

# BJJ week practice and questions

Friday, April 5, 2024 2:44 PM

## BJJ Important questions when learning a new bjj technique

1. What submissions can I apply from [bjj position]?
2. How to apply [this bjj technique]?
3. How to scape from [this bjj technique]?
4. How to avoid scaping from [this bjj technique]?
5. How can I make a transition if opponent defends or scapes from [this bjj technique]?
  - a. How would the opponent defend or scape from [this bjj technique]?
6. How can I make a setup/faint to apply [this bjj technique]?

## Weekly train

### Monday

1. Dril arpon guardia x (Guardia sentada) <https://www.udemy.com/course/bji-drills-jiu-jitsu/learn/lecture/37129472#overview>
2. Dril arpon y raspado (Guardia sentada) <https://www.udemy.com/course/bji-drills-jiu-jitsu/learn/lecture/37129480#overview>
3. Pasador de rodillas (Guardia sentada) <https://www.udemy.com/course/bji-drills-jiu-jitsu/learn/lecture/37129484#overview>
4. Posicion rotura de postura del pasador (Guardia cerrada) <https://www.udemy.com/course/bji-drills-jiu-jitsu/learn/lecture/37129504#overview>
5. Derribo desde espalda [https://www.youtube.com/watch?v=YwgOgmXHIhs&list=PLCfckSmbMr9YnwPHVHW0fSWVsZrh-8fhW&ab\\_channel=HispaFight-MMABJJ](https://www.youtube.com/watch?v=YwgOgmXHIhs&list=PLCfckSmbMr9YnwPHVHW0fSWVsZrh-8fhW&ab_channel=HispaFight-MMABJJ)
6. Double leg 4 formas (gancho, giro, pasos laterales, derribo cintura) [https://www.youtube.com/watch?v=9ggyvaXNvMg&list=PLCfckSmbMr9YnwPHVHW0fSWVsZrh-8fhW&index=2&ab\\_channel=HispaFight-MMABJJ](https://www.youtube.com/watch?v=9ggyvaXNvMg&list=PLCfckSmbMr9YnwPHVHW0fSWVsZrh-8fhW&index=2&ab_channel=HispaFight-MMABJJ)
7. Bombero (kata guruma) [https://www.youtube.com/watch?v=Z6d90\\_dyDpk&list=PLCfckSmbMr9YnwPHVHW0fSWVsZrh-8fhW&index=9&ab\\_channel=HispaFight-MMABJJ](https://www.youtube.com/watch?v=Z6d90_dyDpk&list=PLCfckSmbMr9YnwPHVHW0fSWVsZrh-8fhW&index=9&ab_channel=HispaFight-MMABJJ)
8. Ouchi gari <https://www.youtube.com/watch?v=anBAB7s9wOk&t=37s>
9. Osoto gari <https://www.youtube.com/watch?v=anBAB7s9wOk&t=108s>
10. Koushi gari <https://www.youtube.com/watch?v=anBAB7s9wOk&t=161s>

### Tuesday

1. Takedowns  
[https://www.youtube.com/watch?v=FmZLJjS7j\\_c&list=PLwaUHVJEv7nuHo37vRQNNnlZq4a92OTCV&index=1&ab\\_channel=TeachMeGrapplingCoachBrian](https://www.youtube.com/watch?v=FmZLJjS7j_c&list=PLwaUHVJEv7nuHo37vRQNNnlZq4a92OTCV&index=1&ab_channel=TeachMeGrapplingCoachBrian)

### Wednesday

1. Jalon de brazo (Guardia sentada agarra cabeza) <https://www.udemy.com/course/bji-drills-jiu-jitsu/learn/lecture/37129516#overview>
2. Golpe de cadera (Guardia sentada) <https://www.udemy.com/course/bji-drills-jiu-jitsu/learn/lecture/37129532#overview>
3. Raspado de loto (Guardia sentada agarra axila) <https://www.udemy.com/course/bji-drills-jiu-jitsu/learn/lecture/37129570#overview>
4. Drill guillotina/kimura (Guardia sentada) <https://www.udemy.com/course/bji-drills-jiu-jitsu/learn/lecture/37129588#overview>
5. Single leg 3 formas [https://www.youtube.com/watch?v=zyf\\_dOGTKwU&list=PLCfckSmbMr9YnwPHVHW0fSWVsZrh-8fhW&index=3&ab\\_channel=HispaFight-MMABJJ](https://www.youtube.com/watch?v=zyf_dOGTKwU&list=PLCfckSmbMr9YnwPHVHW0fSWVsZrh-8fhW&index=3&ab_channel=HispaFight-MMABJJ)
6. Salida montada [https://www.youtube.com/watch?v=9jm4cRTwxU0&ab\\_channel=HispaFight-MMABJJ](https://www.youtube.com/watch?v=9jm4cRTwxU0&ab_channel=HispaFight-MMABJJ)
7. o-goshi <https://www.youtube.com/watch?v=anBAB7s9wOk&t=207s>
8. Uchi-Mata <https://youtu.be/anBAB7s9wOk?t=270>
9. Ippon seoi Nage <https://www.youtube.com/watch?v=anBAB7s9wOk&t=366s>

### Thursday

1. TMG clips  
[https://www.youtube.com/watch?v=FmZLJjS7j\\_c&list=PLwaUHVJEv7nuHo37vRQNNnlZq4a92OTCV&index=1&ab\\_channel=TeachMeGrapplingCoachBrian](https://www.youtube.com/watch?v=FmZLJjS7j_c&list=PLwaUHVJEv7nuHo37vRQNNnlZq4a92OTCV&index=1&ab_channel=TeachMeGrapplingCoachBrian)

### Friday

1. Drill arm bar (Guardia sentada) <https://www.udemy.com/course/bji-drills-jiu-jitsu/learn/lecture/37129596#overview>
2. Drill Triangulo (Guardia sentada) <https://www.udemy.com/course/bji-drills-jiu-jitsu/learn/lecture/37129610#overview>
3. Drill Omoplate (Guardia sentada) <https://www.udemy.com/course/bji-drills-jiu-jitsu/learn/lecture/37129616#overview>
4. Drill salida 100 kg [https://www.youtube.com/watch?v=sLDP--1v9uo&ab\\_channel=HispaFight-MMABJJ](https://www.youtube.com/watch?v=sLDP--1v9uo&ab_channel=HispaFight-MMABJJ)
5. Pase de guardia [https://www.youtube.com/watch?v=tFBkNRMNdLk&ab\\_channel=HispaFight-MMABJJ](https://www.youtube.com/watch?v=tFBkNRMNdLk&ab_channel=HispaFight-MMABJJ)
6. Salida de rodilla en el estomago 2 formas [https://www.youtube.com/watch?v=CzvXFndXQmo&ab\\_channel=HispaFight-MMABJJ](https://www.youtube.com/watch?v=CzvXFndXQmo&ab_channel=HispaFight-MMABJJ)  
[https://www.youtube.com/watch?v=rwM5hBM7z-o&ab\\_channel=HispaFight-MMABJJ](https://www.youtube.com/watch?v=rwM5hBM7z-o&ab_channel=HispaFight-MMABJJ)
7. Sasae Tsurikomi Ashi <https://www.youtube.com/watch?v=anBAB7s9wOk&t=438s>
8. Tomoe Nagi <https://www.youtube.com/watch?v=anBAB7s9wOk&t=541s>
9. Tai otoshi <https://www.youtube.com/watch?v=anBAB7s9wOk&t=641s>

### Saturday

1. TMG clips  
[https://www.youtube.com/watch?v=FmZLJjS7j\\_c&list=PLwaUHVJEv7nuHo37vRQNNnlZq4a92OTCV&index=1&ab\\_channel=TeachMeGrapplingCoachBrian](https://www.youtube.com/watch?v=FmZLJjS7j_c&list=PLwaUHVJEv7nuHo37vRQNNnlZq4a92OTCV&index=1&ab_channel=TeachMeGrapplingCoachBrian)