



BRAZILIAN JIU JITSU

Introduction
and
First Stripe

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Introduction

“The beginning is the most important part of the work.”

- Plato

Philosopher, Teacher, and Grappler

Howdy! I had put this together over a few years, I hope that it helps in your study. If you are an advanced student or instructor, thank you for taking a look at this curriculum, I hope it offers some assistance in your sharing of knowledge!

My goal in writing this booklet was to offer a path for beginners to follow for the first 20 or 30 hours of their training. As I tell beginners frequently: **Focus on your fundamentals**. The Pyramids were built with bricks.

This booklet perhaps works best with my lesson plan (also available on the site). The two most important aspects of the lesson plan might be:

- A) Three or Four rounds of “Review Rolls” in the beginning of class, in which students review the last few things they have learned. This helps beginners (and everyone else) cement their knowledge.
- B) “Safe Rolls”: In which beginners are encouraged to repeat everything they’ve learned in semi-live situations. No submissions are allowed. Advanced students are encouraged to practice their sweeps, passes, and transitions. In this way, even someone starting on their first day of BJJ can participate in sparring. Safe Rolls should be creative, but accessible. Have fun!

Jigoro Kano, Founder of Judo and Forefather of Brazilian Jiu Jitsu

As a teen in 1877, Kano would start his study under various Ju-Jutsu schools. At this time, they were highly diverse forms of jacket wrestling (though some included striking). By the 1882, he had created his own training group at the Kodokan training hall under the name “Kano Jujutsu”. His students would defeat many other ju-jutsu schools, becoming the preeminent style for Tokyo law enforcement. With Japan’s rise as a global power, his black belts would spread throughout the world armed with the most systematized martial art so far created. The belt-ranking system itself was also a Kano invention. More broadly, he also served as the Minister of Education for Japan, the first Asian member of the International Olympic Committee, and would have a huge impact legitimizing Physical Education as a subject in schools world-wide.



Brazilian Jiu Jitsu Initiation: First Seven Classes

Key and Color Code	Transitions: Escapes, Sweeps, and Passes	Positions	Submissions
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Day 1

Technique	Date Learned
Shrimping Side Control Escape	
Unbalancing in Closed Guard	
Full Guard to Sit-up Sweep	

Unbalancing in Guard Game: Students attempt to get Passer's hands, arm, or head to the mat.

Positions/Concepts/Placements:

- "Survival Position"
- "Suppleness": Moving with the opponent's force

Day 2

Technique	Date Learned
Shrimping Mount Escape	
Half Guard to Plan B (or "Roll Back") Sweep	

Drill: Sit-up Sweep to Mount to Mount Escape to Half Guard

Positions/Concepts/Placements:

- Overhook
- Bicep Block ("B-Block")

Day 3

Technique	Date Learned
Cat Break to Combat Base	
Combat Base to Knee-Slide Pass	

Drill: Knee Slide Pass to Side Control to Side Control Escape to Guard to Pass

Positions/Concepts/Placements:

- Underhook
- Broken Scarf Hold
- Broken Scarf Hold to Side Control

Day 4

Technique	Date Learned
Half Guard to Back Control	

Drill:

Half Guard to Back Control to Release to Plan B to Half Guard

Positions/Concepts/Placements:

- The Evils of the "Pal" Grip
- Single-Hook Control/Hip Clamp
- Strong-side Back Control



Using the guard to create distance from an attacker. From "Self Defense for Women" by Nowata Showa, 1914.

Day 5

Technique	Date Learned
Back Control Escape	

Drill: Half Guard to Back Control to Back Control Escape to Side Control to Side Control Escape

Positions/Concepts/Placements:

- Two-on-One
- Hooks-in Position

Day 6

Technique	Date Learned
Rear Naked Choke from Back Control	

Student may now “Five and Finish” roll

Positions/Concepts/Placements:

- Tapping
- Gable Grip

Day 7

Technique	Date Learned
Kimura from Guard	

Positions/Concepts/Placements:

- Figure-Four Grip
- Using the hips to swivel
- 90 degree rule

First Stripe Curriculum (roughly 20 classes)

Nothing under the sun is greater than education. By educating one person and sending him into the society of his generation, we make a contribution extending a hundred generations to come.

Kano Jigoro, Founder of Judo

Following the initiation, I divide our understanding of Jiu Jitsu into four separate phases: Guarding, Passing, Dominance, and Escapes. Guarding and Passing will take up roughly 80% of the time in a competitive match. For this reason, it takes up the majority of our structured training.

Globetrotting Sensei: Mitsuyo Maeda and Soshiro Satake

After proving themselves as black belts under Jigoro Kano, Maeda (on the cover) and Satake toured the Americas and Europe, eventually finding their way to Brazil. Maeda especially distinguished himself as a fearsome competitor, having around 1000 fights in his career spanning two decades, of which he is said to have lost none. In admiration, he was given the name Conde Koma ("Count Combat") as a moniker in Spain. Maeda is also credited with emphasizing groundwork in his teaching (and competitions) differing from the more throw-oriented approach of Kano and the Kodokan. Maeda would take on a many students in his travels, most notably, Carlos Gracie. Satake would open Brazil's first Judo and Ju-Jutsu school in the city of Manaus in 1914.



Unit 1: Guard

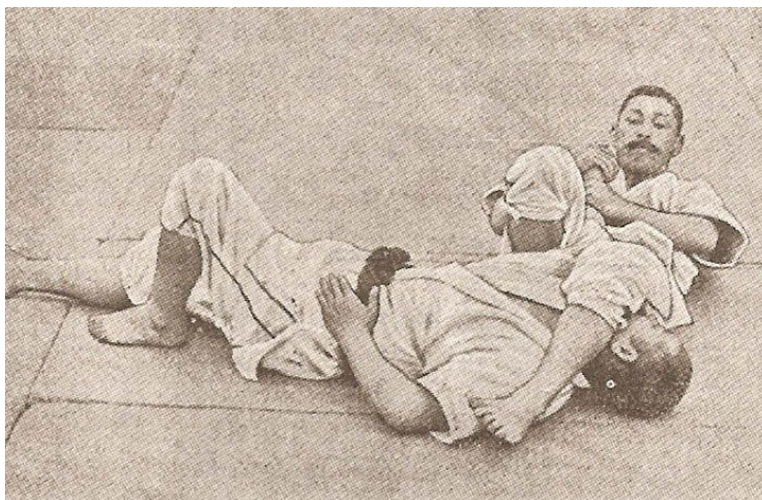
Guard is thought of as the “archetypical” Brazilian Jiu Jitsu Position. And for good reason: There is no other grappling art that really afforded the opportunity for artists to test themselves off their back.

More accurately, it’s not a singular position but a concept: Any time the bottom player has any part of their legs or hips in front of the top player, they are said to be “playing guard”.

Because of this unique aspect of BJJ, guard is the very first unit of the curriculum.

Technique	Drilled (Date)
Guillotine from Sit up Sweep	
X - Armbar from Full Guard	
Armbar-Underhook and Pendulum Sweep Finish	
Push-Pull Set-up to Loose Triangle	
Adjusting the Triangle (Underhook/Posture Control)	

Competitor and Friend of Judo: Motaemon Tanabe



Tanabe represented Fusen-ryu Jujutsu and was one of the only people to consistently defeat Judoka, almost always with his superior understanding of *Newaza* or ground fighting. Kano was so impressed by his skill, that he included more newaza techniques

into the Judo curriculum and gave him a teaching position at the Kodokan. Here, Tanabe, applies a “Juji-gatame”, or Armbar.

Unit 2: Passing Guard

Most Jiujiteiros are divided as “Guarders” or “Passers”. There are also Versatile players, who play both equally well. In competition, this manifests itself quickly: Passers are usually the ones seeking takedowns, while Guarders are attempting to get grips and pull guard.

The passing series that follows covers the most basic passes in BJJ. Combined, they can make a neat sequence:

Knee Slide → Back Step → Single Under → Double Under

Cardinal Rules of Passing:

- i. Maintain Posture
- ii. Hands on Opponent
- iii. Don't Cross
- iv. Both arms in or out

Technique	Drilled (Date)
Combat Base to Back Step Pass	
Single Under Pass	
Double Under Pass	
Wedge Half Guard Pass	
Combat Base to Shin Trap to X- Pass	



Closed guard from a Tenjin-Shito ryu scroll circa 1830. The top player keeps his frames and maintains posture.

Unit 3: Dominant Positions

As mentioned previously, compared to guarding and passing, dominant positions will occur less often (in terms of time). That being said, it is important to have a transition into and out of the most common positions and a couple of finishing options.

Technique	Drilled (Date)
Lower 180 Drill (Side Control to Knee Ride to Mount to Knee Ride to Side Control)	
Arm Triangle from Mount	
Maintaining Back Control: Strong Side Back Control to Weak-Side Back Control	
Armbar from Weak-side Back Control (and Vice-Versa)	



Setting up a choke on a flailing (and pretty unhappy) opponent from mount. From Tenjin-Shito Ryu scroll circa 1830.

Unit 4: Escapes

In this section, Escapes have been combined with a couple of half guard sweeps. Since half guard is a natural meeting point between a dominant positions and full guards, it happens quite frequently.

Technique	Drilled (Date)
Bridging Mount Escape (Upa)	
Half Butterfly Guard to Butterfly Sweep	
Half Guard to Dog Fight to Knee Pick	
Side Control to Dog Fight to Knee Pick	
Broken Scarfhold Escape	