

BJJ Prototype Report

Abe

2022-06-15

Tournament 11/6/2021 Report

This report is about a NEWBREEd Tournament where the final placing was 1st in Gi and 3rd in No Gi. The report will breakdown what moves were effective both offensively and defensively. Move attempts and successes will be documented as well as recommendations for based on the analysis.

Win/Loss Ratio

- 5 total match's
- 4 Wins
- 1 Loss

$4/5 = 80\%$ win ratio for the day

Match Points

Average points scored per match

- Scored an avg of 7.2 points per match

Average points scored upon per match

- Gave up an avg of 2.2 per match

Move Analysis

Offense

Top successful offensive moves

Top Successful Offensive Moves



Top 3 successful offense moves

1. Lateral throw
2. Offensive guard
3. Offensive half guard

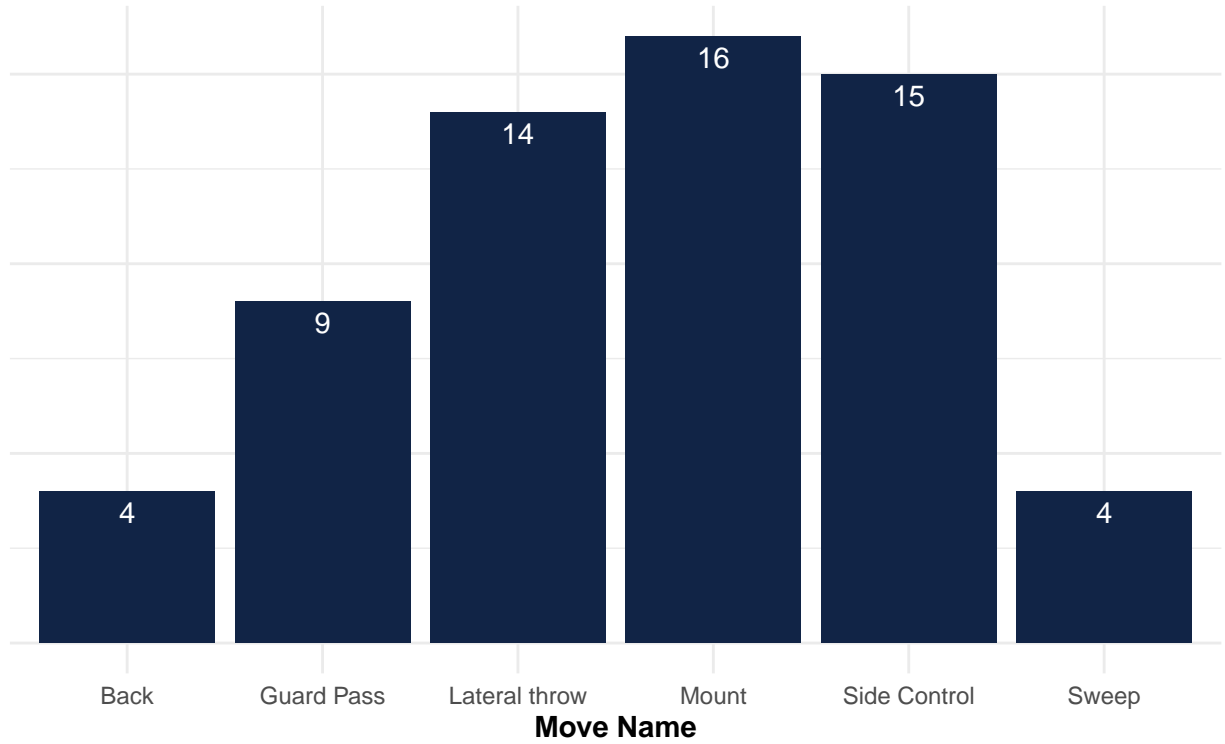
Most offensive successful categories

1. Position - 21x
2. Takedown - 7x
3. Transition - 5x

Points Scored per move

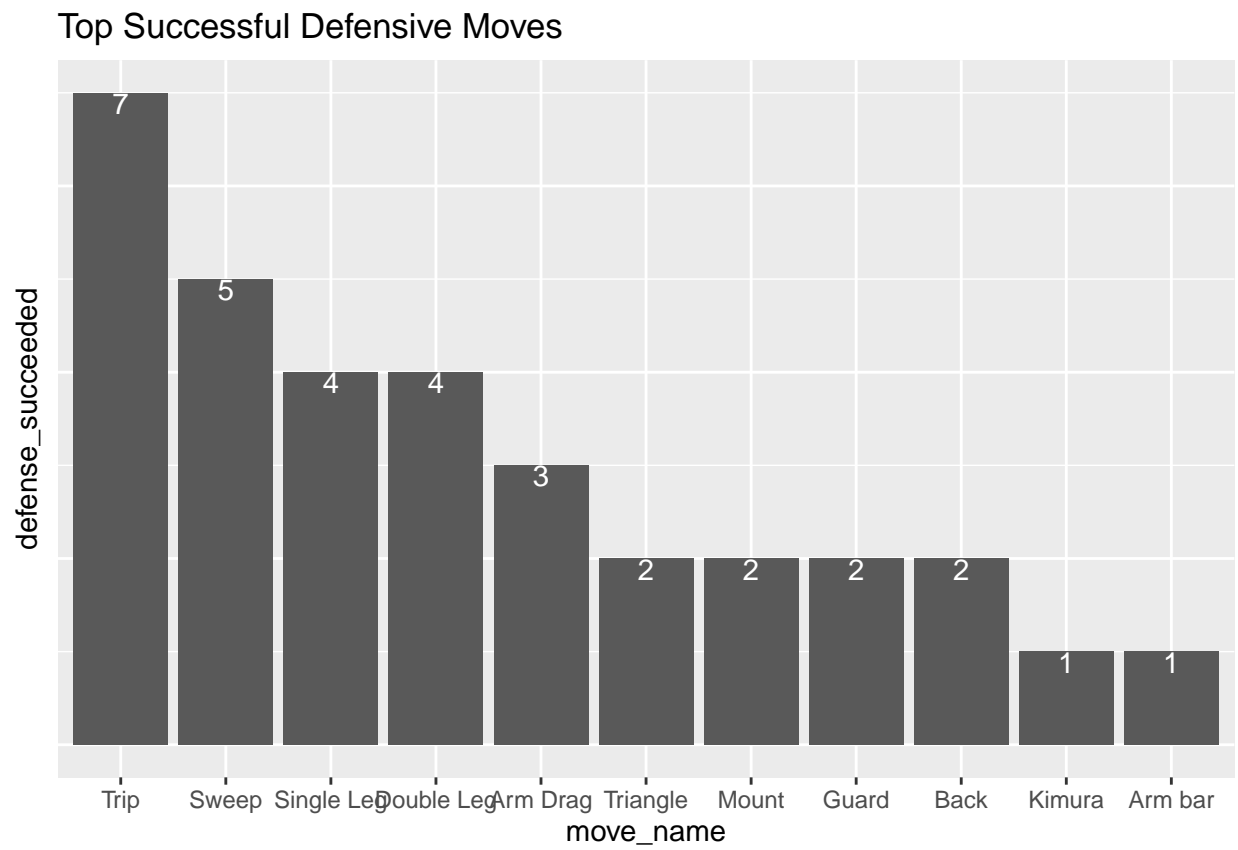
Points Scored

Moves & amount of points scored against opponents



Defense

Top successful defensive moves



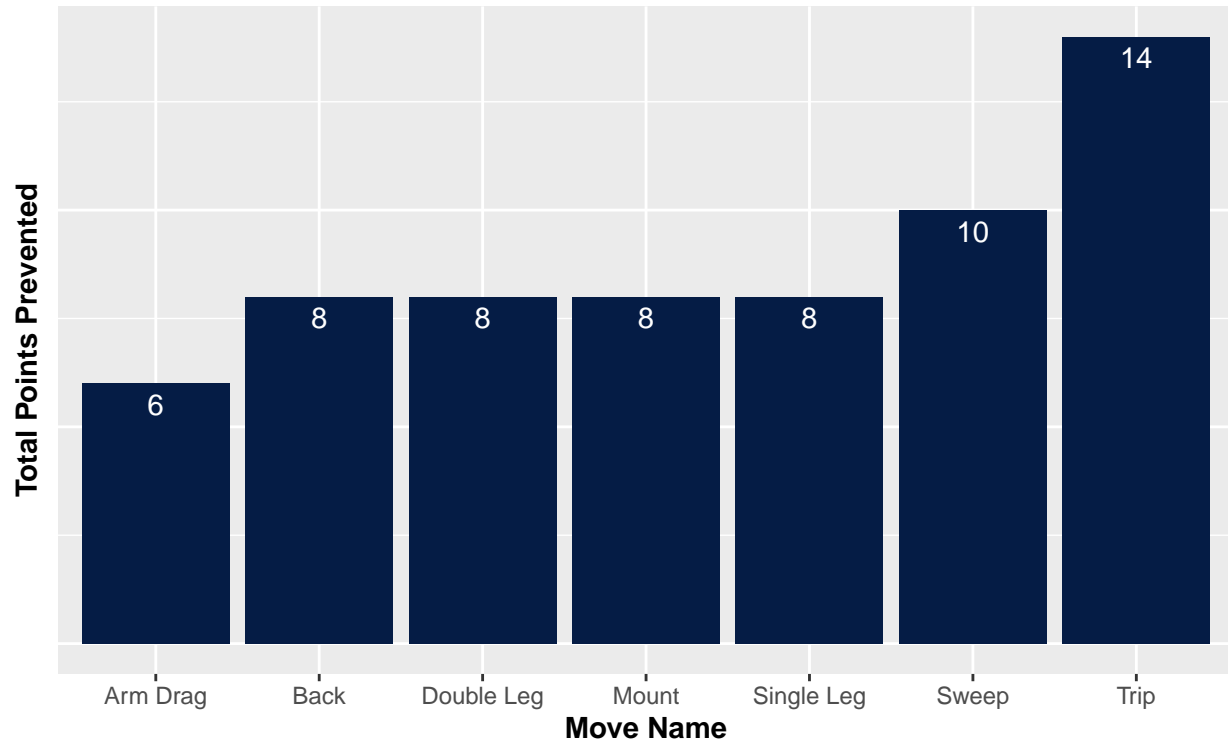
Top 3 successful defensive moves

1. Trip
2. Sweep
3. Tie single and double leg

Points Prevented per Move

Points Prevented

This shows which points I successfully defended



Final Analysis & Recommendations

Offense

- Offensive success was seen mostly in guard and half guard but ended up with no submissions. Have a game plan if going to primarily play in guard chain together sweeps and submissions.
- Only had 1 takedown that was effective for the entire tournament. The lateral throw was successful 7 times scoring 14 point across all matches. Although, this move is highly effective it won't work on everyone. Be sure to work other takedowns into game plan. Using fakes to set up shots, drags, snapdowns, etc.
- Out of the 3 offensive categories, positional moves were most successful. This shows success in getting to mount, back, and side control. No submissions were achieved. Strongly encourage finding a solid submission in each positional category to obtain a finish.
- Mount and side control scored the most points resulting in 16 & 15 total points for each. This shows strong passing abilities to get into high scoring dominate situations.

Defense

- Prevented mostly takedowns with trips and single/double legs. Denied opponents 30 total points from takedowns. While in opponents guard denied 5 sweeps for a total of 10 points. Having a strong wrestling base allowed for the prevention of so many points.

- There were 3 arm drag's that were successfully defended. Most of the time a re-drag is available to takedown opponent or set up another takedown.
- Mount and back mount were prevented twice a piece denying the highest scoring positions. Allowing the opponent to score in those positions having the highest probability of changing the match outcome.
- Effective triangle, kimura, and arm bar defense. The one match that was loss was due to kimura. Hand was on mat and opponent capitalized.

Key takeaways

- Finish opponents when in dominate positions, work on 1 submission while in mount, half guard, side control to have a solid sub in each position.
- Need a variety of takedowns the lateral throw won't work against everyone and will not always be available. Must develop other takedowns starting with fakes and faints which will open up a vareity of opportunities.
- Counter wrestling was solid in prevention of opponent scoring, must capitalize on those opportunities to re-shot, re-arm, throw, etc to score.