



# PEAK PERFORMANCE

## CAIO TERRA ACADEMY QUEENS

### KIDS BJJ CURRICULUM REQUIREMENTS

<b>GREY</b>	<b>N/A</b>	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b>
<b>CLASS REQUIREMENTS (MIN)</b>	<b>30</b>	<b>30</b>	<b>30</b>	<b>30</b>	<b>30</b>
<b>PREREQUISITES</b>	ALL PREVIOUS REQUIREMENTS				
<b>BACK</b>					
RETAKING THE BACK WHEN OPPONENT GETS HIS BACK TO THE MAT			✓	✓	✓
<b>HALF GUARD</b>					
TRIPOD PASS	✓	✓	✓	✓	✓
KNEE CUT		✓	✓	✓	✓
<b>MOUNT</b>					
HIP PRESS	✓	✓	✓	✓	✓
HIP PRESS VARIATION	✓	✓	✓	✓	✓
EZEQUIEL CHOKE		✓	✓	✓	✓
<b>SIDE CONTROL</b>					
SWITCHING THE BASE TO ARMLOCK OR VARIATION				✓	✓
KEYLOCK ESCAPE TO DOUBLE LEG					✓
KEYLOCK ESCAPE TO SIT THROUGH TO THE BACK					✓
<b>STANDING LESSON PLANS</b>					
ARM OUT GUILLOTINE	✓	✓	✓	✓	✓
ARM OUT GUILLOTINE TO SINGLE LEG DEFENSE	✓	✓	✓	✓	✓
DEFENDING THE SINGLE LEG TAKING OUT THE LEG	✓	✓	✓	✓	✓
COLLAR DRAG TAKEDOWN		✓	✓	✓	✓
COLLAR DRAG TO SINGLE LEG TAKEDOWN		✓	✓	✓	✓
OGOSHI		✓	✓	✓	✓
HEADLOCK ESCAPE (SLIP ON ICE / TANI OTOSHI)			✓	✓	✓