



PEAK PERFORMANCE

CAIO TERRA ACADEMY QUEENS

KIDS BJJ CURRICULUM REQUIREMENTS

GREY AND BLACK	N/A	1st	2nd	3rd	4th
CLASS REQUIREMENTS (MIN)	30	30	30	30	30
PREREQUISITES	ALL PREVIOUS REQUIREMENTS				
BACK					
TAKING THE BACK PULLING THE HIPS	✓	✓	✓	✓	✓
ARMLOCK FROM THE BACK		✓	✓	✓	✓
CLOSES GUARD					
ARMLOCK AND DEFENSE			✓	✓	✓
ARMLOCK VS ARMPIT GRIP			✓	✓	✓
OMOPLATA AND ESCAPES			✓	✓	✓
CATUCADA SWEEP AND DEFENSE				✓	✓
OVERHOOK ATTACKS				✓	✓
SLEEVE DRAG ATTACKS				✓	✓
HALF GUARD					
MODIFIED HIP SWITCH		✓	✓	✓	✓
RECOVERING THE GUARD		✓	✓	✓	✓
SLEEVE DRAG			✓	✓	✓
SWITCHING THE HIPS TO PASS THE GUARD			✓	✓	✓
UNDER HOOK ATTACKS					✓
STANDING LESSON PLANS					
SUMI GAESHI	✓	✓	✓	✓	✓
UNDERARM BEAR HUG (FRONT)	✓	✓	✓	✓	✓
WALL CHOKE	✓	✓	✓	✓	✓
COLLAR DRAG SWEEP		✓	✓	✓	✓
OVER ARM BEAR HUG (FRONT)		✓	✓	✓	✓