



Little Champions 1

<div><div>WEEK 1</div><div><div>CLASS A</div><div>PHYSICAL DRILL ANIMAL RACES</div><div>SELF DEFENSE PUNCHES Ready Stance + Punch Blocks + Jab Punch + Straight Punch + Punch Dodge</div><div>GROUND GUARD BOTTOM Sit Up Sweep</div><div>TRAINING DRILL Mount Drill from the Guard</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL ANIMAL RACES</div><div>STAND UP GROUND TRANSITIONS Stand Up Break Fall + Open Guard Motion</div><div>GROUND GUARD BOTTOM Sit Up Sweep</div><div>TRAINING DRILL Mount Drill from the Guard</div></div><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 Headlock Escape using Rear Corner Takedown</div><div>GROUND SIDE MOUNT BOTTOM Lock the Guard After Takedown</div><div>TRAINING DRILL Mount Drill Laying Down Side to Side</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL SPRAWL FROM THE WHITE MARKS</div><div>STAND UP HIP/SHOULDER THROWS Head Lock Take Down</div><div>GROUND SIDE MOUNT BOTTOM Lock the Guard After Takedown</div><div>TRAINING DRILL Mount Drill Laying Down Side to Side</div></div><div><div>GAME PROFESSOR SAYS</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</div><div>GROUND GUARD TOP Opening the Guard Pushing the Knee + Over Guard Pass + Mount Control</div><div>TRAINING DRILL Mount Drill Laying Down Side to Side</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 Opening the Guard Pushing the Knee + Over Guard Pass + Mount Control</div><div>TRAINING DRILL Mount Drill Laying Down Side to Side</div></div><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</div><div>GROUND MOUNT KNEE ON BELLY BOTTOM Bridge Mount Escape</div><div>TRAINING DRILL Mount Drill Laying Down Side to Side</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL TECHNICAL LIFT WITH SHADOW STRIKING</div><div>STAND UP FOOT THROWS Judo Grips + Four Directions Off Balancing Drill</div><div>GROUND MOUNT KNEE ON BELLY BOTTOM Bridge Mount Escape</div><div>TRAINING DRILL Mount Drill Laying Down Side to Side</div></div><div><div>GAME BULLDOG</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 + Pedal Kicks + Technical Lift + Ready Stance + Jab + Straight Punch</div><div>GROUND GUARD BOTTOM Scissor Sweep</div><div>TRAINING DRILL Mount Drill from the Guard</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL JOGGING AND EXERCISING</div><div>STAND UP GROUND TRANSITIONS Pedal Kicks + Technical Lift</div><div>GROUND GUARD BOTTOM Scissor Sweep</div><div>TRAINING DRILL Mount Drill from the Guard</div></div><div><div>GAME CHINA WALL</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 Headlock Escape using Roll Reversal</div><div>GROUND BACK/ TURTLE BOTTOM Recover Guard from Turtle Bottom</div><div>TRAINING DRILL Back Control Drill</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 Recover Guard from Turtle Bottom</div><div>TRAINING DRILL Back Control Drill</div></div><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 Foot on the Hip + Technical Lift + Ready Stance</div><div>GROUND GUARD TOP Opening the Guard Reaching Back + Under the Leg Guard Pass + Mount Control</div><div>TRAINING DRILL Mount Drill from the Guard</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 Opening the Guard Reaching Back + Under the Leg Guard Pass + Mount Control</div><div>TRAINING DRILL Mount Drill from the Guard</div></div><div><div>GAME BULLDOG</div><div>BJJ THEME INSPIRATION</div></div></div>	<div><div>WEEK 8</div><div><div>CLASS A</div><div>PHYSICAL DRILL JOGGING AND EXERCISING</div><div>SELF DEFENSE CLINCH & HOLDS Front Bear Hug Escape over the Arm + Push the Hip + Safe Clinch</div><div>GROUND SIDE MOUNT TOP Getting the Mount from Side Mount + Mount Control</div><div>TRAINING DRILL Mount Drill Laying Down Side to Side</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL JOGGING AND EXERCISING</div><div>STAND UP FOOT THROWS Foot Sweep</div><div>GROUND SIDE MOUNT TOP Getting the Mount from Side Mount + Mount Control</div><div>TRAINING DRILL Mount Drill Laying Down Side to Side</div></div><div><div>GAME DODGE BALL</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 Safe Stance + Safe Clinch</div><div>GROUND GUARD BOTTOM Sit Up Sweep with Pistol Grip</div><div>TRAINING DRILL Mount Drill from the Guard</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL ANIMAL RACES</div><div>STAND UP GROUND TRANSITIONS Stand Up Break Fall + Open Guard Motion</div><div>GROUND GUARD BOTTOM Sit Up Sweep with Pistol Grip</div><div>TRAINING DRILL Mount Drill from the Guard</div></div><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 + Body Lock Takedown</div><div>GROUND MOUNT KNEE ON BELLY BOTTOM Arms Pinned Bridge Mount Escape</div><div>TRAINING DRILL Mount Drill Laying Down Side to Side</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL SPRAWL FROM THE WHITE MARKS</div><div>STAND UP HIP/SHOULDER THROWS Head Lock Takedown</div><div>GROUND MOUNT KNEE ON BELLY BOTTOM Arms Pinned Bridge Mount Escape</div><div>TRAINING DRILL Mount Drill Laying Down Side to Side</div></div><div><div>GAME PROFESSOR SAYS</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 Ready Stance + Distance Management</div><div>GROUND GUARD TOP Opening the Guard Pushing the Knee + Over Guard Pass + Mount Control</div><div>TRAINING DRILL Mount Drill from the Guard</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 Opening the Guard Pushing the Knee + Over Guard Pass + Mount Control</div><div>TRAINING DRILL Mount Drill from the Guard</div></div><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</div><div>GROUND BACK/ TURTLE CONTROL Getting the Back from the Mount</div><div>TRAINING DRILL Mount Drill Sit Down Back to Back</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL TECHNICAL LIFT WITH SHADOW STRIKING</div><div>STAND UP FOOT THROWS Judo Grips + Four Directions Off Balancing Drill</div><div>GROUND BACK/ TURTLE CONTROL Getting the Back from the Mount</div><div>TRAINING DRILL Mount Drill Sit Down Back to Back</div></div><div><div>GAME BULLDOG</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 Ready Stance + Push Kick</div><div>GROUND GUARD BOTTOM Scissor Sweep Crossing the Arms</div><div>TRAINING DRILL Mount Drill from the Guard</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL JOGGING AND EXERCISING</div><div>STAND UP GROUND TRANSITIONS Kicks + Technical Lift</div><div>GROUND GUARD BOTTOM Scissor Sweep Crossing the Arms</div><div>TRAINING DRILL Mount Drill from the Guard</div></div><div><div>GAME CHINA WALL</div><div>BJJ THEME CONTINUOUS IMPROVEMENT AND GROWTH</div></div></div>	<div><div>WEEK 14</div><div><div>CLASS A</div><div>PHYSICAL DRILL ANIMAL RACES</div><div>SELF DEFENSE GROUND HEADLOCK Head Lock Escape Using the Roll Reversal</div><div>GROUND SIDE MOUNT BOTTOM Build Frames + Recover Guard</div><div>TRAINING DRILL Mount Drill Laying Down Side to Side</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL ANIMAL RACES</div><div>STAND UP HIP/SHOULDER THROWS Hip Throw</div><div>GROUND SIDE MOUNT BOTTOM Build Frames + Recover Guard</div><div>TRAINING DRILL Mount Drill Laying Down Side to Side</div></div><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 Foot on the Hip + Technical Lift + Ready Stance</div><div>GROUND GUARD TOP Opening the Guard by Pushing the Knee Down + Bull Fight Guard Pass</div><div>TRAINING DRILL Mount Drill from the Open Guard</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 Opening the Guard by Pushing the Knee Down + Bull Fight Guard Pass</div><div>TRAINING DRILL Mount Drill from the Open Guard</div></div><div><div>GAME BULLDOG</div><div>BJJ THEME INSPIRATION</div></div></div>	<div><div>WEEK 16</div><div><div>CLASS A</div><div>PHYSICAL DRILL JOGGING AND EXERCISING</div><div>SELF DEFENSE CLINCH & HOLDS Rear Choke Escape Backwards</div><div>GROUND MOUNT KNEE ON BELLY BOTTOM Bridge Mount Escape: Pulling Collar Down Method</div><div>TRAINING DRILL Mount Drill Laying Down Side to Side</div></div><div><div>CLASS B</div><div>PHYSICAL DRILL JOGGING AND EXERCISING</div><div>STAND UP FOOT THROWS Outside Hook Takedown</div><div>GROUND MOUNT KNEE ON BELLY BOTTOM Bridge Mount Escape: Pulling Collar Down Method</div><div>TRAINING DRILL Mount Drill Laying Down Side to Side</div></div><div><div>GAME DODGE BALL</div><div>BJJ THEME ENJOYMENT</div></div></div>