

2022 CURRICULUM GUIDE

WEEK 1

CLASS A WRESTLING

ANKLE PICK

Basic movement review from standing, circling + ankle pick

GROUND

ESCAPES

Upa and hip escapes, plus theory

CLASS B STAND-UP

CLINCH

Sitting inside hook sacrifice to mount

GROUND

BASIC ARMLOCK

Two hands on chest, and if opponent turns variation

CLASS C/D STAND-UP

COLLAR-SLEEVE

Sitting inside hook sacrifice to mount

GROUND

AMERICANA + GIFTWRAP

Americana head and no-head wrap variation, plus how to establish giftwrap + arm attack

WEEKLY POSITIONAL FOCUS: MOUNT

WEEK 2

CLASS A WRESTLING

SINGLE-LEG (Atk)

Set-ups for single leg attack to dominant position

GROUND

RNC

How to establish the rear naked choke + maintain back control

CLASS B STAND-UP

SINGLE-LEG (Atk)

Set-ups for single leg attack to dominant position

GROUND

RNC + ARMLOCK

How to establish the rear naked choke and armlock if opponent defends choke

CLASS C/D STAND-UP

BACK TAKEDOWN (x2)

Two basic variations when on opponents back while standing

GROUND

GI CHOKES

Basic gi choke and bow & arrow, maintaining back control

WEEKLY POSITIONAL FOCUS: BACK-CONTROL (Atk)

WEEK 3

CLASS A WRESTLING

SINGLE-LEG (Def)

How to defend against the single leg

GROUND

CLOSED PASSING

Posture details and passing from both knees and standing

CLASS B STAND-UP

FRONT HEADLOCK (Def)

Defense against a front headlock

GROUND

CLOSED PASSING

Posture details and passing from both knees and standing

CLASS C/D STAND-UP

SIDE-HEADLOCK (Def)

Three variations for defending the side headlock

GROUND

CLOSED PASSING

Posture details and passing from both knees and standing

WEEKLY POSITIONAL FOCUS: CLOSED GUARD (Top)

WEEK 4

CLASS A WRESTLING

DOUBLE LEG (Atk)

Double leg entries for successful takedown

GROUND

KIMURA

Kimura setup from side-control

CLASS B STAND-UP

DOUBLE LEG (Atk)

Double leg entries for successful takedown

GROUND

BASICS

Understanding what to do with your weight, how to keep someone flat, common mistakes

CLASS C/D STAND-UP

DOUBLE LEG (Def)

Avoid the takedown with sprawl

GROUND

MOUNTING & GI ATKS

Knee slide to mount, hip-switch to mount, and what to do if kimura fails (variations)

WEEKLY POSITIONAL FOCUS: SIDE-CONTROL (Top)

WEEK 5

CLASS A WRESTLING

DOUBLE LEG (Def)

Avoid the takedown with sprawl

GROUND

KILLER CLOSED!

What makes a guard a 'killer' guard, theories and tactics

CLASS B STAND-UP

INSIDE TRIP

Establishing clinch, and getting inside hook trip

GROUND

ARMLOCK

Armlock attack variations from the bottom

CLASS C/D STAND-UP

DROP THROW

Drop throw after establishing clinch

GROUND

ARMLOCK + TRIANGLE

Armlock, triangle, armlock combo plus details on finishing the triangle

WEEKLY POSITIONAL FOCUS: CLOSED GUARD (Bottom)

WEEK 6

CLASS A WRESTLING

ARM DRAG

Using armdrag to get to back

GROUND

KoB (Atk)

Theory and general attacks

CLASS B STAND-UP

ARM DRAG (Def)

Preventing back take from arm-drag

GROUND

KoB (Atk)

Pinning arm to americana

CLASS C/D STAND-UP

GRIPPED ARM DRAG

Bringing sleeve across body to get to back

GROUND

KoB (Def)

Defending Knee on Belly, from start to finish!

WEEKLY POSITIONAL FOCUS: KNEE-ON-BELLY

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WEEK 7

CLASS A WRESTLING

DUCK UNDER

Duck under to knee trip

GROUND MOUNTING + ATTACKS

How to obtain mount and general attack options

CLASS B STAND-UP

PUNCH BLOCK

Defending against looping punch to clinch

GROUND

POSITIONAL AWARENESS

Keeping base, preventing someone from getting under you, and going to mount

CLASS C/D STAND-UP

HAYMAKER (Def)

Defending against large haymaker, duck under to back control

GROUND

KIMURA ATTACKS

Stepping over head and rolling for kimura attack, plus how to walk foot to butt to pass to mount

WEEKLY POSITIONAL FOCUS: HALF-GUARD (Top)

WEEK 8

CLASS A WRESTLING

SIT-THROUGH (Def)

How to sit-through on a failed takedown

GROUND

BACK DEFENSE

Getting back of head to mat & turning in

CLASS B STAND-UP

NECK DEFENSE

How to defend if someone grabs your neck from behind

GROUND

GENERAL THEORY (Sitting)

How to defend if opponent is under/behind you.

CLASS C/D STAND-UP

BEAR HUG (Def)

Defending against two arm over/under bear hug

GROUND

TURTLE

How to peel off opponent, and prevent from being flattened

WEEKLY POSITIONAL FOCUS: BACK-CONTROL (Def)

WEEK 9

CLASS A WRESTLING

BELLY-TO-BELLY

Pummel to belly-to-belly throw/trip

GROUND

BREAKING POSTURE

How to bring opponent down to your level + theory

CLASS B STAND-UP

BELLY-TO-BACK

Ducking to the back, using hips to lift and dump opponent into armlock

GROUND

SCISSOR SWEEPS

Variations of scissor sweeps

CLASS C/D STAND-UP

DOUBLE-UNDER LEG

HOOK
Establishing double under clinch and outside leg attack to trip

GROUND

SINGLE/DOUBLE ANKLE

Sweeps for when you have 1 or 2 ankles in your control on bottom as opponent stands

WEEKLY POSITIONAL FOCUS: CLOSED GUARD (Bottom)

WEEK 10

CLASS A WRESTLING

HIGH VS LOW CROTCH

Explaining difference between high crotch and low crotch takedowns

GROUND SMASHING

How to use pressure to smash the knee shield, and walk around legs

CLASS B STAND-UP

WALL WORK

Pummel work off the wall

GROUND BASICS FOR PASSING

What to avoid, how to smash with hips and common mistakes

CLASS C/D STAND-UP

DOUBLE LEG (Def)

Avoid the takedown with sprawl

GROUND

HIP GRIP AND BOUNCE OVER

Using gi to control / lock far side leg, knee bar option, and hopping over if frame on head

WEEKLY POSITIONAL FOCUS: KNEE SHIELD

WEEK 11

CLASS A WRESTLING

SNAP DOWN

Using clinch to perform snap-down to head/arm control

GROUND

HIP PRESSURE

How to 'kill' the traditional open guard with hip pressure

CLASS B STAND-UP

WALL WORK

Head lock defense and single leg off wall

GROUND

MODERN PASSING

Avoiding the legs and stepping around. Drop to knees if you must.

CLASS C/D STAND-UP

SNAP DOWN (Gi)

Using gi to perform snap-down

GROUND

TRADITIONAL PASSES

Knee stuff, and side-to-side movement. How to keep weight on when passing.

WEEKLY POSITIONAL FOCUS: OPEN GUARD (Top)

WEEK 12

CLASS A WRESTLING

DUCK UNDER

Using duck under to get back control + takedown from back

GROUND

ATTACKS

Cross choke attack options from top mount

CLASS B STAND-UP

DUCK UNDER

Using duck under to get back control + takedown from back

GROUND

SURVIVAL + ESCAPES

General survival on bottom, plus knee to elbow escape options

CLASS C/D STAND-UP

KNEE STOMP

Using knee stomp to close distance and get clinch

GROUND

ATTACKS

Using the gi to attack, with Ezekiel and traditional gi choke options.

WEEKLY POSITIONAL FOCUS: MOUNT

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WEEK 13

CLASS A WRESTLING

RUSSIAN TIE

Strip grips in clinch to establish Russian tie

GROUND

ANKLE LOCK

Basic ankle lock attack & setup from standing and sitting

CLASS B STAND-UP

GRIP FIGHTING

Sitting inside hook sacrifice to mount

GROUND

HEEL HOOKS

Introduction into the world of heel hooks

CLASS C/D STAND-UP

GRIP FIGHTING

Sitting inside hook sacrifice to mount

GROUND

KNEE BARS AND TOE HOLDS

Setting up knee bar (standing), toe holds (from ankle lock position).

WEEKLY POSITIONAL FOCUS: LEGS

WEEK 14

CLASS A WRESTLING

WRESTLE UP

How to wrestle up from open guard

GROUND

GUARD RETENTION

Preventing the pass

CLASS B STAND-UP

PUNCH-BLOCK TO HIP THROW

Avoiding getting hit, and entering hip throw

GROUND

STRAIGHT ARMLOCK

Arm attack if opponent puts hands on knees, and if opponent falls into guard

CLASS C/D STAND-UP

PULLING GUARD

Armlock, and general concepts when pulling guard

GROUND

SWEEPS

Sweeping options from the bottom in open guard

WEEKLY POSITIONAL FOCUS: OPEN GUARD (Bottom)

WEEK 15

CLASS A WRESTLING

RUSSIAN TIE (Def)

Using frame to pull shoulder out and reset

GROUND

ATTACKS

Guillotine, arm-in, and Peruvian necktie options.

CLASS B STAND-UP

FRONT CHOKE + WRIST

LOCK OPTIONS
Defense against a front two handed choke + wrist locks from standing

GROUND

DEFENSE

How to slip to back, or retain guard

CLASS C/D STAND-UP

HIP THROWS

Seo and drop seo options from standing.

GROUND

BREAKING DOWN + ATTACKS

Breaking opponent over their hip, and establishing mount

WEEKLY POSITIONAL FOCUS: TURTLE

WEEK 16

CLASS A WRESTLING

DOUBLE LEG (Atk)

Using failed snap down from week 14 to perform blast-double

GROUND

FRAMES + GUARD RECOVERY

The important of good frames to establish any escape, + guard retention

CLASS B STAND-UP

OVERHOOK HIP THROW

Opponent drives in, tries to duck. Importance of wizard and hip throw.

GROUND

BASICS

Understanding what to do with your weight, how to keep someone flat, common mistakes

CLASS C/D STAND-UP

DOUBLE LEG (Def)

Avoid the takedown with sprawl

GROUND

GOING TO BACK / DOG FIGHT

Using your underhook to go to back, and initiate the 'dog fight'

WEEKLY POSITIONAL FOCUS: SIDE-CONTROL (Bottom)

WEEK 17

CLASS A WRESTLING

GRIP FIGHTING

Focus on establishing the grips you want, what type of grips are available

GROUND

KILLER CLOSED!

What makes a guard a 'killer' guard, theories and tactics

CLASS B STAND-UP

SINGLE LEG TURN AWAY

How to finish the single leg if opponent turns away

GROUND

TAKE THE BACK

Getting to the back from closed guard

CLASS C/D STAND-UP

ANKLE, INSIDE TRIP TO ANKLE

Combo attack chaining ankle pick, inside trip, and back to ankle if it fails

GROUND

CHOKES!

Gi choke options from the bottom

WEEKLY POSITIONAL FOCUS: CLOSED GUARD (BOTTOM)

WEEK 18

CLASS A WRESTLING

Guillotine / Arm In

Guillotine from standing, and arm-in guillotine sit to finish

GROUND

ANKLE LOCK (Def)

Jumping over the foot on the hip, or riding the moment up

CLASS B STAND-UP

Guillotine / Arm In

Guillotine from standing, and arm-in guillotine sit to finish

GROUND

HEEL HOOKS

An introduction into defending heel hooks

CLASS C/D STAND-UP

BEAR HUG (Def)

Two arms under, how to defend after getting frame / rounding back

GROUND

KNEE BARS & TOE HOLDS

How to unravel the leg entanglement and survive

WEEKLY POSITIONAL FOCUS: LEG DEFENSE



LEGEND

Class A – Monday night class with Scott & Davey. High intensity.

Class B – No-gi Class on Tuesday night typically with Lorette or MacKinnon. Low-to-moderate intensity.

Class C/D – Gi classes on Wednesday / Friday night typically with Lorette or MacKinnon. Low-to-moderate intensity.