

## **ADULTS 6 Week Course**

### **1. Basic movement, positions and terminology**

- Shrimping, Tech Standup, Etc.
- Basic Positions of JiuJitsu
- Basic Break falling
- Basic Throws
- Standing Games

### **2. Mount**

- Standing to ground
- Mount Attacks
- Mount Escapes

### **3. Guard**

- Standing to ground
- Guard Attacks
- Guard Breaks/ Escapes

### **4. Side Control**

- Standing to ground
- Side Control Attacks
- Side Control Escapes

### **5. Back**

- Standing to ground
- Back Attacks
- Back Escapes

### **6. Putting it all together**

By the end of the course you should be able to perform 1 technique from each of the topic areas, for this you will receive a recognition award for your achievement and will be able to join our Fundamentals classes