

FUNDAMENTALS

GRACIE HUMAITA JIU-JITSU CURRICULUM



BY PROFESSOR EMMANUEL GALVAN

Every Lesson Includes

26 Lessons – 3 to 4 techniques each – Rotating Curriculum

Movements

Jiu-jitsu Movements – At the Beginning of each class, we do several warm up exercises to facilitate agility and mobility. I prefer to do a short warm up and then move on to incorporate specific Jiu-jitsu movements that we could need in the techniques of the day. Shrimps, Falls, or Positional Drilling depending on the day and time.

Self Defense

Self Defense – The absolute foundation of a martial arts is the ability to translate what we do in the class to the real world that is why every fundamental class includes 1 or 2 self defense techniques.

Ground Techniques

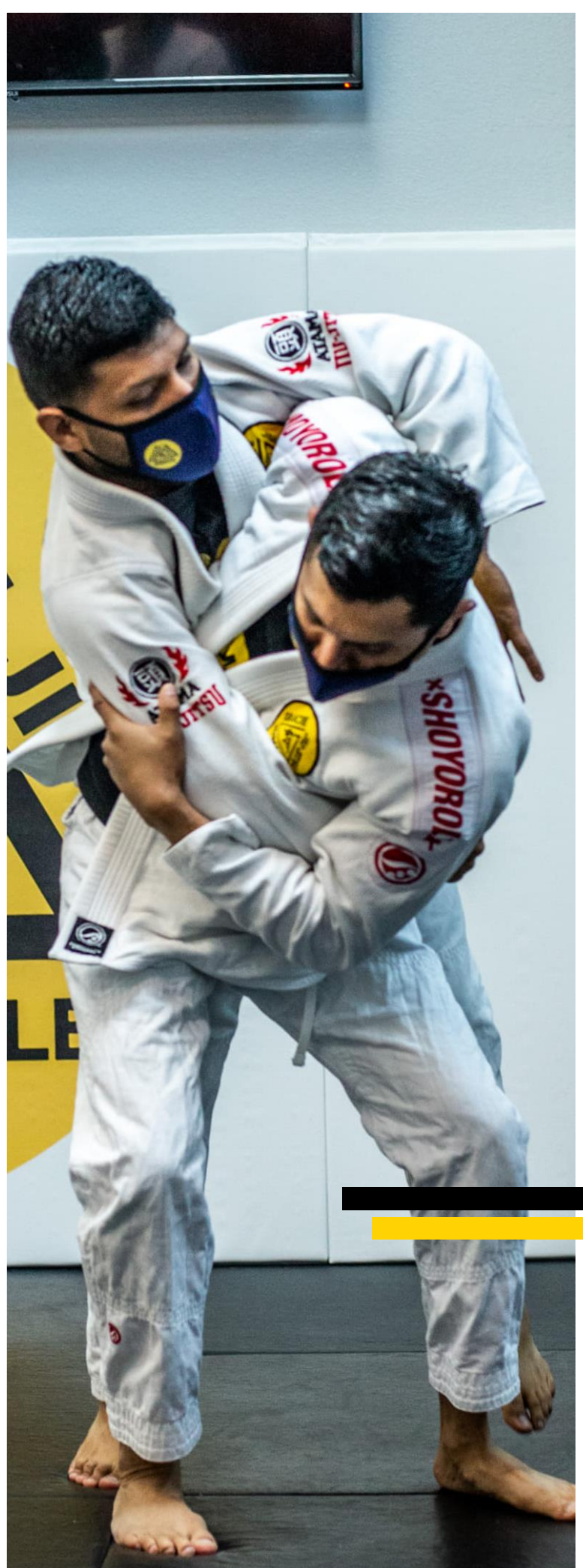
Ground Techniques – What Jiu-jitsu is known for, Ground Techniques. Learn Standing, top ground, and bottom ground positions and techniques. Jiu-jitsu has thousands of techniques, Every fundamental class has at least 2 ground techniques.

Rotating Curriculum

Fundamental – “forming a necessary base or core.”

What is the **difference** between a beginner technique and an advanced technique? A beginner technique is a technique that we do not need an underlying understanding to a position and or submission for us to train it and is the structure for all the advanced techniques. If I would teach an advanced technique I would usually prelude to it by saying, “ok, so we have worked on this position before now lets expand on it.”

All the fundamental techniques are shown in a 26 lesson **rotating curriculum**. It doesn't matter where the students joins in the cycle. Once the cycle completes, it will restart. Students Should see all lessons twice before Blue Belt and will repeat every technique at least 4 times before moving on to the advanced class.



Lesson 1

- Defense Against the two-handed front choke
- Defense against a single-handed lapel grab
- The Upa drill
- Escape from the mounted position, “Upa”

Lesson 2

- Rolling and breaking a fall
- The single-handed wrist grab (palm down)
- Passing the guard
- Moving from across-side position into the mounted position.

Lesson 3

- Two-handed wrist grab
- Defense against standing side headlock
- Front collar choke
- Attacking from the mounted position “Americana”

Lesson 4

- Defense against the rear bear hug
- Defense against the front-thrusting kick
- Thrusting choke, “Amassa Pão”
- Defense against the thrusting choke

Lesson 5

- Defense against a guillotine choke
- Defense against the front bear hug under arms
- Scissors sweep
- Push sweep

Lesson 6

- Defense against a standing rear choke push forward
- Elbow strikes
- Headlock escape on ground 1
- Arm bar from the mounted position

Lesson 7

- Defense against the bear hug (over the arms)
- The double ankle grab sweep
- A common counter to the double ankle
- Double leg sweep to arm bar

Lesson 8

- Defense against the shoulder grab
- Another defense to the shoulder grab
- Elevator sweep
- Headlock escape on ground 2

Lesson 9

- Side Kick
- The elbow escape drill
- Elbow escape from bottom of across-side position

Lesson 10

- Defense against the rear hook
- The offensive hip throw
- Attack from the guard position, “Kimura”
- Headlock escape 3

Lesson 11

- Defense against the throat grab
- The transition from the mounted position to the rear mounted position
- Sliding collar choke (strangle)
- The rear naked choke, “Mata Leão”

Lesson 12

- Standing guillotine
- The guillotine choke
- Defending guillotine choke
- Defending guillotine choke

Lesson 13

- Defense against double-lapel grab open
- Elbow escape from mount
- The triangle choke
- Transition from the triangle choke into the arm bar

Lesson 14

- Double leg takedown, “Baiana”
- Underarm collar choke
- Headlock on ground escape 4
- The Achilles’ ankle lock

Lesson 15

- Single-handed wrist grab (palm down)
- Standing guard pass
- Moving from across-side to the mounted position
- Front lapel strangle hold

Lesson 16

- Defense against hand on chest
- The arm-inside sweep
- The arm-inside arm bar
- The handstand sweep

Lesson 17

- How to stand up properly in a street fight
- The knee-on-stomach position
- Arm bar from the knee-on-stomach position
- Defense against the knee-on-stomach position

Lesson 18

- Defense against the standing rear choke pulling back
- Stacking the guard position into an ankle lock
- Knee-bar attack from inside the guard position
- The “Kimura” lock

Lesson 19

- Defense against the front-thrusting kick
- Shoulder lock using the legs, “Omoplata”
- The sweep from the seated open (“butterfly”) guard
- Getting to your opponents back from the guard

Lesson 20

- Two handed choke against the wall
- The overhead sweep
- Leg-binding sweep
- The kick-over sweep

Lesson 21

- Escape from the common standing headlock
- Strangle from across-side
- Arm bar from across-side position
- Kimono neck crank position from across-side position

Lesson 22

- Defense against a rear two-handed grab
- Moving from the north-south position to your opponent's back
- North-south position into toehold
- Knee bar from across-side position

Lesson 23

- Defense against one-handed choke against wall
- Ankle lock attack from the open guard
- The hook sweep
- The sickle sweep

Lesson 24

- Escape from being pushed up against a wall
- A stranglehold from the knee-on-stomach position
- Pressing arm lock from across-side
- Turning shoulder lock from across-side position

Lesson 25

- Escape from the standing headlock
- Breaking out of a head lock and going into arm bar
- Transition from the mounted position to the side-mounted stranglehold
- Foot lock counter to the rear-mounted position

The Difference of Gracie Humaita

I had the opportunity to train with 3 great Gracie Masters, One of them said “all this self defense I know, but I don’t teach it to my students its all competition and mma training.” The second Master said, “no I only teach the original Self Defense Jiu-jitsu, no competition training.” And lastly, our Master Royler said, “No this is Humaita we know all the self defense, AND we are World Champions!” Learn all of Jiu-jitsu, beginning with the fundamentals! We are part of one of the greatest Jiu-jitsu Teams in my opinion. Do your part to keep it great, Train hard, Study hard and be consistent in your training.



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“Everything that you wanted out of Jiu-jitsu, is on the mat.

Prof. Emmanuel Galvan