

# **COMBAT SUBMISSION**



# **BRAZILIAN JIU-JITSU**

## **Requirements** White Belt to Blue Belt



**Affiliate Manual**

# Brazilian Jiu-Jitsu Requirements - White to Blue

## Fundamentals

- Tie the belt
- Break Fall
- Technical get ups
- Sprawl
- Shrimp (5 Ways) Left Leg, Right Leg, Both Legs, Reverse, Side Shrimp on Elbow or Hand
- Sit Outs
- Bridge
- Leg Circles
- Triangles
- Double Shrimps & Tripple Shrimps
- Figure 8 Drill

## Fundamental Drills

- Side Flow Drill (Top) Star Drill 1
- Swaying Base Drill
- Elbow control drill under the side

## From Kneeling

- Snap And Spin
- Snap, Jam, Double leg

## Guard Attacks

- Break Posture in guard - Pull Knees
- Break Posture in guard - Two hands under & kill the post
- Cross Choke "Gyaku-juji-jime"
- Guillotine Choke
- Arm Bar
- Triangle
- Omoplata
- Kimura
- Achilles Lock A.
- Achilles Lock B.

## Guard Defenses

- Posture (driving hips to ground, one arm post)
- Display active protection from attacks and sweeps

## Guard Breaks & Passes

- Single Over Pass
- Single Under Pass
- Over Under
- Double Over
- Double Under
- Leg Shuck Sweep
- Hip Bump Sweep

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### **Guard Sweeps**

- Scissor Sweep to Mount
- Push Scissor Sweep
- Kick Off to Technical get up to Knees
- Head stuff / over hook / under hook / go to knees

### **Standing Guard Sweeps**

- Star Sweep
- Double ankle grab sweep to standing guard - Head up
- Tomonage to standing guard - Head Down

### **Side Control Attacks**

- Three variations of the cross body
- V Arm Lock
- Goose Neck
- Cross Choke under shoulder
- Kimura
- Straight Arm Lock

### **Mounting From Side**

- Basic Mount from Cross Body (Arm Out) - Kill the top arm
- Wedge Mount / step over or knee slide

### **Escape Side Control**

- Regain the Guard from Cross Body
- Escape Side turn to knees
- Reverse Shrimp - Back Door escape
- Push pull bridge from head lock

### **Mount Attacks**

- Mount Retention Drill
- Basic Cross Choke
- V Arm Lock
- Spinning Arm Bar
- Ezekiel - Fist Choke

### **Mount Escapes**

- Low Mount - Arm trap bridge
- High mount - shimmy to get elbows in & knee bump trap and roll
- Elbow knee escape / hip escape to guard
- Back Door Escape

### **Back Attacks**

- Spin to back and put in Hooks
- Lat pull and put in hooks
- Big Choke
- Break Down the turtle
- Short Choke

### **Back Defense**

- Escape from Back Control with Hooks
- Pummel Hooks face down
- Go to back - Head, Shoulders, Hips, Prevent Mount

### **Turtle / Kneeling**

- Snap & Spin - Hooks in and tilt
- Snap Jam Double
- Arm Drag to seat belt - Dive roll
- Head and arm throw
- O Soto Gari
- Pull Guard / Knee push into guard

# Week To Week Curriculum Breakdowns

Professor Erik will teach a different position each week during his Brazilian Jiu-Jitsu classes. During that week he will cover basic, intermediate and advanced material to ensure that each student receives the material needed for advancement.

1. Kneeling
2. Guard
3. Side
4. Mount
5. Back
6. Grip Breaking & Throwing / Takedowns

If you have questions about setting up your program you can contact the association anytime and we will be happy to assist you.

# Training Categories

## Kneeling

- Snap And Spin
- Snap, Jam, Double leg

## Guard Passing

- Single Over Pass
- Single Under Pass
- Over Under
- Double Over
- Double Under
- Leg Shuck Sweep
- Hip Bump Sweep

## Guard Sweeping

- Scissor Sweep to Mount
- Push Scissor Sweep
- Kick Off to Technical get up to Knees
- Head stuff / Over Hook / Under Hook / Go to knees

## Guard Submissions

- Break Posture in guard - Pull knees
- Break Posture in guard - Two hands under & kill the post
- Cross Choke "Gyaku-juji-jime"
- Guillotine Choke
- Arm Bar
- Triangle
- Omoplata
- Kimura
- Achilles Lock A.
- Achilles Lock B.

## Side Control Submissions

- Three variations of the cross body
- V Arm Lock
- Goose Neck
- Cross Choke under shoulder
- Kimura
- Straight Arm Lock

## Side Control Escapes

- Regain the Guard from Cross Body
- Escape side turn to knees
- Reverse Shrimp - Back Door escape
- Push pull bridge from head lock

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### **Side to Mount**

- Basic Mount from Cross Body (Arm Out) - Kill the top arm
- Wedge mound / step over or knee slide

### **Mount Submissions**

- Mount Retention Drill
- Basic Cross Choke
- V Arm Lock
- Spinning Arm Bar
- Ezekiel - Fist Choke

### **Mount Escapes**

- Low Mount - Arm trap bridge
- High mount - shimmy to get elbows in & knee bump trap and roll
- Elbow knee escape / hip escape to guard
- Back Door Escape

### **Back Submissions**

- Spin to back and put in Hooks
- Lat pull and put in hooks
- Big Choke
- Break Down the turtle
- Short Choke

### **Back Escapes**

- Escape from Back Control with Hooks
- Pummel Hooks face down
- Go to back - Head, Shoulders, Hips, Prevent Mount

### **Grip Breaking & Throwing / Takedowns**

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Class One Erik Paulson's Brazilian Jiu-Jitsu

**Kneeling**

Snap And Spin  
Snap, Jam, Double leg

**Warm Up**

Bridge  
Shrimp  
Break Fall

Class Two Erik Paulson's Brazilian Jiu-Jitsu

**Guard Passing**

Single Over Pass  
Single under pass  
Over Under

**Warm Up**

Bridge  
Tech Get Ups  
Sprawls

Class Three Erik Paulson's Brazilian Jiu-Jitsu

**Guard Passing**

Double over  
Double under  
Leg shuck sweep  
Hip Bump sweep

**Warm Up**

Bridge  
Sit Outs  
Leg Circles

Class Four Erik Paulson's Brazilian Jiu-Jitsu

**Guard Sweeping**

Scissor Sweep to Mount  
Push Scissor Sweep

**Warm Up**

Bridge Left to Right  
Shrimps  
Double Shrimps  
Leg Circles

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## Class Five Erik Paulson's Brazilian Jiu-Jitsu

### Guard Sweeping

Kick Off to Technical get up to Knees  
Head stuff / over hook / under hook / go to knees

### Warm Up

Bridge Left to Right  
Shrimps  
Sit Outs  
Triangles

## Class Six Erik Paulson's Brazilian Jiu-Jitsu

### Guard Submissions

Break Posture in guard - Pull knees  
Break Posture in guard - Two hands under & kill the post  
Cross Choke "Gyaku-juji-jime"  
Guillotine Choke

### Warm Up

Bridge Left to Right  
Triangles  
Leg circles

## Class Seven Erik Paulson's Brazilian Jiu-Jitsu

### Guard Submissions

Arm Bar  
Triangle  
Omoplata

### Warm Up

Shrimps  
Triangles  
Figure 8 Drills

## Class Eight Erik Paulson's Brazilian Jiu-Jitsu

### Guard Submissions

Kimura  
Achilles Lock A  
Achilles Lock B

### Warm Up

Shrimps  
Triangles  
Figure 8 Drills

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## Class Nine Erik Paulson's Brazilian Jiu-Jitsu

### Side Control Submissions

Three variations of the cross body  
V Arm Lock  
Goose Neck

### Warm Up

Bridge  
Bridge left to right  
Shrimps  
Tripple Shrimps

## Class Ten Erik Paulson's Brazilian Jiu-Jitsu

### Side Control Submissions

Cross Choke under shoulder  
Kimura  
Straight Arm Lock

### Warm Up

Bridge  
Bridge left to right  
Shrimps  
Tripple Shrimps

## Class Eleven Erik Paulson's Brazilian Jiu-Jitsu

### Side Control Escapes

Regain the Guard from Cross Body  
Escape side turn to knees

### Warm Up

Bridge  
Bridge left to right  
Shrimps  
Tripple Shrimps

## Class Twelve Erik Paulson's Brazilian Jiu-Jitsu

### Side Control Escapes

Reverse Shrimp - Back Door escape  
Push pull bridge from head lock

### Warm Up

Bridge  
Bridge left to right  
Shrimps  
Tripple Shrimps

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## Class Thirteen Erik Paulson's Brazilian Jiu-Jitsu

### Side to Mount

Basic Mount from Cross Body (Arm Out) - Kill the top arm  
Wedge mound / step over or knee slide

### Warm Up

Sit Outs  
Tech Get Ups  
Swaying Base

## Class Fourteen Erik Paulson's Brazilian Jiu-Jitsu

### Mount Submissions

Mount Retention Drill  
Basic Cross Choke  
V Arm Lock

### Warm Up

Sit Outs  
Tech Get Ups  
Swaying Base

## Class Fifteen Erik Paulson's Brazilian Jiu-Jitsu

### Mount Submissions

Spinning Arm Bar  
Ezekiel - Fist Choke

### Warm Up

Bridge  
Bridge left to right  
Shrimps  
Tripple Shrimps

## Class Sixteen Erik Paulson's Brazilian Jiu-Jitsu

### Mount Escapes

Low Mount - Arm trap bridge  
High mount - shimmy to get elbows in & knee bump trap and roll

### Warm Up

Bridge  
Bridge left to right  
Shrimps  
Tripple Shrimps

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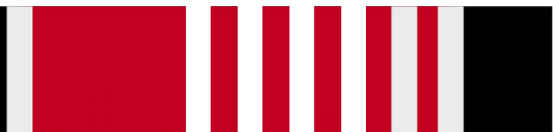


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Class Seventeen Erik Paulson's Brazilian Jiu-Jitsu



**Mount Escapes**

Elbow knee escape / hip escape to guard  
Back Door Escape

**Warm Up**

Bridge  
Bridge left to right  
Shrimps  
Tripple Shrimps

Class Eighteen Erik Paulson's Brazilian Jiu-Jitsu



**Back Submissions**

Spin to back and put in Hooks  
Lat pull and put in hooks  
Big Choke  
Break Down the turtle  
Short Choke

**Warm Up**

Break Falls  
Tech Get ups  
Sprawls

Class Nineteen Erik Paulson's Brazilian Jiu-Jitsu



**Back Escapes**

Escape from Back Control with Hooks  
Pummel Hooks face down  
Go to back - Head, Shoulders, Hips, Prevent Mount

**Warm Up**

Break Falls  
Tech Get ups  
Sprawls

Class Twenty Erik Paulson's Brazilian Jiu-Jitsu



**Grip Breaking & Throwing / Takedowns**

coming soon

**Warm Up**

coming soon

## **Improve Your Guard written by Erik Paulson**

Abdominals, hip flexors, lower back extensor and flexors, hamstrings, glutes, and obliques are key muscle groups used to break your opponent down in your guard. These muscles give you the ability to sit quickly, sweep quickly, and improve your front and back breakdown. They all have one thing in common ? they improve your functional core strength from the guard position. This enables you to have the strength to consistently break someone down as they try to sit up in your guard by 1) breaking out their elbows and pulling your knees to your chest; 2) by sitting up and grabbing the top of your knees while your feet are still closed and pulling your opponent forward; and 3) by putting your low guard around their hips and your feet on the floor and balling up when they sit up to pass.

By developing your core strength, you will also decrease the possibility of any injuries to your back, hip flexors, and groin, which are among the most stressed-out parts of the body while operating from the guard. I have found, in addition to wrestling, drilling, and live sparring on the mat, that there are several excellent drills, exercises, and pieces of equipment that have improved my stability and strength in this weak area. These exercises have increased my balance and base. In turn, this helped my takedowns and balance in the guard, and helped me not to get swept, to break my opponents down, and to sweep or overturn them with greater ease, effectiveness, and results.

My training partners have told me that my level has really increased a lot and that I feel much stronger, and that my attacks and controls are more solid. I believe that after I did these comprehensive drills four times a week, for 30 minutes each day for six months as my warm-up, it helped my guard level to jump drastically. The equipment that I use is 1) the Power Wheel (a wheel with an hand axle through it); 2) power cords (elastic bungee cords) ? used with and without the belt; 3) the weighted rubber medicine ball; and 4) the large diameter inflatable Swiss Ball.

With the Power Wheel, I do a 10 minute workout by strapping it to my feet and doing V-ups, knee-ups, and walks all done prone, facing down. Facing up, I do hamstring curls and holds. I then work out for 10 minutes with the power cord. I strap it to a ring pole and do twisting exercises, throws against resistance, curls, triceps extensions, squat lunges with the belt, vale tudo guard passes, vertical jumps, and all my focus mitt and pad work. With the weighted rubber medicine ball, I do twists, throws, one-armed throws, and squat throws at a cement wall or a partner for five minutes. With the Swiss Ball I work out for five minutes doing push-ups (alternating my feet and hands on the ball), hips rolls, single and double sprawls, and sit-ups. Then my partner and I both grab a side of the ball (over and under) and try to throw each other by twisting the ball.

When I was training for fights my strength level seemed to get much stronger and much quicker with this 30-minute warm-up set. This was not because I just did martial athletics for longer periods of time and not because I lifted weights, but because I added these core strengthening exercises to my daily routine. Countless NCAA wrestlers, the Iowa wrestling team, Matt Furey, Greg Nelson (trainer of numerous star NHB fighters including Dave Menne and Sean Sherk, the RAW Team, Dan Inosanto, and many others have utilized the Power Wheel, power cables, and other core equipment drills and exercises to greatly enhance their maximum athletic potential. I recommend that all combat athletes do this. Train hard, train smart!

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## **The White Belt Mentality written by Erik Paulson**

During my travels with Guro Dan Inosanto, I have heard him repeatedly say that, “Martial arts is the most humbling experience. The more you know, the more you know that you don’t know. As soon as you think you’re getting good at something, someone comes along and surprises you.” Guro Dan keeps emphasizing the point that all martial arts practitioners, regardless of rank, should have a white belt mentality. This will always keep you hungry so you won’t rest on your laurels, letting others pass you by. This concept is the same idea that is given in the children’s story, The Tortoise and the Hare. You can think you’re good, and you can be assured you’re going to win, but if you stop training and stop evolving and consistently changing then you will eventually get passed by someone who might be less talented, but yet who trains regularly.

### **Consistency**

The key word in not resting on your laurels is consistency. You should always stay on the cutting edge of your art, work to create more efficiency in you techniques and training methods, and dedicate yourself to being as hungry on your 1,000th day of practice as you were on your 1st. If you do get burned out, you should rekindle the passion and love you feel for your art by creating new ways to learn and grow by using your creativity and imagination.

### **Creativity**

You can create new methods and ideas in your training, by training with many other students who you might not be close friends with, thus assuring that you will be in for surprises. You’ll be tried, trued, and tested ? because if you try it and it doesn’t work, then it isn’t true and didn’t pass the test. But since each person is different, you can then move to a different training partner and start again to develop your game. Moving from partner to partner gives a freshness to your training that will help you keep the edge, give you new energy, and help to keep your interest. Other methods to grow and learn include teaching others, reading, competing, fighting, meditating and self-visualization, attending tournaments or fights as a spectator, and through dreaming. You can often find solutions to problems in the “sky library” that otherwise might elude you, which happens when you dream, or meditate.

### **Three Ways To Learn**

There are three ways to learn. The first is through doing, the second is through receiving, and the third is by seeing. So in any situation you can always use one of these methods to come away with something useful. Remember that it is a process not a product that you are after and that will help you to maintain consistency and creativity. When your cup is full it will spill over, so leave it consistently empty so you’ll always have a thirst to fill it up. If you do that, you’ll be amazed at the results you’ll get. Train hard, train smart!

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