

Jiu Jitsu Libre Curriculum

Week 1: Introduction to Jiu Jitsu

Overview of Jiu Jitsu and its benefits

- What is Jiu Jitsu and where did it come from?
- How has Jiu Jitsu evolved over time?
- What are some of the benefits of practicing Jiu Jitsu, both physical and mental?

Basic movements and positions

- What are some of the basic movements used in Jiu Jitsu, such as shrimping and bridging?
- What are the different positions in Jiu Jitsu, such as guard, mount, and side control?
- How do these basic movements and positions form the foundation for more advanced techniques in Jiu Jitsu?

Explanation of how Jiu Jitsu can improve focus and self-discipline

- How can practicing Jiu Jitsu improve your ability to focus and concentrate?
- What are some of the mental challenges that come with learning Jiu Jitsu, and how can you overcome them?
- How can Jiu Jitsu help you develop self-discipline, both on and off the mat?

Week 2: Guard and Escapes

Introduction to the guard position

- What is the guard position, and how is it used in Jiu Jitsu?
- What are some of the different types of guard, such as closed guard and open guard?
- How can you use the guard to control your opponent and set up attacks?

Basic guard escapes

- What are some of the common ways that an opponent can try to pass your guard?
- How can you use basic guard escapes to prevent your opponent from passing and regain your guard?
- What are some of the key details to keep in mind when performing guard escapes?

Discussion of how Jiu Jitsu can improve problem-solving skills

- How does Jiu Jitsu require you to think strategically and problem-solve on the fly?
- What are some of the common problems that arise during sparring, and how can you work to solve them?
- How can the problem-solving skills you develop in Jiu Jitsu be applied to other areas of your life?

Week 3: Mount and Escapes

Introduction to the mount position

- What is the mount position, and how is it used in Jiu Jitsu?
- What are some of the ways that you can attack from the mount position?

- How can you maintain control of the mount position and prevent your opponent from escaping?

Basic mount escapes

- What are some of the common ways that an opponent can try to attack you from the mount position?
- How can you use basic mount escapes to escape from the mount and regain a more favorable position?
- What are some of the key details to keep in mind when performing mount escapes?

Explanation of how Jiu Jitsu can improve self-confidence and self-esteem

- How can practicing Jiu Jitsu help you develop a sense of confidence in yourself and your abilities?
- What are some of the challenges that you may face when learning Jiu Jitsu, and how can you overcome them to build your self-esteem?
- How can the confidence you develop in Jiu Jitsu be applied to other areas of your life?

Week 4: Side Control and Escapes

Introduction to side control position

- What is side control position, and how is it used in Jiu Jitsu?
- What are the different variations of side control position, and how are they used?
- How can you use side control position to control your opponent and set up attacks?

Basic escapes from side control

- What are some of the common ways that an opponent can control you from side control position?
- How can you use basic escapes to escape from side control and regain a neutral or advantageous position in the fight?
- What are some of the key details to keep in mind when performing escapes from side control?

Discussion of how Jiu Jitsu can improve self-awareness and emotional regulation

- How can practicing Jiu Jitsu help you develop self-awareness and emotional regulation skills?
- What are some of the ways that Jiu Jitsu requires you to be aware of your own body and emotions, as well as those of your opponent?
- How can the self-awareness and emotional regulation skills you develop in Jiu Jitsu be applied to other areas of your life?

Week 5: Closed Guard Attacks

Overview of closed guard attacks

- What are some of the different types of attacks that can be used from the closed guard position?
- How can you set up and execute submissions from the closed guard?
- What are some of the key details to keep in mind when performing closed guard attacks?

Discussion of how Jiu Jitsu can improve emotional regulation and stress management

- How can practicing Jiu Jitsu help you learn to regulate your emotions and manage stress?
- What are some of the ways that Jiu Jitsu can help you develop resilience in the face of adversity?

- How can the skills you learn in Jiu Jitsu be applied to managing difficult emotions and stressful situations in your daily life?

Week 6: Open Guard Attacks

Overview of open guard attacks

- What are some of the different types of attacks that can be used from the open guard position?
- How can you use the open guard to set up sweeps and submissions?
- What are some of the key details to keep in mind when performing open guard attacks?

Discussion of how Jiu Jitsu can improve communication and social skills

- How can practicing Jiu Jitsu help you develop communication and social skills?
- What are some of the ways that Jiu Jitsu requires you to communicate effectively with your training partners and instructors?
- How can the social skills you develop in Jiu Jitsu be applied to building positive relationships in other areas of your life?

Week 7: Takedowns and Throws

Introduction to takedowns and throws

- What are some of the different types of takedowns and throws used in Jiu Jitsu?
- How can you set up and execute takedowns and throws?
- What are some of the key details to keep in mind when performing takedowns and throws?

Discussion of how Jiu Jitsu can improve goal-setting and decision-making skills

- How can practicing Jiu Jitsu help you develop goal-setting skills?
- What are some of the ways that Jiu Jitsu requires you to make decisions quickly and effectively?
- How can the decision-making skills you develop in Jiu Jitsu be applied to achieving goals in other areas of your life?

Week 8: Half Guard and Escapes

Introduction to the half guard position

- What is the half guard position, and how is it used in Jiu Jitsu?
- What are some of the ways that you can attack from the half guard position?
- How can you maintain control of the half guard position and prevent your opponent from escaping?

Basic half guard escapes

- What are some of the common ways that an opponent can try to attack you from the half guard position?
- How can you use basic half guard escapes to escape from the half guard and regain a more favorable position?
- What are some of the key details to keep in mind when performing half guard escapes?

Explanation of how Jiu Jitsu can improve empathy and conflict resolution skills

- How can practicing Jiu Jitsu help you develop empathy and conflict resolution skills?
- What are some of the ways that Jiu Jitsu requires you to understand and empathize with your training partners?
- How can the conflict resolution skills you develop in Jiu Jitsu be applied to resolving conflicts in other areas of your life?

Week 9: Side Control and Transitions

Introduction to side control position

- What is side control, and how is it used in Jiu Jitsu?
- What are some of the ways that you can attack from the side control position?
- How can you maintain control of the side control position and prevent your opponent from escaping?

Basic transitions from side control

- What are some of the common ways that an opponent can try to escape from the side control position?
- How can you use basic transitions to maintain control and keep the dominant position?
- What are some of the key details to keep in mind when performing transitions from side control?

Discussion of how Jiu Jitsu can improve self-confidence and self-esteem

- How can practicing Jiu Jitsu help you develop self-confidence and self-esteem?
- What are some of the ways that Jiu Jitsu requires you to trust yourself and your abilities?
- How can the self-confidence you develop in Jiu Jitsu be applied to other areas of your life?

Week 10: Mount Position and Attacks

Introduction to mount position

- What is mount position, and how is it used in Jiu Jitsu?
- What are some of the ways that you can attack from mount position?
- How can you maintain control of the mount position and prevent your opponent from escaping?

Basic attacks from mount position

- What are some of the common ways that an opponent can try to escape from mount position?
- How can you use basic attacks to maintain control and finish the fight?
- What are some of the key details to keep in mind when performing attacks from mount position?

Discussion of how Jiu Jitsu can improve discipline and focus

- How can practicing Jiu Jitsu help you develop discipline and focus?
- What are some of the ways that Jiu Jitsu requires you to stay disciplined and focused during training and competition?
- How can the discipline and focus you develop in Jiu Jitsu be applied to other areas of your life?

Week 11: Back Control and Submissions

Introduction to back control position

- What is back control, and how is it used in Jiu Jitsu?
- What are some ways that you can attack from back control position?
- How can you maintain control of the back control position and prevent your opponent from escaping?

Basic submissions from back control position

- What are some of the common ways that an opponent can try to escape from back control position?
- How can you use basic submissions to maintain control and finish the fight?
- What are some of the key details to keep in mind when performing submissions from back control position?

Discussion of how Jiu Jitsu can improve resilience and mental toughness

- How can practicing Jiu Jitsu help you develop resilience and mental toughness?
- What are some of the ways that Jiu Jitsu requires you to push through physical and mental challenges?
- How can the resilience and mental toughness you develop in Jiu Jitsu be applied to other areas of your life?

Week 12: Review and Open Mat

Review of all techniques learned in the previous 11 weeks