simple KOB shrimp escape
- Step Over Armbar
- Near Side Armbar
- Baseball Bat Choke

#### 7. Positional Control (Guard; Sweeps)

- Explain purpose of the position
  - Posture Control and Grips
  - Exploiting the 3 Rules to being in the Guard
  - "If you're on your back, you better attack."
- Hip Bump Sweep
- Flower Sweep
  - Skinny Jeans (Xande)
  - Overhook
  - Failed Armbar variation
- Scissor Sweep



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#### 8. Positional Control (Guard; Passing)

- Explain purpose of position
  - Posture Control and Grips (defensively)
  - 3 Rules to being in the Guard (passing)
  - “Force them to a guard you prefer to pass.”
- Standing Pass
- Knee Cut Pass
- Scoop Pass (Underhook Pass)

#### 9. Guard Attacks

- Straight Armlock (Armbar)
- Triangle
- Kimura

#### 10. Positional Control (Back)

- Explain purpose of position
  - Most dominant position in jiu-jitsu (back mount vs back control)
  - Demonstrate gift wrap to take back from mount, tech mount, and side mount
  - Arm drag from guard to back control
  - “Hooks control hips. Seat belt controls rotation.” (Stay ear to ear)
- Escape Back Control

#### 11. Back Attacks

- Rear Naked
- Collar Choke series
  - Cross Collar Choke
  - Taka Hajime
  - Bow and Arrow
- Straight Armlock

#### 12. Positional Control (Turtle/Front Headlock)

- Explain purpose of position
  - If on top, be heavy on head or hips
  - If on bottom, be mobile and ready to recover guard
- Guillotine (Good, Better, Best grips; Arm-In; Anaconda; D’Arce)
- Jelly Roll, Stand Up, shoulder roll to guard recovery



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### 13. Takedowns

- Double Leg w/Trip
- Body Fold Takedown
- Rear Takedown (Sit & Spin)

### 14. Self-Defense (Standing)

- Haymaker Punch Defense (Block and hip toss)
- Side Headlock Defense (Rear Takedown)
- Front Headlock Defense (Guillotine counter)

### 15. Self-Defense (Grounded)

- Kick Stand (Technical Stand Up)
- Punch Defense (Trap and Roll)
- Punch Defense (Headlock Defense/Kesa Gatame escape)

### 16. Self-Defense (Guard)

- Punch Defense (Technical Stand Up)
- Punch Defense (Triangle)
- Choke Defense (Straight Armlock)