

MMAC Syllabus (Spring Quarter)

Purpose: Students will build on Brazilian Jiu Jitsu fundamentals from Winter Quarter by learning basic and advanced BJJ principles and techniques. Students will shift their focus to 'live' drills that bridges ranges, deal with advanced and real world concepts, and draw on all skills learned throughout the year in a controlled but realistic environment. As the quarter comes to a close, students will have the opportunity to free roll and spar in full spectrum situations.

Time Period: 10 Weeks (one quarter)

Week 1

L.1

Brazilian Jiu Jitsu

- 1) Positioning Drill
- 2) Passing the guard
- 3) Mount escape

Live Drills (J,C Barrages)

- 1) Linear vs. circular responses
- 2) Maintaining vs. closing distance
- 3) Confined spaces
- 4) Finality/conclusion. How do you want this to end?

L.2

Brazilian Jiu Jitsu

- 1) Positioning Drill
- 2) Review guard/mount escapes
- 3) Side body escape
- 4) Cross body escape

Live Drills (Hook Barrages)

- 1) Gating
- 2) Vertical blasts

- 3) Obliques, stomps, and low line kicks
- 4) Stay standing or go to the ground?

Week 2

L.1

Brazilian Jiu Jitsu

- 1) Free rolling (Positions and escapes)
- 2) Mount submits (Paint brush, scissor choke, guillotine)

Live Drills (Avoiding low line takedowns)

- 1) Sprawling knees/head control
- 2) Maintaining base
- 3) Circular evasions

L.2

Brazilian Jiu Jitsu

- 1) Free rolling (Positions and escapes)
- 2) Guard submits (Guillotine, key lock, triangle)

Live Drills (side and rear high line takedowns)

- 1) Identifying striking opportunities
- 2) Creating space
- 3) Hip throws from the T position
- 4) Facing your opponent from a rear attack

Week 3

L.1

Brazilian Jiu Jitsu

- 1) Free rolling (Positioning and escapes)
- 2) Cross body submits (High wing, arm bar, gooseneck, low wing)

Live Drills (Defending from ground)

- 1) “Kick like hell” and other impacting techniques
- 2) Knee hyperextensions
- 3) Standing up from the ground

L.2

Brazilian Jiu Jitsu

- 1) Free rolling (Positioning and escapes)
- 2) Side body submits (High wing, arm bar, scissor choke, pillow choke)

Live Drills (Defending from the playground)

- 1) Guard and escapes
- 2) Preventing strikes
- 3) Continuing the attack or exiting strategies

Week 4

L.1

Brazilian Jiu Jitsu

- 1) Controlled free rolling
- 2) Arm bars and triangles

Live Drills (Fending off Power Angles)

- 1) Timing the evasion/charge in
- 2) Retrada footwork and forward pressure
- 3) Closing the distance to attack

L.2

Brazilian Jiu Jitsu

- 1) Controlled free rolling
- 2) Misc. key locks

Live Drills (Controlling the Weapon Arm)

- 1) Snake, trap, immobilize weapon arm
- 2) Forward pressure as aggressive defense
- 3) Striking and/or takedowns

Week 5

L.1

Brazilian Jiu Jitsu

- 1) Controlled free rolling
- 2) Sweep escapes

Live Drills (Environmental weapons)

- 1) Recognizing environmental weapons
- 2) Creating distance, making an exit strategy
- 3) Offensive/defensive surroundings

L.2

Brazilian Jiu Jitsu

- 1) Controlled free rolling
- 2) Ankle locks

Live Drills (Confined Spaces)

- 1) Control the area in front of you
- 2) Using short, powerful weapons
- 3) Aggressive defense

Week 6

L.1

Brazilian Jiu Jitsu

- 1) Arm bar transition from cross body
- 2) Knee on chest arm bar from cross body

Live Drills (Multiple attacker's part 1)

- 1) Adjusting your strategy to multiple opponents
- 2) Maintaining line of sight
- 3) Circling to control attack
- 4) Critical strikes and exit strategies

L.2

Brazilian Jiu Jitsu

- 1) Omoplata shoulder lock
- 2) Free rolling

Live Drills (Multiple Attackers part 2)

- 1) Defending from the ground
- 2) Avoiding standing/ground grappling
- 3) Using your environment

Week 7, 8, 9, 10 (Open Gym)

Brazilian Jiu Jitsu

Members will free roll with an emphasis on solidifying core techniques and concepts and work to learn new techniques that will help them specialize their ground fighting strategy according to the strengths, weaknesses, fighting style and training emphasis.

Live Drills (Ultimate Sparring)

Students will begin to put together their striking, in fighting, standing grappling, and ground skills through full spectrum sparring in two forms:

Limited – Students are prohibited from kneeing or elbowing any part of the body. Punches, kicks, head butts, throws and submission techniques are permitted both standing and on the ground.

Full – Knees are permitted from the neck down. No kneeing to the head, neck, or spine is permitted. Elbows are permitted to the body and to the headgear face mask ONLY. Elbows to any other part of the head, neck and spine is strictly prohibited.

Gentleman's Rule – The purpose of full spectrum sparring is to allow students to experiment with technique in a (more or less) real time environment. If any strike or technique lands that, in the context of a serious fight, can feasibly be a knock out or otherwise debilitating blow, both fighters are to acknowledge the hit, break, and start again. Our purpose is not to create fighters that take punishment, but rather to create technical, thinking fighters who are able to cope with and adapt to a wide range of combat situations.

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