

Zanshin Dojo BJJ Graduation Day-Programm

Erwachsene / Ab Blaugurt



Blue Belt BJJ / Stripe 1-4	
Breakfall	<ul style="list-style-type: none"> - Forward roll shoulder - reverse roll - and different Breakfalls
Takedowns	<ul style="list-style-type: none"> - 4 different Takedowns
Escapes	<ul style="list-style-type: none"> <li style="width: 60%;"> <ul style="list-style-type: none"> - Mount - Backmount - Side Control (Kesa Gatame) <li style="width: 35%;"> <ul style="list-style-type: none"> -Side Control -Knee on Stomach
Sweeps / Guard Passes	<ul style="list-style-type: none"> <li style="width: 60%;"> <ul style="list-style-type: none"> - Closed Guard Sweep (2 variations) - Half Guard Sweep (1 variation) <li style="width: 35%;"> <ul style="list-style-type: none"> -Closed Guard Pass (2- variations) -Half Guard Pass (1 variation)
Submissions	<ul style="list-style-type: none"> - Mount - 3 variations - Backmount - 3 variations - Side Control - 3 variations - Closed Guard - 3 variations - 1 Straight Footlock
Escapes or Counter against Submissions	<ul style="list-style-type: none"> - one each (see above)
Sparring	<ul style="list-style-type: none"> - 3 Rounds a 5 minutes

Purple Belt BJJ / Stripe 1-4

Takedowns	- 5 different Takedowns
Takedown Counter	- 2 Variations
Escapes	<ul style="list-style-type: none"> - Mount (2 variations) - Backmount (2 variations) - Side Control (Kesa Gatame) (2 variations) - Side Control (2 variations) - Knee on Stomach (2 variations)
Sweeps / Guard Passes	<ul style="list-style-type: none"> - Sweep against standing opponent (1 variation) - Closed Guard Sweep (2 variations) - Half Guard Sweep (1 variation) - Closed Guard Pass (2 variations) - Half Guard Pass (1 variation)
Submissions	<ul style="list-style-type: none"> - Mount (4 variations) - Back Mount (4 variations) - Knee on Stomach (2 variations) - Leg Locks (2 variations) - Side Control (4 variations) - Side Control (Kesa gatame) (2 variations) - Wrist Lock (2 variations)
Escapes or Counter against Submissions	- one each (see above)
Sparring	- 4 Rounds a 5 minutes

Brown Belt BJJ / Stripe 1-4

Takedowns	- 6 different Takedowns
Takedown Counter	- 4 Variations
Escapes	<ul style="list-style-type: none"> - Mount (3 variations) - Backmount (3 variations) - Side Control (3 variations) - Side Control (Kesa Gatame) (2 variations) - Knee on Stomach (2 variations)
Sweeps / Guard Passes	<ul style="list-style-type: none"> - Sweep against standing opponent (2 variation) - Closed Guard Sweep (3 variations) - Half Guard Sweep (2 variations) - Closed Guard Pass (3- variations) - Half Guard Pass (2 variations)
Submissions	<ul style="list-style-type: none"> - Mount (5 variations) - Back Mount (5 variations) - Knee on Stomach (2 variations) - Leg Locks (3 variations) - Foot Lock (2 Variations) - Side Control (5 variations) - Side Control (Kesa gatame (2 variations)
Escapes or Counter against Submissions	- one each (see above)
Sparring	- 2 Rounds a 8 minutes