



Juniors

<div><div>WEEK 1</div><div><div>CLASS A</div><div>PHYSICAL DRILL ANIMAL RACES</div><div>SELF DEFENSE PUNCHES Safe Stance + Punch Blocks + Safe Clinch + Hip Throw</div><div>GROUND GUARD BOTTOM *Instructors Choice: Closed Guard Bottom Sweeps*</div><div>TRAINING DRILL Guard Pass Specific Training + Sparring</div><div>GAME BULLDOG</div><div>BJJ THEME BROTHERHOOD</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL ANIMAL RACES</div><div>STAND UP GROUND TRANSITIONS Pulling to Closed Guard</div><div>GROUND GUARD BOTTOM *Instructors Choice: Closed Guard Bottom Sweeps*</div><div>TRAINING DRILL Guard Pass Specific Training + Sparring</div><div>GAME BULLDOG</div><div>BJJ THEME BROTHERHOOD</div></div></div>	<div><div>WEEK 2</div><div><div>CLASS A</div><div>PHYSICAL DRILL SPRAWL FROM THE WHITE MARKS</div><div>SELF DEFENSE STANDING HEADLOCK Side Headlock: Rear Corner Takedown + Arm Bar</div><div>GROUND SIDE MOUNT BOTTOM *Instructors Choice: Side Mount Escape*</div><div>TRAINING DRILL Side Mount Specific Training + Sparring</div><div>GAME SUPER PUSH UPS</div><div>BJJ THEME COOPERATION</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL SPRAWL FROM THE WHITE MARKS</div><div>STAND UP HIP/SHOULDER THROWS Headlock Takedown</div><div>GROUND SIDE MOUNT BOTTOM *Instructors Choice: Side Mount Escape*</div><div>TRAINING DRILL Side Mount Specific Training + Sparring</div><div>GAME SUPER PUSH UPS</div><div>BJJ THEME COOPERATION</div></div></div>	<div><div>WEEK 3</div><div><div>CLASS A</div><div>PHYSICAL DRILL ROLLING BREAKFALL WITH STRIKING</div><div>SELF DEFENSE GROUND STRIKES Break Fall + Pedal Kicks + Technical Lift + Push Kick + Body Lock Takedown</div><div>GROUND GUARD TOP *Instructors Choice: Closed Guard Top Pass*</div><div>TRAINING DRILL Guard Pass Specific Training + Sparring</div><div>GAME TUG OF WAR</div><div>BJJ THEME DISCIPLINE</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL ROLLING BREAKFALL WITH STRIKING</div><div>STAND UP LEG GRABS Grapplers Stance + Single Leg Takedown Without Grips + Side Mount</div><div>GROUND GUARD TOP *Instructors Choice: Closed Guard Top Pass*</div><div>TRAINING DRILL Guard Pass Specific Training + Sparring</div><div>GAME TUG OF WAR</div><div>BJJ THEME DISCIPLINE</div></div></div>	<div><div>WEEK 4</div><div><div>CLASS A</div><div>PHYSICAL DRILL TECHNICAL LIFT WITH SHADOW STRIKING</div><div>SELF DEFENSE CLINCH & HOLDS One or Two Hands Wrist Escape + Ready Stance + Jab Punch + Straight Punch + Body Lock Clinch + Inside Trip Takedown</div><div>GROUND MOUNT OR KNEE ON BELLY *Instructors Choice: Mount Escape*</div><div>TRAINING DRILL Full Mount Specific Training + Sparring</div><div>GAME KANGAROO FIGHT</div><div>BJJ THEME RESPECT</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL TECHNICAL LIFT WITH SHADOW STRIKING</div><div>STAND UP FOOT THROWS Basics Judo Grips + Four Directions Off Balancing Drill + Foot Sweeps & Outside Hook Takedown Combination</div><div>GROUND MOUNT OR KNEE ON BELLY *Instructors Choice: Mount Escape*</div><div>TRAINING DRILL Full Mount Specific Training + Sparring</div><div>GAME KANGAROO FIGHT</div><div>BJJ THEME RESPECT</div></div></div>
<div><div>WEEK 5</div><div><div>CLASS A</div><div>PHYSICAL DRILL JOGGING AND EXERCISING</div><div>SELF DEFENSE KICKS Standing Rear Break Fall + Low Kicks on the Knee + Technical Lift + Ready Stance + Jab + Straight Punch</div><div>GROUND GUARD BOTTOM *Instructors Choice: Open Guard Bottom Submissions*</div><div>TRAINING DRILL Guard Pass Specific Training + Sparring</div><div>GAME DODGE BALL</div><div>BJJ THEME CONTINUOUS IMPROVEMENT AND GROWTH</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL JOGGING AND EXERCISING</div><div>STAND UP GROUND TRANSITIONS Pulling to Open Guard + Tripod Sweep</div><div>GROUND GUARD BOTTOM *Instructors Choice: Open Guard Bottom Submissions*</div><div>TRAINING DRILL Guard Pass Specific Training + Sparring</div><div>GAME DODGE BALL</div><div>BJJ THEME CONTINUOUS IMPROVEMENT AND GROWTH</div></div></div>	<div><div>WEEK 6</div><div><div>CLASS A</div><div>PHYSICAL DRILL ANIMAL RACES</div><div>SELF DEFENSE GROUND HEADLOCK Head Lock Escape Using Roll Reversal + Arm Bar</div><div>GROUND BACK/ TURTLE BOTTOM *Instructors Choice: Back Defenses and Escapes*</div><div>TRAINING DRILL Back Specific Training + Sparring</div><div>GAME RED LIGHT GREEN LIGHT</div><div>BJJ THEME LEADERSHIP</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL ANIMAL RACES</div><div>STAND UP HIP/SHOULDER THROWS Hip Throw</div><div>GROUND BACK/ TURTLE BOTTOM *Instructors Choice: Back Defenses and Escapes*</div><div>TRAINING DRILL Back Specific Training + Sparring</div><div>GAME RED LIGHT GREEN LIGHT</div><div>BJJ THEME LEADERSHIP</div></div></div>	<div><div>WEEK 7</div><div><div>CLASS A</div><div>PHYSICAL DRILL LEAPFROG + CRAWL UNDER</div><div>SELF DEFENSE GUARD W STRIKES Blocking the Punches from the Guard + Controlling the Posture + Scissor Sweep</div><div>GROUND GUARD TOP *Instructors Choice: Open Guard Top Submission Defenses*</div><div>TRAINING DRILL Guard Pass Specific Training + Sparring</div><div>GAME BRAZILIAN DODGE BALL "QUEIMADA"</div><div>BJJ THEME INSPIRATION</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL LEAPFROG + CRAWL UNDER</div><div>STAND UP LEG GRABS Grapplers Stance + Double Leg Takedown Without Grips + Mount Control</div><div>GROUND GUARD TOP *Instructors Choice: Open Guard Top Submission Defenses*</div><div>TRAINING DRILL Guard Pass Specific Training + Sparring</div><div>GAME BRAZILIAN DODGE BALL "QUEIMADA"</div><div>BJJ THEME INSPIRATION</div></div></div>	<div><div>WEEK 8</div><div><div>CLASS A</div><div>PHYSICAL DRILL RECEIVING TAKEDOWNS</div><div>SELF DEFENSE CLINCH & HOLDS Front Bear Hug Escape Over the Arm + Push the Hip + Safe Clinch + Hip Throw</div><div>GROUND SIDE MOUNT TOP *Instructors Choice: Side Mount Control or Submissions*</div><div>TRAINING DRILL Side Mount Specific Training + Sparring</div><div>GAME CATCH THE FLAG</div><div>BJJ THEME ENJOYMENT</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL RECEIVING TAKEDOWNS</div><div>STAND UP FOOT THROWS Foot Sweep</div><div>GROUND SIDE MOUNT TOP *Instructors Choice: Side Mount Control or Submissions*</div><div>TRAINING DRILL Side Mount Specific Training + Sparring</div><div>GAME CATCH THE FLAG</div><div>BJJ THEME ENJOYMENT</div></div></div>
<div><div>WEEK 9</div><div><div>CLASS A</div><div>PHYSICAL DRILL ANIMAL RACES</div><div>SELF DEFENSE PUNCHES Ready Stance + Jab Punch + Straight Punch + High Push Kick + Bodylock Clinch + Body Lock Takedown</div><div>GROUND GUARD BOTTOM *Instructors Choice: Closed Guard Bottom Submissions*</div><div>TRAINING DRILL Guard Pass Specific Training + Sparring</div><div>GAME BULLDOG</div><div>BJJ THEME BROTHERHOOD</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL ANIMAL RACES</div><div>STAND UP GROUND TRANSITIONS Pulling to Open Guard + Triangle</div><div>GROUND GUARD BOTTOM *Instructors Choice: Closed Guard Bottom Submissions*</div><div>TRAINING DRILL Guard Pass Specific Training + Sparring</div><div>GAME BULLDOG</div><div>BJJ THEME BROTHERHOOD</div></div></div>	<div><div>WEEK 10</div><div><div>CLASS A</div><div>PHYSICAL DRILL SPRAWL FROM THE WHITE MARKS</div><div>SELF DEFENSE STANDING HEADLOCK Head Lock Escape With Punches</div><div>GROUND MOUNT OR KNEE ON BELLY *Instructors Choice: Knee on the Belly Escape*</div><div>TRAINING DRILL Full Mount Specific Training + Sparring</div><div>GAME SUPER PUSH UPS</div><div>BJJ THEME COOPERATION</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL SPRAWL FROM THE WHITE MARKS</div><div>STAND UP HIP/SHOULDER THROWS One Hand Shoulder Throw on the Knees</div><div>GROUND MOUNT OR KNEE ON BELLY *Instructors Choice: Knee on the Belly Escape*</div><div>TRAINING DRILL Full Mount Specific Training + Sparring</div><div>GAME SUPER PUSH UPS</div><div>BJJ THEME COOPERATION</div></div></div>	<div><div>WEEK 11</div><div><div>CLASS A</div><div>PHYSICAL DRILL ROLLING BREAKFALL WITH STRIKING</div><div>SELF DEFENSE GROUND STRIKES Up Kick from the Guard + Technical Lift</div><div>GROUND GUARD TOP *Instructors Choice: Closed Guard Top Submission Escapes*</div><div>TRAINING DRILL Guard Pass Specific Training + Sparring</div><div>GAME TUG OF WAR</div><div>BJJ THEME DISCIPLINE</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL ROLLING BREAKFALL WITH STRIKING</div><div>STAND UP LEG GRABS Judo Grips + Single Leg Takedown With Grips + Side Mount</div><div>GROUND GUARD TOP *Instructors Choice: Closed Guard Top Submission Escapes*</div><div>TRAINING DRILL Guard Pass Specific Training + Sparring</div><div>GAME TUG OF WAR</div><div>BJJ THEME DISCIPLINE</div></div></div>	<div><div>WEEK 12</div><div><div>CLASS A</div><div>PHYSICAL DRILL TECHNICAL LIFT WITH SHADOW STRIKING</div><div>SELF DEFENSE CLINCH & HOLDS Rear Choke Escape Forward or Backwards + Armbar</div><div>GROUND BACK/ TURTLE CONTROL *Instructors Choice: Back Control and Submissions*</div><div>TRAINING DRILL Back Specific Training + Sparring</div><div>GAME KANGAROO FIGHT</div><div>BJJ THEME RESPECT</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL TECHNICAL LIFT WITH SHADOW STRIKING</div><div>STAND UP FOOT THROWS Inside Hook Takedown</div><div>GROUND BACK/ TURTLE CONTROL *Instructors Choice: Back Control and Submissions*</div><div>TRAINING DRILL Back Specific Training + Sparring</div><div>GAME KANGAROO FIGHT</div><div>BJJ THEME RESPECT</div></div></div>
<div><div>WEEK 13</div><div><div>CLASS A</div><div>PHYSICAL DRILL JOGGING AND EXERCISING</div><div>SELF DEFENSE KICKS Round House Kick Catch to the Double Leg</div><div>GROUND GUARD BOTTOM *Instructors Choice: Open Guard Bottom Sweeps*</div><div>TRAINING DRILL Guard Pass Specific Training + Sparring</div><div>GAME DODGE BALL</div><div>BJJ THEME CONTINUOUS IMPROVEMENT AND GROWTH</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL JOGGING AND EXERCISING</div><div>STAND UP GROUND TRANSITIONS Pulling to Open Guard + Armbar</div><div>GROUND GUARD BOTTOM *Instructors Choice: Open Guard Bottom Sweeps*</div><div>TRAINING DRILL Guard Pass Specific Training + Sparring</div><div>GAME DODGE BALL</div><div>BJJ THEME CONTINUOUS IMPROVEMENT AND GROWTH</div></div></div>	<div><div>WEEK 14</div><div><div>CLASS A</div><div>PHYSICAL DRILL RUNNING DOUBLE LEG</div><div>SELF DEFENSE GROUND HEADLOCK Head Lock Escape With Punches to Armbar</div><div>GROUND SIDE MOUNT BOTTOM *Instructors Choice: Side Mount Escape*</div><div>TRAINING DRILL Side Mount Specific Training + Sparring</div><div>GAME RED LIGHT GREEN LIGHT</div><div>BJJ THEME LEADERSHIP</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL RUNNING DOUBLE LEG</div><div>STAND UP HIP/SHOULDER THROWS Inner Thigh Throw</div><div>GROUND SIDE MOUNT BOTTOM *Instructors Choice: Side Mount Escape*</div><div>TRAINING DRILL Side Mount Specific Training + Sparring</div><div>GAME RED LIGHT GREEN LIGHT</div><div>BJJ THEME LEADERSHIP</div></div></div>	<div><div>WEEK 15</div><div><div>CLASS A</div><div>PHYSICAL DRILL LEAPFROG + CRAWL UNDER</div><div>SELF DEFENSE GUARD W STRIKES Punch Through Triangle</div><div>GROUND GUARD TOP *Instructors Choice: Open Guard Top Pass*</div><div>TRAINING DRILL Guard Pass Specific Training + Sparring</div><div>GAME BRAZILIAN DODGE BALL "QUEIMADA"</div><div>BJJ THEME INSPIRATION</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL LEAPFROG + CRAWL UNDER</div><div>STAND UP LEG GRABS Judo Grips + Double Leg Takedown with Grips + Mount Control</div><div>GROUND GUARD TOP *Instructors Choice: Open Guard Top Pass*</div><div>TRAINING DRILL Guard Pass Specific Training + Sparring</div><div>GAME BRAZILIAN DODGE BALL "QUEIMADA"</div><div>BJJ THEME INSPIRATION</div></div></div>	<div><div>WEEK 16</div><div><div>CLASS A</div><div>PHYSICAL DRILL RECEIVING TAKEDOWNS</div><div>SELF DEFENSE CLINCH & HOLDS Rear Bear Hug Over the Arms</div><div>GROUND MOUNT OR KNEE ON BELLY *Instructors Choice: Mount Control and Submissions*</div><div>TRAINING DRILL Full Mount Specific Training + Sparring</div><div>GAME CATCH THE FLAG</div><div>BJJ THEME ENJOYMENT</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL RECEIVING TAKEDOWNS</div><div>STAND UP FOOT THROWS Outside Hook Takedown</div><div>GROUND MOUNT OR KNEE ON BELLY *Instructors Choice: Mount Control and Submissions*</div><div>TRAINING DRILL Full Mount Specific Training + Sparring</div><div>GAME CATCH THE FLAG</div><div>BJJ THEME ENJOYMENT</div></div></div>