

BJJ Lesson Plan (60 to 90 minutes)



General Philosophy for a Mixed-Level Classes

- This is decentralized learning model: Students will be talking and learning from each other more than from the instructor. Teaching is a way to solidify knowledge. Thus, frequent partner switches are encouraged.
- Time is lost in transitions, try to plan transitions as much as you can!
- Encourage students to accommodate their partner; roll light and tap often. The instructor is also trying to develop someone that is a good partner.
- As per the curriculum, I only allow students to submissions when they've completed the first seven classes. This gives them a few hours to understand body mechanics before they thrown to the wolves.

Solo Warm Ups (up to 5 minutes):

10 - 30 of each of Shrimps, Bridges, Hip Switches, Combat Base ups, Crazy legs, Others if needed: Front Rolls, Back Rolls, Granby Rolls, Slithers, Rotations, et cetera.

Review Rounds (3 to 4 rounds at 5 to 6 minutes, 15 - 24 minutes):

- Students focus on reviewing what they have previously learned.
- As a general rule, I ask that everyone try to review the last three things they worked on. If they do this every day, I suspect they would have difficulty forgetting much.
- This is non-competitive/cooperative
- Expect a lot of communication between partners
- Could be thought of as continuing the warm up
- Remind people to go light

(Water Break)

Drill Rounds (20 - 30 minutes total)

Drill Round 1 (10 - 15 minutes):

- Students circle up, technique is demonstrated
- By the end of the demo, each student will have something to drill
- Don't spend more than 5 minutes talking at once, this means only show what is useful to multiple people when the class is circled up. If only one person is learning something different from the rest of the class, show it to them after they have partnered up and started drilling. Especially true if you have a beginner in class.

(Switch Partners)

Drill Round 1 (10 - 15 minutes) “ “

(Water Break)

(Optional) Situational Sparring (10 - 35 minutes)

- Situational Sparring (Starting from a specific position with a specific goal) might be offered here also

Free Rolling (10 - 35 minutes): 3 to 5 rounds, 5 to 7 minutes per round

- This is a time to allow the student to experiment and try what they have learned. If they are new, they will be rolling without submissions.