

MASTERY JIU-JITSU ONLINE

Course 2: SPORT BASICS. GI: ATTACKS. (SBGA)

Chapter 1. STANDING TECHNIQUES

Session 1: Throws

- Stance and grip fighting.
- Kuzushi.
- O soto gari.
- Collar drag.

Session 2: Double leg takedown

- Side takedown.
- Cut the corner.
- Set up.

Session 3: Rear takedowns

- De ashi harai, walking opponent.
- De ashi harai, immobile opponent.
- Knee block.

Chapter 2. MOUNT TECHNIQUES

Session 4: Mount Controls

- Elbow escape counter. Early and late.
- Unhook leg counter. Early and late.
- Push hips counter. Early and late.

Session 5: Mount Submissions

- Ezequiel 1.
- Ezequiel 2.
- Hand fighting strategy.
- Cross collar choke.

Chapter 3. GUARD TECHNIQUES

Session 6: Guard Submissions

- Break posture. 3 variations.
- Sneaky choke.
- Sneaky choke to armbar.
- Arm in choke.

Session 7: Guard Sweeps

- Knee kick.
- Flower.
- Spider.



Session 8: Taking the back

- Early arm drag.
- Break posture to arm drag (x2).
- Arm drag and flower sweep combination.

Session 9: Opening closed guard

- Safe hands position.
- Double ankle counter, knee variation.
- Double ankle counter, feet variation.
- Open closed guard: non-reactive opponent.

Session 10: Passing open guard

- Cross knee cut.
- Knee cut to step around.
- Toreando.

Session 11: Open guard retention

- Lapel drag.
- Granby roll.
- Chop leg sweep.
- Tripod and chop leg combination.

Chapter 4. HALF GUARD TECHNIQUES

Session 12: Half guard passes

- Knee cut.
- Sitting pass to mount.
- Sitting pass to side.
- Sitting pass to knee cut combination.

Session 13: Half guard attacks

- Cross choke.
- Arm drag.
- Knee lever sweep.

Chapter 5. SIDE MOUNT TECHNIQUES

Session 14: Controls

- Knee on belly.
- North south.
- Leg control.

Session 15: Side Mount Submissions 1

- Americana (x2).
- Straight arm.
- Kimura.



Session 16: Side Mount Submissions 2

- Cross collar from knee on belly.
- Baseball choke from knee on belly.
- Paper cutter from north south.

Chapter 6. BACK MOUNT TECHNIQUES

Session 17: Controls

- Take the back from mount.
- Weak side.
- Double under hooks.

Session 18: Submissions

- Collar choke, strong side.
- Collar choke, weak side.
- Bow and arrow choke.

Session 19: Attacking the turtle

- Choke from the back.
- Choke from front.
- Clock choke.

Chapter 7. LEG LOCK TECHNIQUES

Session 20: Straight ankle lock

- Basic mechanics.
- Open guard set up.
- Belly down.

Session 21: Toe holds

- Basic mechanics.
- Standing toe hold.
- Rolling toe hold.

Session 22: Knee bar

- Basics mechanics.
- From half-guard.
- From side mount.

Session 23: Heel hooks

- Basic mechanics.
- From open guard.
- From mount.

