



# **Heroes Fundamentals Workbook**

v 1.01

Thank you for downloading the Heroes Fundamentals Workbook. This workbook is designed to help you track your own progress and make an honest assessment of your abilities in Jiu Jitsu. This workbook is specifically designed with White/Blue belt level in mind, but anyone could benefit from this.

## HOW TO USE THIS WORKBOOK:

Fill out the Heroes Fundamentals Worksheet to the best of your abilities.

Only fill out the worksheet with techniques that are actually in your current arsenal. If you don't have a technique for a particular position, leave that slot blank.

At the Fundamental level **there should be NO MORE than two (2) techniques per box**. The exercise is to list two techniques that you have at each position that would be your first and second choices when in the particular position. Ideally each of these positions should be complimentary to each other.

After filling out the worksheet with techniques, give a rating between 1-5 on how comfortable you are with each technique:

1. I have learned the technique in Fundamentals and I don't really get it
2. I have drilled the technique in Fundamentals and it makes sense, but I haven't had to chance to use it in drilling and sparring much.
3. I have drilled the technique and I feel I can use it against someone at a lower overall level than me.
4. I have drilled the technique and I feel that I can use it against someone at the same overall level as me.
5. I have used this technique extensively and am confident given the correct situation I can use it against most opponents.

The purpose of this worksheet is to give an honest assessment of where your Jiu Jitsu game currently is, what you are strong at and what you are weak at overall. Newer students tend to have certain patterns and often tend to be more comfortable on either the "top" or the "bottom".

The goal is to A: Make yourself comfortable in all aspects of the games and positions,. B: Build a strong foundation for which the Advanced Student can further refine and individualize their version of Jiu Jitsu.

This Workbook is for your own use and for assessing / tracking your own progress. You can schedule a private with an instructor in order to help balance out the worksheet, or refine the techniques you feel less comfortable with.

This Fundamentals workbook is very much a work in progress. Refinements might be made to make things clearer or easier to understand work through, plus add any missing techniques or positions.

A more advanced level workbook may be forth coming.

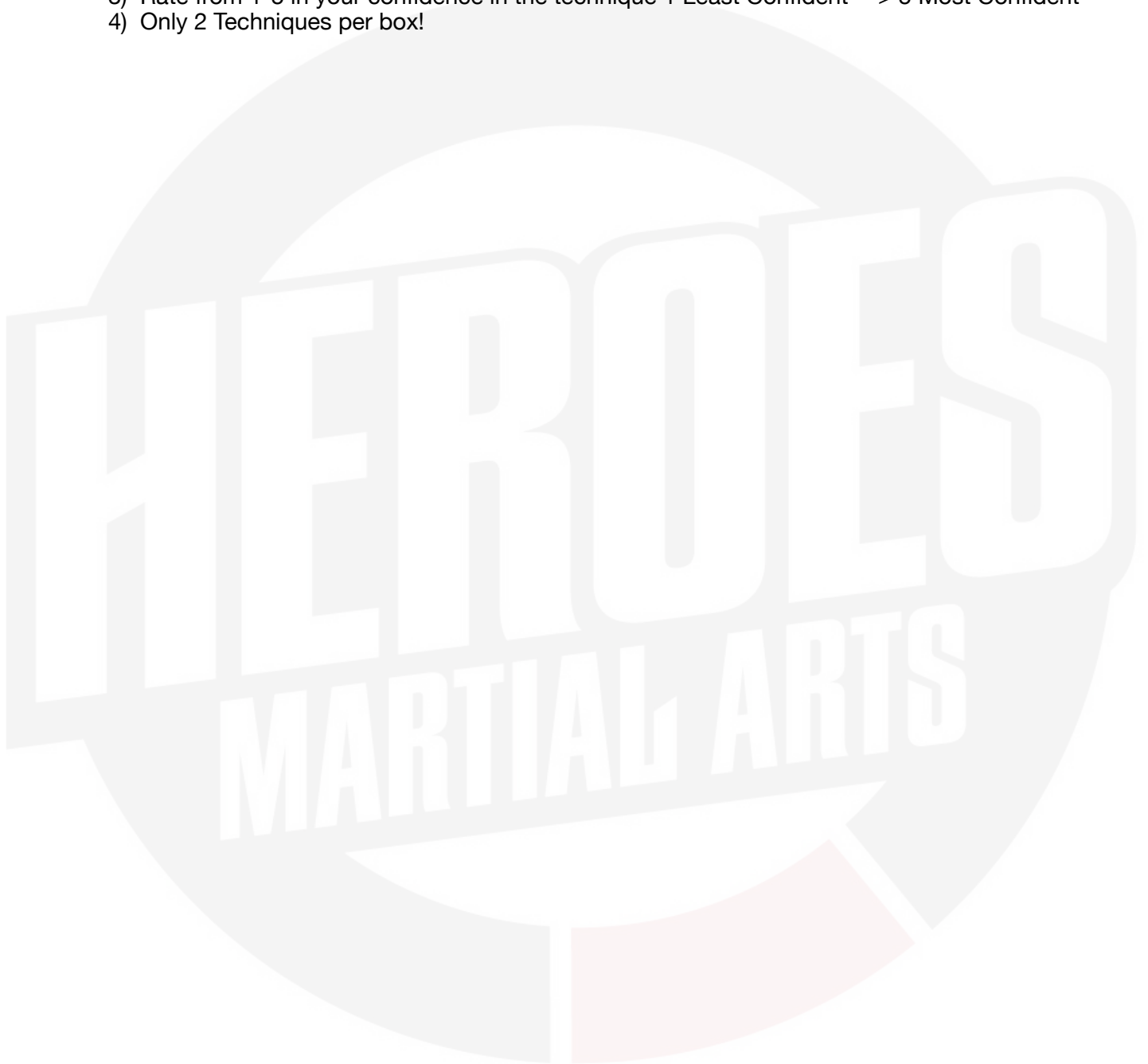
# Heroes Fundamentals Worksheet

	TOP	BOTTOM
Mount	1. Rating:  2. Rating:	1. Rating:  2. Rating:
Side Control	1. Rating:  2. Rating:	1. Rating:  2. Rating:
Closed Guard	1. Rating:  2. Rating:	1. Rating:  2. Rating:
Open Guard	1. Rating:  2. Rating:	1. Rating:  2. Rating:
Half Guard	1. Rating:  2. Rating:	1. Rating:  2. Rating:
Back	1. Rating:  2. Rating:	1. Rating:  2. Rating:
Turtle	1. Rating:  2. Rating:	1. Rating:  2. Rating:

Take Downs	1. Rating:  2. Rating:
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Instructions:

- 1) Fill out sheet with techniques in your actual arsenal.
- 2) If you don't have a technique for a slot, leave blank for now.
- 3) Rate from 1-5 in your confidence in the technique 1 Least Confident → 5 Most Confident
- 4) Only 2 Techniques per box!



## Heroes Fundamentals Suggested Technique List

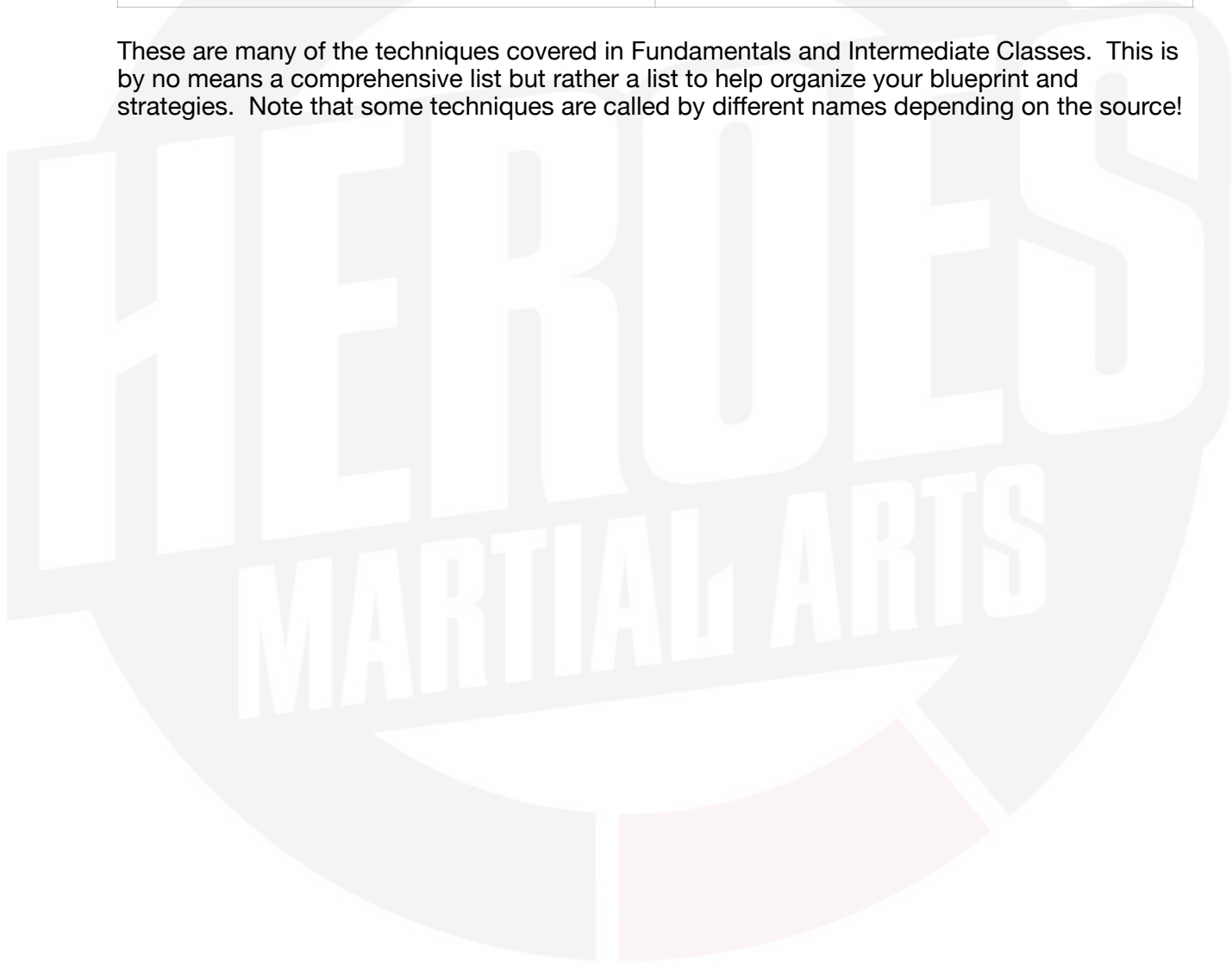
	TOP	BOTTOM
Mount	<ol style="list-style-type: none"> <li>1. Cross Collar Choke (Original)</li> <li>2. Cross Collar Choke (Gracie Academy)</li> <li>3. Americana (Original)</li> <li>4. Americana (Akins)</li> <li>5. Armbar (Original)</li> <li>6. Armbar (Gumby)</li> <li>7. Armbar (Gumby Counter)</li> <li>8. Ezekiel Choke</li> <li>9. Head and Arm Choke</li> <li>10. Wristlock</li> </ol>	<ol style="list-style-type: none"> <li>1. Upa</li> <li>2. Elbow Escape</li> <li>3. Scoop Escape</li> <li>4. Hip Blast</li> </ol>
Side Control	<ol style="list-style-type: none"> <li>1. Mount Take</li> <li>2. Knee on Belly</li> <li>3. Baseball Bat Choke</li> <li>4. Nearside Armbar</li> <li>5. Kimura Trap</li> <li>6. Mouse Trap</li> <li>7. Farside Armbar</li> <li>8. Catch Wrestler Kimura</li> <li>9. Head and Arm Choke</li> <li>10. North South Head and Arm Choke</li> <li>11. Paper Cutter Choke</li> <li>12. Wristlock</li> </ol>	<ol style="list-style-type: none"> <li>1. Regain Guard</li> <li>2. Turtle</li> <li>3. Throw by</li> <li>4. Roll Reversal</li> <li>5. Bridge Into</li> <li>6. Jail Break</li> <li>7. Regain Guard from Mount Attempt v1</li> <li>8. Regain Guard from Mount Attempt v2</li> </ol>
Closed Guard	<ol style="list-style-type: none"> <li>1. Door Stop</li> <li>2. Door Stop Hips Up</li> <li>3. Credit Card Pass</li> <li>4. Standing Pass</li> <li>5. Knee on Hip</li> <li>6. Tozi Pass</li> <li>7. Dig your elbows into your opponents thighs and make everyone hate you</li> </ol>	<ol style="list-style-type: none"> <li>1. Cross Collar Choke</li> <li>2. Sit Up Sweep</li> <li>3. Kimura Lock</li> <li>4. Kimura Sweep</li> <li>5. Scissor Sweep</li> <li>6. Sweep Tools (Basic)</li> <li>7. Armdrag (Back Take)</li> <li>8. Straight Armlock Traditional</li> <li>9. Straight Armlock High Guard</li> <li>10. Reverse Armlock</li> <li>11. Triangle Choke (Standard)</li> <li>12. Triangle Choke (Teepee)</li> <li>13. Guillotine Choke</li> <li>14. 100% Sweep</li> <li>15. Omaplata</li> <li>16. Gogoplata</li> <li>17. Baratoplata</li> <li>18. Loop Choke</li> <li>19. Wristlock</li> </ol>

Open Guard	<ol style="list-style-type: none"> <li>1. Toreando Pass (Unorthodox)</li> <li>2. Toreando Pass (Orthodox)</li> <li>3. X Pass</li> <li>4. Stack Pass (Brutal)</li> <li>5. Stack Pass (Extra Brutal)</li> <li>6. Star Pass</li> <li>7. Leg Drag Pass</li> <li>8. Cut Through Pass</li> <li>9. Hook Killing Pass</li> <li>10. Headquarters (Lovato Style)</li> <li>11. X Pass</li> <li>12. Straight Ankle Lock</li> <li>13. Toe Hold</li> </ol>	<ol style="list-style-type: none"> <li>1. Regain Closed Guard</li> <li>2. Cross Collar Choke</li> <li>3. Hook Sweep</li> <li>4. Armbar</li> <li>5. Triangle Choke (Standard)</li> <li>6. Triangle Choke (Tee Pee)</li> <li>7. Collar Drag</li> <li>8. Inside Arm Drag</li> <li>9. Outside ArmDrag</li> <li>10. Leg Drag</li> <li>11. Kiss of the Dragon</li> <li>12. Berimbolo</li> <li>13. Straight Ankle Lock</li> <li>14. Waiter Sweep</li> <li>15. Sweep Trilogy</li> <li>16. Omaplata</li> <li>17. Loop Choke</li> </ol>
Half Guard	<ol style="list-style-type: none"> <li>1. Traditional Pass to Side Control</li> <li>2. Traditional Pass to Mount</li> <li>3. Cut Through Pass</li> <li>4. Brabo Grip Pass</li> <li>5. Far Side Pass</li> <li>6. Dave Jacobs Pass</li> <li>7. Kimura</li> <li>8. Ezekiel Choke</li> <li>9. Brabo Choke</li> <li>10. Punch Choke</li> <li>11. Arm Bar (Bobby Special)</li> <li>12. Kneebars</li> </ol>	<ol style="list-style-type: none"> <li>1. Regain Full Guard</li> <li>2. Lock Down</li> <li>3. Poppa Jon Sweep</li> <li>4. Back Take</li> <li>5. Back Take Sweep</li> <li>6. Old School Sweep</li> <li>7. Kimura</li> <li>8. "Handy" Bar</li> </ol>
Back	<ol style="list-style-type: none"> <li>1. Dan Severn Choke (RNC)</li> <li>2. Mata Leo Choke (RNC)</li> <li>3. Ezekiel Choke from Back</li> <li>4. Bow and Arrow Choke</li> <li>5. Zipper Choke</li> <li>6. Catch Wrestler Kimura</li> <li>7. Reverse Triangle</li> <li>8. Armbar</li> <li>9. Back Mount</li> </ol>	<ol style="list-style-type: none"> <li>1. Escape Choke Hand Down</li> <li>2. Escape Choke Hand Up</li> <li>3. Back Door Escape</li> </ol>
Turtle	<ol style="list-style-type: none"> <li>1. Guillotine Choke</li> <li>2. Brabo Choke</li> <li>3. Anaconda Choke</li> <li>4. Loop Choke</li> <li>5. Quarter Nelson</li> <li>6. Cow Catcher</li> <li>7. Clock Choke</li> <li>8. Gore to Side Control</li> <li>9. Waist lock to Side Control</li> </ol>	<ol style="list-style-type: none"> <li>1. Persian Lift</li> <li>2. Double Leg</li> <li>3. Sit Out</li> <li>4. Sit In</li> <li>5. Regain Guard</li> <li>6. Rolling Sweep</li> </ol>

Takedowns	<ol style="list-style-type: none"><li>1. Double Leg Takedown</li><li>2. Sign Leg Takedown</li><li>3. Inside Trip</li><li>4. Fireman's Carry</li><li>5. Osoto Gari</li><li>6. Tome Nage</li><li>7. Seoi Nage</li><li>8. Guard Pull</li></ol>
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These are many of the techniques covered in Fundamentals and Intermediate Classes. This is by no means a comprehensive list but rather a list to help organize your blueprint and strategies. Note that some techniques are called by different names depending on the source!



# Heroes Jiu Jitsu Position Variations

## Mount

1. Low Mount
2. Rodeo Mount
3. S Mount
4. Sternum Cracking Mount
5. Claw Mount
6. Frog Mount

## Side Control

1. Very Low Side Control (Modified Kesa Gatame)
2. Low Cross Body Side Control
3. Cross Body Side Control
4. Cross Body Side Control with Squeeze
5. High Cross Body Side Control
6. Very High Side Control
7. Traditional Kesa Gatame
8. Gordo Kesa Gatame
9. Knee on Belly
10. Gift Wrap

## Closed Guard

1. Low Closed Guard
2. High Closed Guard
3. Aggressive Closed Guard (Marte)
4. Rubber Guard

## Open Guard

1. Open Guard with No Name
2. Spider Guard
3. De La Riva Guard
4. Reverse De La Riva
5. X Guard
6. Seated Guard
7. Butterfly Guard
8. Lapel Guard

## Half Guard

1. Traditional Half Guard
2. Lock down
3. Poppa Jon (Reverse Lockdown)
4. Deep Half Guard
5. Octopus Guard



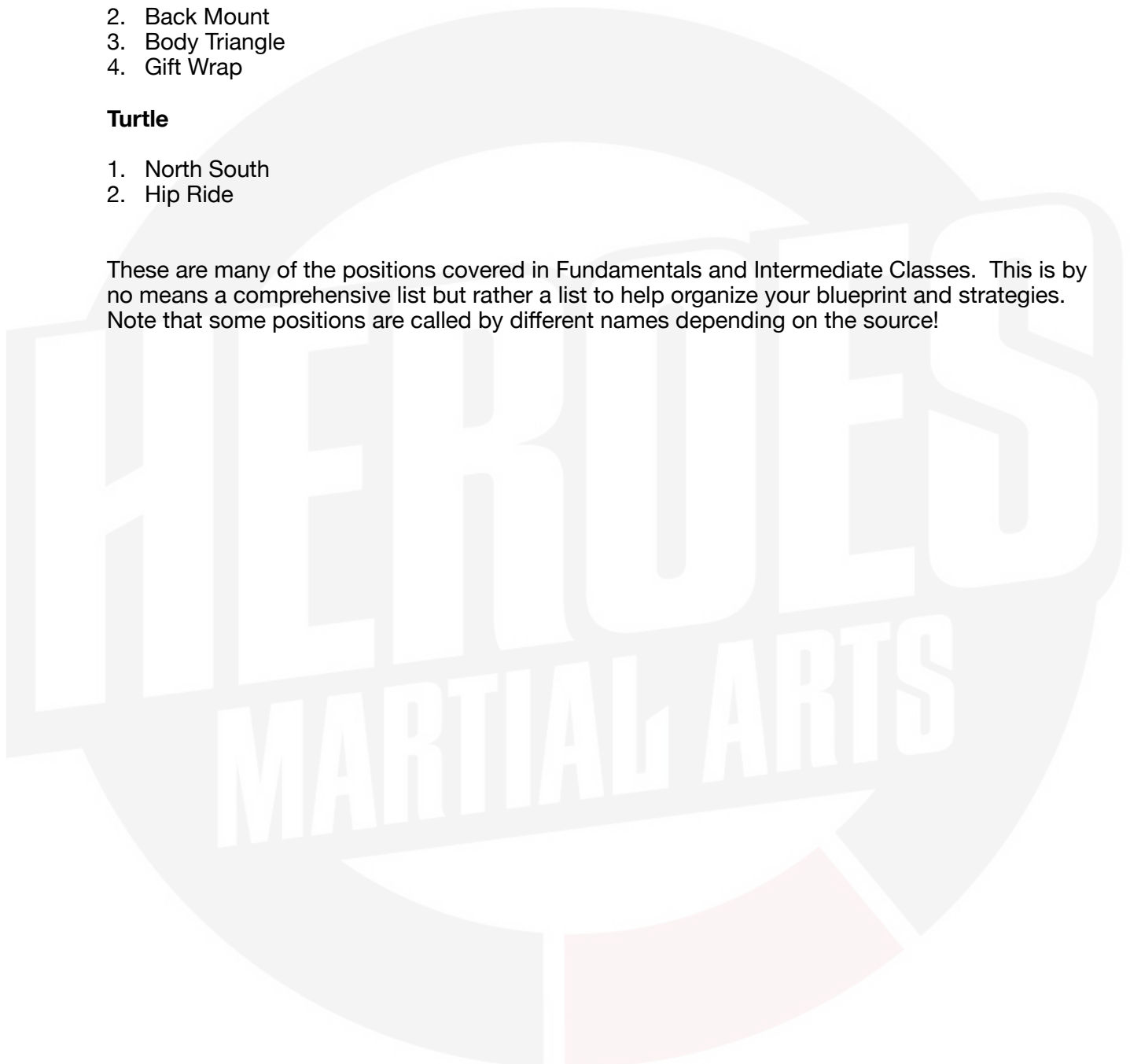
## **Back**

1. Traditional Back Control
2. Back Mount
3. Body Triangle
4. Gift Wrap

## **Turtle**

1. North South
2. Hip Ride

These are many of the positions covered in Fundamentals and Intermediate Classes. This is by no means a comprehensive list but rather a list to help organize your blueprint and strategies. Note that some positions are called by different names depending on the source!



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

# Version History

1.0 Original Release

1.01 Included Heroes Fundamentals Suggested Technique List