

Mastery Jiu-Jitsu:
SPORT BASICS. Gi: DEFENSES (SBGD)
TEST. DRILL 1 (Time limit: 10 minutes)

STANDING

1. Front counters:

- O soto gari counter. x2
- Hip throw counter.
- Single leg counter 1.
- Single leg counter 2.

2. Rear takedown counters:

- Early. Open hands.
- Elbow in and turn.
- Step back and get up.

MOUNT

3. Escapes:

- Basic defensive position.
- Elbow escape.
- Inside elbow escape.
- Combinations of elbow and upa escapes.

4. Counters:

- Americana counters. x2
- Cross collar choke counter.
- Head and arm control counter.

5. Armbar counters:

- Early block.
- Head escape.
- Elbow escape.
- Crossed feet escapes.x2



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TEST. DRILL 2 (Time limit: 10 minutes)

GUARD

6. Counters from top:

- Basic posture.
- Choke defense. x2
- Armlock defense.
- Kimura defense. x2.

7. Triangle escapes

- Basic posture.
- Stack and rotate towards outside arm.
- Stack and rotate towards inside arm.

8. Sweep counters.

- Hip bump sweep counter.
- Scissors sweep counter.
- Spider guard counter.

9. Counters from bottom:

- Standing counter, sleeve grips, over head roll.
- Standing counter, waiter sweep.
- Toreando counter.

HALF GUARD

10. Counters:

- Counter knee cut.
- Counter sitting pass with arm over.
- Counter sitting pass arm with cross face.



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TEST. DRILL 3 (Time limit: 10 minutes)

SIDE MOUNT

11. Escapes:

- High leg escape. x2.
- Under hook escape to single.
- Timing based escapes from side. x3.

12. Knee on belly defense:

- Safe hands. Push and shrimp.
- Same side hand to re-guard. Bonus: Armlock.
- Ankle grab. Push and pull.

BACK MOUNT

13. Escapes:

- Two on one, hip to ground.
- Escaping weak side.
- Preventing re-mount.
- Shotgun defense.

14. Turtle escapes:

- Stand up.
- Back choke.
- Side roll.
- Front wrestler escape.

LEG LOCKS

15. Ankle lock:

- Early escape.x2.
- Get up escape.
- Late escape.

16. Toe holds:

- Standing counter.
- Rolling counter.

17. Knee bar:

- Early escape.
- Late escape.

18. Heel hooks:

- Early prevention.
- Late escape.



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TEST. Drill 4: SPARRING (4 minutes)

Free sparring with a Gi.

Student must demonstrate moves based on technique, not brute force. Feel free to use techniques beyond this course. Instead of being stuck in one position, allow moving from one technique to another.

No punches, this is a sport Jiu-Jitsu sparring drill.

We'll evaluate comfort on defending from inferior positions, fluidity of movement and confidence on executing techniques.

This is not a test to verify how many submissions the student can get on their partner.

Be safe at all times!

