

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/feint to apply [this bjj technique]?

Weekly train

Monday

1. Dril arpon guardia x (Guardia sentada)
2. Dril arpon y raspado (Guardia sentada)
3. Pasador de rodillas (Guardia sentada)
4. Posicion rotura de postura del pasador (Guardia cerrada)
5. Derribo desde espalda
6. Double leg 4 formas (gancho, giro, pasos laterales, derribo cintura)
7. Bombero
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=FmZLjS7j_c&list=PLwaUHVJEV7nuHo37vRQNnnlZq4a92OTCV&index=1&ab_channel=TeachMeGrapplingCoachBrian

Wednesday

1. Jalon de brazo (Guardia sentada agarra cabeza) <https://www.udemy.com/course/bjj-drills-jiu-jitsu/learn/lecture/37129516#overview>
2. Golpe de cadera (Guardia sentada)
3. Raspado de loto (Guardia sentada agarra axila) <https://www.udemy.com/course/bjj-drills-jiu-jitsu/learn/lecture/37129570#overview>
4. Drill guillotina/kimura (Guardia sentada)
5. Single leg 3 formas
6. Salida montada
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=FmZLjS7j_c&list=PLwaUHVJEV7nuHo37vRQNnnlZq4a92OTCV&index=1&ab_channel=TeachMeGrapplingCoachBrian

Friday

1. Drill arm bar (Guardia sentada)
2. Drill Triangulo (Guardia sentada)
3. Drill Omoplata (Guardia sentada)
4. Drill salida 100 kg
5. Pase de guardia
6. Salida de rodilla en el estomago 2 formas
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=FmZLjS7j_c&list=PLWaUHVJEV7nuHo37vRQNnnlZg4a92OTCV&index=1&ab_channel=TeachMeGrapplingCoachBrian