



Fundamentals is an hour long class open to all levels, but specifically targeting beginners or anyone wanting to brush up on the basics of Jiu Jitsu. These classes will be gi only and really work specifically on core positions, philosophies and technique. Although there will be drilling to reinforce the technique and positions, there will be no sparring in the Fundamentals class.

The Fundamentals class is a rotation of 30 classes (plus one introduction class for new students) run over 15 weeks.

Fundamentals Master List

Introduction to Brazilian Jiu Jitsu

*Always run as a private or semi-private class.

1. Closed Guard Posture
2. Closed Guard Attacks
3. Mount Defense
4. Mount Control
5. Mount Attacks
6. Armbar from Mount
7. Side Control Introduction
8. Side Control Variations
9. Side Control Attacks
10. Side Control Knee on Belly
11. Turtle Position (Defensive)
12. Turtle Position (Offensive)
13. Back Introduction
14. Taking the Back (Arm Drags)
15. Guard Passing (Movement)
16. Guard Passing (Pressure)
17. Guard Passing (Combinations and Strategy)
18. Standing Pass
19. Simple Sweep
20. Sweep Tools
21. Armbar from Guard
22. Basic Open Guard
23. Open Guards (Spider)
24. Open Guard (Seated)
25. Triangle Chokes
26. Guillotine Choke
27. Half Guard (Bottom)
28. Half Guard (Passing)
29. Double Attacks
30. Leg Attacks