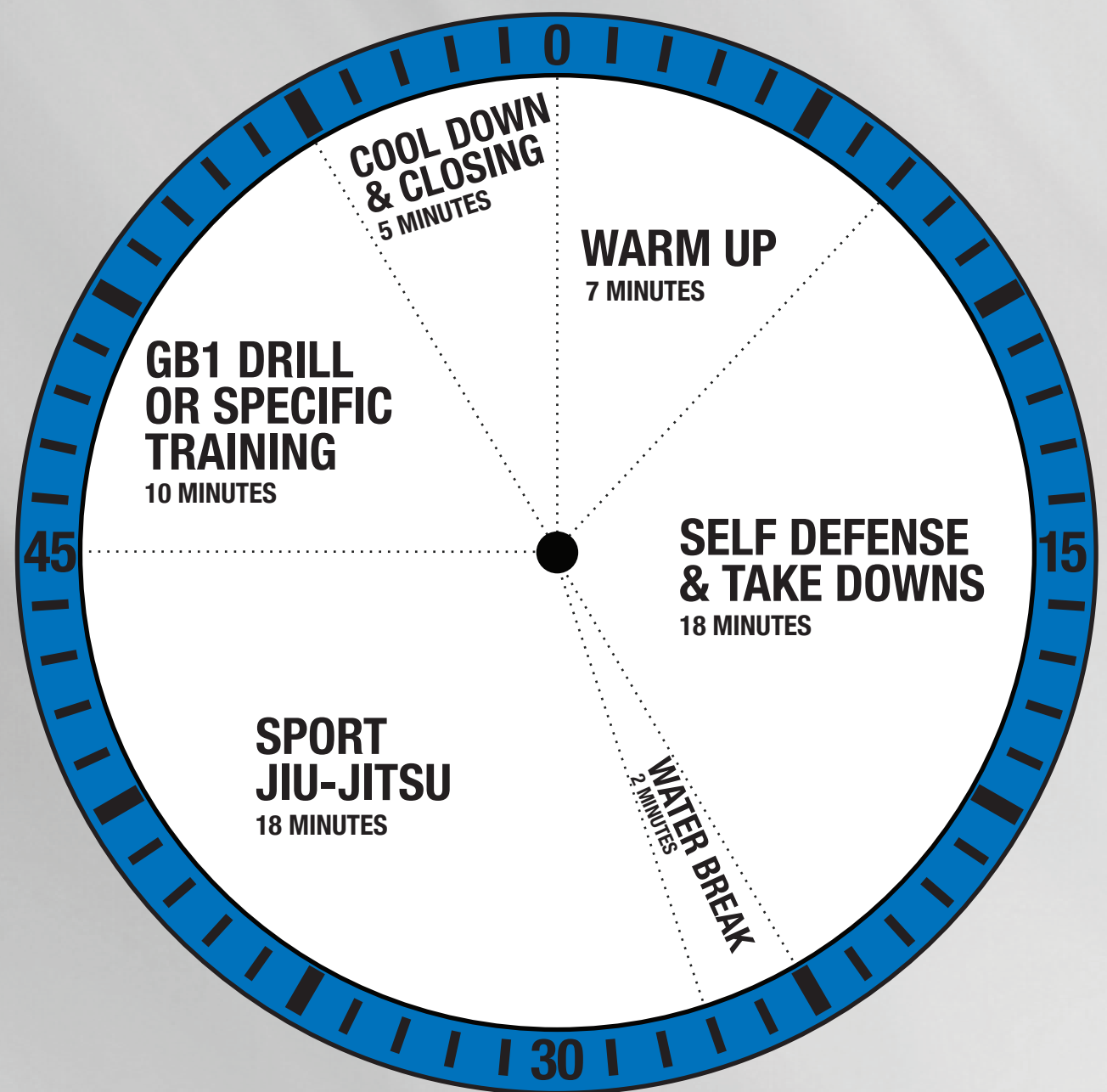




# GB1 Curriculum



WEEK 1	
CLASS A SELF-DEFENSE STRIKE	CLASS B SELF-DEFENSE STRIKE
1. Escape from Sidemount with Punches + Recovering the Guard + Technical Lift	4. Escape from Mount with Punches + Bridge + Posture from Closed Guard
SPORT JIU-JITSU GUARD BOTTOM	SPORT JIU-JITSU GUARD BOTTOM
2. Pulling to the Closed Guard Using the Foot on the Hip	5. X Collar Choke from Closed Guard with Four Fingers Inside the Collar
3. Scissor Sweep	6. X Collar Choke from the Closed Guard with the Thumb Inside the Collar
GB1 DRILL	GB1 DRILL
Pulling to the Closed Guard + Scissor Sweep (Taking Turns)	Pulling to the Closed Guard + X Collar Choke (Taking Turns)
SPECIFIC TRAINING GUARD	SPECIFIC TRAINING GUARD
GB1 TALKING POINT JIU-JITSU FOR EVERYONE	GB1 TALKING POINT JIU-JITSU FOR EVERYONE

WEEK 2	
CLASS A SELF-DEFENSE HEADLOCKS	CLASS B SELF-DEFENSE HEADLOCKS
7. Escape from Side Standing Headlock + Rear Takedown + Technical Mount + Armbar	10. Escape from Rear Rear Headlock with Forward Takedown & Escape from Rear Headlock with Outside Hook Takedown
SPORT JIU-JITSU SIDEMOUNT	SPORT JIU-JITSU SIDEMOUNT
8. Escape from Sidemount Recovering the Closed Guard	11. Escape from Sidemount to Turtle Position
9. Escape from Sidemount when the Opponent Blocks the Hip and the Head + Recovering the Closed Guard Using the Leg Over the Top	12. Double Leg Takedown from Turtle Position
GB1 DRILL	GB1 DRILL
Escape from Sidemount Recovering the Closed Guard + Over the Leg Guard Pass + Sidemount Control (Repeating)	Escape from Sidemount to Turtle Position + Double Leg Takedown + Sidemount Control (Taking Turns)
SPECIFIC TRAINING SIDE MOUNT	SPECIFIC TRAINING SIDE MOUNT
GB1 TALKING POINT THE RED SHIELD	GB1 TALKING POINT THE RED SHIELD

WEEK 3	
CLASS A SELF-DEFENSE STRIKE	CLASS B SELF-DEFENSE STRIKE
13. Jab Slip to Double Leg Take Down	16. Cross Punch Slip to Single Leg Take Down
SPORT JIU-JITSU GUARD TOP	SPORT JIU-JITSU GUARD TOP
14. Safe Posture + Opening the Guard on the Knees + Elbows Closed	17. Safe Posture + Opening the Guard Standing Up Holding the Sleeve
15. One Arm Under the Leg Guard Pass+ Side Mount Control Blocking the Hips and Controlling the Shoulder	18. Knee Slide Guard Pass + Side Mount
GB1 DRILL	GB1 DRILL
Open the Guard + Pass the Guard + Side Mount Control + Mount + Bridge Mount Escape (Taking Turns)	Open the Guard + Pass the Guard + Side Mount Control + Mount + Bridge Mount Escape (Taking Turns)
SPECIFIC TRAINING GUARD	SPECIFIC TRAINING GUARD
GB1 TALKING POINT THE GB UNIFORM	GB1 TALKING POINT THE GB UNIFORM

WEEK 4	
CLASS A SELF-DEFENSE CLINCH & HOLDS	CLASS B SELF-DEFENSE CLINCH & HOLDS
19. Double Lapel Grab Escape with Outside Hook Takedown + Straight Armbar	22. Two Hand Throat Grab Escape + Block Knee Strike + Jab Slip + Body Lock Take Down + Transition to the Mount
SPORT JIU-JITSU MOUNT   KNEE ON BELLY	SPORT JIU-JITSU MOUNT   KNEE ON BELLY
20. Escape from the Mount with Headlock Using the Bridge	23. Escape from the Mount Using the Elbows when the Opponent Does Not Open the Knee + Recovering the Full Guard
21. Escape from the Mount with Choke Using the Bridge	24. Knee on Belly Escape Pushing the Belt Knot + Half Technical Lift + Ankle Pick
GB1 DRILL	GB1 DRILL
Bridge Mount Escape from Choke + Open the Guard on the Knees + Over the Leg Guard Pass + Sidemount + Mount (Taking Turns)	Mount Escape Using the Elbow + Recovering the Closed Guard + Open the Guard on the Knees + Over the Leg Guard Pass + Sidemount + Mount (Repeating)
SPECIFIC TRAINING MOUNT AND KNEE ON BELLY	SPECIFIC TRAINING MOUNT AND KNEE ON BELLY
GB1 TALKING POINT THE GB BROTHERHOOD	GB1 TALKING POINT THE GB BROTHERHOOD

WEEK 5	
CLASS A SELF-DEFENSE STRIKE	CLASS B SELF-DEFENSE STRIKE
25. Blocking Punches from the Closed Guard + Distance Management + Control the Arms + Armbar	28. Blocking Punches from the Closed Guard + Distance Management + Up Kick + Technical Lift
SPORT JIU-JITSU GUARD BOTTOM	SPORT JIU-JITSU GUARD BOTTOM
26. Pull Feet Sweep with Opponent Standing from Closed Guard	29. Tripod Sweep
27. Walter Sweep	30. Outside Hook Sweep when the Opponent Defends the Tripod Sweep
GB1 DRILL	GB1 DRILL
Pull Feet Sweep + Mount + Bridge Mount Escape (Sequential Drill)	Tripod Sweep + Half Technical Lift + Closed Guard (Taking Turns)
SPECIFIC TRAINING GUARD	SPECIFIC TRAINING GUARD
GB1 TALKING POINT THE GB METHOD	GB1 TALKING POINT THE GB METHOD

WEEK 6	
CLASS A SELF-DEFENSE HEADLOCKS	CLASS B SELF-DEFENSE HEADLOCKS
31. Escape from Ground Headlock Pushing the Head Away + Armbar	34. Headlock Escape Taking the Back + Shoulder Lock
SPORT JIU-JITSU BACK   TURTLE	SPORT JIU-JITSU BACK   TURTLE
32. Recovering the Guard from Rear Turtle Position	35. Bridge Escape from The Back + Sidemount
33. Recovering the Guard from Front Turtle Position	36. Bridge Escape from the Back Using the Bridge Avoiding the Mount + Recovering the Guard
GB1 DRILL	GB1 DRILL
Recovering the Guard from Rear Turtle Position + Submission (Taking Turns)	Bridge Escape from the Back to Sidemount Top + Transition to the Mount (Taking Turns)
SPECIFIC TRAINING BACK AND TURTLE	SPECIFIC TRAINING BACK AND TURTLE
GB1 TALKING POINT THE JIU-JITSU OF GRACIE BARRA	GB1 TALKING POINT THE JIU-JITSU OF GRACIE BARRA

WEEK 7	
CLASS A SELF-DEFENSE STRIKE	CLASS B SELF-DEFENSE STRIKE
37. Distance Management with the Arm + Front Push Kick + Body Lock Take Down + Sidemount Control	40. Distance Management with the Arm + Jab + Cross + Double Leg Take Down + Transition to the Mount
SPORT JIU-JITSU GUARD TOP	SPORT JIU-JITSU GUARD TOP
38. Open the Guard on the Knees + Over the Leg Guard Pass	41. Spider Guard Bull-Fight Pass Turning the Wheel + Sidemount Control
39. Half Guard Pass Using the Hook + Hip Elevation + Transition to Mount	42. Spider Bull-Fight Guard Pass with Hips Forward + Sidemount Control
GB1 DRILL	GB1 DRILL
Open the Guard on the Knees + Pass the Guard Over the Leg + Sidemount (Taking Turns)	Spider Guard Pass + Sidemount (Taking Turns)
SPECIFIC TRAINING GUARD	SPECIFIC TRAINING GUARD
GB1 TALKING POINT THE GB STUDENT	GB1 TALKING POINT THE GB STUDENT

WEEK 8	
CLASS A SELF-DEFENSE CLINCH & HOLDS	CLASS B SELF-DEFENSE CLINCH & HOLDS
43. Blocking the Hook Punches + Headlock + Wrist Control + Armbar	46. Jab Slip + Bodylock Clinch + Rear Bodylock + Wrist Control + Forward Takedown
SPORT JIU-JITSU SIDEMOUNT	SPORT JIU-JITSU SIDEMOUNT
44. Transition to the Mount Switching the Base Passing the Leg Over	47. Transition to the Mount Sliding the Knee Over the Belly
45. Papercut Choke with the Opponent's Arm Trapped	48. Spinning Armbar from Sidemount
GB1 DRILL	GB1 DRILL
Open the Guard on the Knees + Pass the Guard + Sidemount + Mount + Bridge Mount Escape from Choke (Taking Turns)	Open the Guard on the Knees + Pass the Guard + Sidemount + Mount + Bridge Mount Escape from Choke (Taking Turns)
SPECIFIC TRAINING SIDEMOUNT	SPECIFIC TRAINING SIDEMOUNT
GB1 TALKING POINT THE GB BLACK BELT	GB1 TALKING POINT THE GB BLACK BELT

WEEK 9	
CLASS A SELF-DEFENSE STRIKE	CLASS B SELF-DEFENSE STRIKE
49. Blocking Punches from the Turtle Position + Recovering the Guard	52. Block Punches from Knee on Belly + Transition to Turtle + Recovering the Guard
SPORT JIU-JITSU GUARD BOTTOM	SPORT JIU-JITSU GUARD BOTTOM
50. Pendulum Sweep	53. Taking the Back from Closed Guard
51. Straight Armbar from Closed Guard when Opponent Defends the Pendulum Sweep	54. Triangle from Closed Guard Controlling the Sleeve and the Wrist
GB1 DRILL	GB1 DRILL
Pendulum Sweep + Mount + Knee Elbow Mount Escape (Taking Turns)	Recovering the Closed Guard From Sidemount + Submission (Taking Turns)
SPECIFIC TRAINING GUARD	SPECIFIC TRAINING GUARD
GB1 TALKING POINT THE GB HISTORY	GB1 TALKING POINT THE GB HISTORY

WEEK 10	
CLASS A SELF-DEFENSE HEADLOCKS	CLASS B SELF-DEFENSE HEADLOCKS
55. Standing Guillotine	58. Escape Side Headlock Standing with Punches
SPORT JIU-JITSU MOUNT   KNEE ON BELLY	SPORT JIU-JITSU MOUNT   KNEE ON BELLY
56. X Choke from the Mount with the Four Fingers Inside the Collar & X Choke from the Mount with the Thumb Inside the Collar	59. Straight Armbar from the Mount
57. Technical Mount + Two Collars Choke	60. Key Lock from the Mount
GB1 DRILL	GB1 DRILL
Transition from Technical Mount with Hand on the Collar when the Opponent Bridges + Two Collars Choke (Repeating)	Open the Guard + Pass the Guard + Transition to the Mount + Submission (Repeating)
SPECIFIC TRAINING MOUNT   KNEE ON BELLY	SPECIFIC TRAINING MOUNT   KNEE ON BELLY
GB1 TALKING POINT THE GB BELT SYSTEM	GB1 TALKING POINT THE GB BELT SYSTEM

WEEK 11	
CLASS A SELF-DEFENSE STRIKE	CLASS B SELF-DEFENSE STRIKE
61. Block the Hook Punch + Hip Throw + Straight Armbar with Knee on Belly	64. Slip the Hook Punch + Bodylock Takedown + Transition to the Mount
SPORT JIU-JITSU GUARD TOP	SPORT JIU-JITSU GUARD TOP
62. Open the Guard on the Knees with Two Hands on the Collar and Hip	65. Opening the Guard Standing Up Controlling the Collar and Hip
63. Knee Slide Guard Pass Controlling The Sleeve	66. Guard Pass Standing Up with Both Arms Under The Legs
GB1 DRILL	GB1 DRILL
Open the Guard + Pass the Guard + Transition to Mount + Escape from Mount with Choke using the Bridge (Taking Turns)	Open the Guard + Pass the Guard + Transition to Mount + Escape from Mount with Choke using the Bridge (Taking Turns)
SPECIFIC TRAINING GUARD	SPECIFIC TRAINING GUARD
GB1 TALKING POINT THE GB LEGACY	GB1 TALKING POINT THE GB LEGACY

WEEK 12	
CLASS A SELF-DEFENSE CLINCH & HOLDS	CLASS B SELF-DEFENSE CLINCH & HOLDS
67. Escape from Front Bear Hug Over the Arms + Hip Throw + Knee on Belly	70. Escape from Rear Bear Hug Over the Arms + Rear Takedown + Sidemount Control
SPORT JIU-JITSU BACK   TURTLE	SPORT JIU-JITSU BACK   TURTLE
68. Taking the Back from Turtle Position + Seatbelt Grip Opening the Space for the Hook	71. Taking the Back from Turtle Position Using the Lapel Grip
69. Clock Choke	72. Two Collars Choke & Rear Naked Choke
GB1 DRILL	GB1 DRILL
Clock Choke + Defense from Clock Choke + Piping Over + Sidemount Control + Transition to the Mount (Taking Turns)	Taking the Back from Turtle Position + Two Collars Choke + Rear Naked Choke (Taking Turns)
SPECIFIC TRAINING SIDEMOUNT	SPECIFIC TRAINING SIDEMOUNT
GB1 TALKING POINT THE EQUIPE GB	GB1 TALKING POINT THE EQUIPE GB

WEEK 13	
CLASS A SELF-DEFENSE STRIKE	CLASS B SELF-DEFENSE STRIKE
73. Blocking Punches from Closed Guard Bottom + Clinch + Triangle Choke	76. Distance Management from Closed Guard Bottom + Knee Shield + Upkick + Technical Lift
SPORT JIU-JITSU GUARD BOTTOM	SPORT JIU-JITSU GUARD BOTTOM
74. Sit Up Sweep from Closed Guard	77. Spider Guard Control with Opponent Bullfighting or Posturing
75. Kimura from Closed Guard	78. Spider Guard Sweep with the Opponent on his Knees
GB1 DRILL	GB1 DRILL
Sit Up Sweep from Closed Guard + Knee-Elbow Escape (Taking Turns)	Spider Guard Control with Opponent Bull Fighting + Opponent Posturing + Closed Guard (Repeating)
SPECIFIC TRAINING GUARD	SPECIFIC TRAINING GUARD
GB1 TALKING POINT THE MISSION OF GRACIE BARRA	GB1 TALKING POINT THE MISSION OF GRACIE BARRA

WEEK 14	
CLASS A SELF-DEFENSE HEADLOCKS	CLASS B SELF-DEFENSE HEADLOCKS
79. Escape from Ground Headlock to Turtle Position + Inversion + Technical Mount Technical Mount + Straight Armbar	82. Headlock Escape Taking the Back + Shoulder Lock
SPORT JIU-JITSU SIDEMOUNT	SPORT JIU-JITSU SIDEMOUNT
80. Escape Sidemount Control + Recovering Half Guard	83. Escape From Sidemount Anticipating the Guard Pass + Elbow Control + Recovering The Guard
81. Half Guard Sweep Using the Underhook and Controlling the Opponent's Foot	84. Escape from Sidemount Anticipating the Guard Pass + Inversion with the Hand on the Belt
GB1 DRILL	GB1 DRILL
Escape from Head and Arm Sidemount Control to Half Guard + Half Guard Sweep Using the Underhook and Controlling the Opponent's Foot (Taking Turns)	Open the Guard on the Knees + Under the Leg Guard Pass + Escape Sidemount Anticipating the Guard Pass + Elbow Control + Recover the Guard (Repeating)
SPECIFIC TRAINING SIDEMOUNT	SPECIFIC TRAINING SIDEMOUNT
GB1 TALKING POINT MASTER CARLOS GRACIE JR.	GB1 TALKING POINT MASTER CARLOS GRACIE JR.

WEEK 15	
CLASS A SELF-DEFENSE STRIKE	CLASS B SELF-DEFENSE STRIKE
85. Block Front Kick + Elbow Strike	88. Blocking High Round Kick + Inside Hook Takedown + Straight Footlock
SPORT JIU-JITSU GUARD TOP	SPORT JIU-JITSU GUARD TOP
86. Open the Guard Standing Up with Two Hands on the Pants	89. Open the Guard on the Knees with both Hands on the Pants
87. Leg Dreg Guard Pass	90. Two Arms Under The Leg Guard Pass on the Knees
GB1 DRILL	GB1 DRILL
Open the Guard + Pass the Guard + Sidemount Control (Repeating)	Open the Guard + Pass the Guard + Sidemount Control (Repeating)
SPECIFIC TRAINING GUARD	SPECIFIC TRAINING GUARD
GB1 TALKING POINT THE GB TRAINING ETIQUETTE	GB1 TALKING POINT THE GB TRAINING ETIQUETTE

WEEK 16	
CLASS A SELF-DEFENSE CLINCH & HOLDS	CLASS B SELF-DEFENSE CLINCH & HOLDS
91. Escape from Front Bear Hug Under the Arm + Break Opponent's Grips + Outside Hook Takedown + Straight Armbar	94. Rear Bear Hug Escape Over the Arm + Hook on the Leg + Hand on the Floor + Leg Lock
SPORT JIU-JITSU MOUNT   KNEE ON BELLY	SPORT JIU-JITSU MOUNT   KNEE ON BELLY
92. Escape from Mount Using the Bridge	95. Escape from the Mount Using the Elbows when the Opponent Initiates the Transition to the Mount + Take the Back
93. Escape from Mount Using the Elbows When Opponent Opens the Knee + Recovering the Closed Guard	96. Knee on Belly Escape Turning the Back + Open Guard
GB1 DRILL	GB1 DRILL
Open the Guard on the Knees + Over the Leg Guard Pass + Sidemount + Mount + Escape from Mount Using the Elbows when Opponent Opens the Knee + Recovering the Closed Guard (Repeating)	Bullfight Guard Pass + Knee on the Belly + Knee on Belly Escape Turning the Back to Open Guard
SPECIFIC TRAINING MOUNT   KNEE ON BELLY	SPECIFIC TRAINING MOUNT   KNEE ON BELLY
GB1 TALKING POINT THE GB ATTENDANCE CARD	GB1 TALKING POINT THE GB ATTENDANCE CARD