



KOKORO JIU JITSU BEGINNER PROGRAM TECHNIQUES

MOUNT POSITION

1. Trap & Roll Escapes
 - Standard Variation & Base Get Up
 - Punch Block Variation & Standard Americana
 - Headlock Variation & Neck Hug Americana
2. Elbow Escapes
 - Standard Variation
 - Hook Removal
 - Fish Hook
 - Heel Drag
3. Positional Control
 - Anchor & Base
 - Low Swim
 - High Swim
4. Back Take from Mount
 - Back Take & Rear Naked Choke Strong Side Variation
 - Remount Technique
5. Mount Headlock Counters
 - Prevent the Get Up
 - Back Take & Rear Naked Choke Weak Side Variation
 - Arm Bar Finish
6. Arm Bar
 - Standard Variation
 - Side Variation
7. Twisting Arm Control
 - Back Mount Finish & Remount Technique
 - Arm Bar Finish

GUARD POSITION

1. Punch Block Series 1-5
 - Stage 1
 - Stage 2
 - Stage 3
 - Stage 4
 - Stage 5 & Rollover Technique
2. Elevator Sweep
 - Standard Variation
 - Headlock Variation
3. Double Ankle Sweep
 - Knee Thrust Variation
 - Kick Variation
4. Hook Sweep
5. Triangle Choke
 - 1.5 Set Up
 - Giant Killer Variation
6. Arm Bar
 - Low Variation
 - High Variation
 - Triangle Transition
7. Kimura Arm Lock
 - Rider Variation
 - Forced Variation
8. Take the Back
9. Double Underhook Guard Pass
 - Open Guard Variation
 - Closed Guard Variation

SIDE MOUNT POSITION

1. Positional Control
 - Roll Prevention
 - Modified Side Mount
 - Guard Prevention
 - Mount Transition
2. Shrimp Escape
 - Block & Shoot Variation
 - Shrimp & Shoot Variation
 - Rider Variation
3. Elbow Escape
 - Knee Drive Variation
 - High Step Variation
4. Headlock Escape 1
 - Standard Frame Escape & Scissor Follow Up
 - Super Lock Variation
5. Headlock Escape 2
 - Standard Leg Hook Escape
 - Super Base Variation
 - Punch Block Variation

STANDING POSITION

1. Establish the Clinch
 - Aggressive Opponent & Leg Hook Takedown
 - Conservative Opponent & Body Fold Takedown
2. Haymaker Punch Defense & Rear Takedown
3. Double Leg Takedown
 - Aggressive Opponent
 - Conservative Opponent
4. Pull Guard
5. Guillotine Choke
 - Standing Variation
 - Guard Pull Variation
6. Standing Arm Bar
7. Standing Headlock Defense
8. Guillotine Defense

FREESTYLE FIGHT DRILL

In a five-minute Freestyle Fight Simulation Drill, you will demonstrate as many different techniques as possible in response to indicators presented by your partner. In this drill, we will again assess your technical accuracy, but first and foremost, we use fight simulation to evaluate your reflexes. So, it is essential for you and your partner to remain silent. Specifically, neither you nor your partner should announce indicators or call for techniques.

The sole exception to this rule is when communication is necessary to cooperatively transition to a new position in order to maximize the volume and variety of techniques. Also, make sure that your partner challenges you with realistic bad guy behaviors at a speed that will enable us to assess your true reflexes. A properly executed Freestyle Fight Simulation Drill will help us confirm your readiness and earn you your Blue Belt.