



PEAK PERFORMANCE

CAIO TERRA ACADEMY QUEENS

KIDS BJJ CURRICULUM REQUIREMENTS

| GREY AND WHITE | N/A | 1st | 2nd | 3rd | 4th |
|--|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| CLASS REQUIREMENTS (MIN) | 30 | 30 | 30 | 30 | 30 |
| PREREQUISITES | ALL PREVIOUS REQUIREMENTS |
| BJJ MOVEMENTS | | | | | |
| SIT THROUGH | ✓ | ✓ | ✓ | ✓ | ✓ |
| BACK | | | | | |
| BACK ESCAPE | ✓ | ✓ | ✓ | ✓ | ✓ |
| BACK ESCAPE TO SINGLE LEG | | | ✓ | ✓ | ✓ |
| REAR NAKED CHOKE | | | ✓ | ✓ | ✓ |
| CLOSED GUARD | | | | | |
| KIMURA FROM CLOSED GUARD | ✓ | ✓ | ✓ | ✓ | ✓ |
| SCISSOR SWEEP | | ✓ | ✓ | ✓ | ✓ |
| SETTING UP THE OVERHOOK TO TRIANGLE CHOKE | | | | ✓ | ✓ |
| TRIANGLE CHOKE HUGGING THE LEG | | | | | ✓ |
| MOUNT | | | | | |
| BASIC KEYLOCK TO ARMLOCK | ✓ | ✓ | ✓ | ✓ | ✓ |
| ARMLOCK FROM KEYLOCK GRIP | ✓ | ✓ | ✓ | ✓ | ✓ |
| ARMLOCK FROM KEYLOCK GRIP - BREAKING BICEP GRIP | ✓ | ✓ | ✓ | ✓ | ✓ |
| SIDE CONTROL | | | | | |
| RECOVERING TO CLOSED GUARD | ✓ | ✓ | ✓ | ✓ | ✓ |
| ARMLOCK FROM KEYLOCK GRIP | | | ✓ | ✓ | ✓ |
| ARMLOCK FROM KEYLOCK GRIP - BREAKING BICEP GRIP | | | ✓ | ✓ | ✓ |
| STANDING LESSON PLANS | | | | | |
| DROP SEIO | ✓ | ✓ | ✓ | ✓ | ✓ |
| ARM DRAG | ✓ | ✓ | ✓ | ✓ | ✓ |
| BACK BODY LOCK | ✓ | ✓ | ✓ | ✓ | ✓ |
| DROP MORTE | | ✓ | ✓ | ✓ | ✓ |
| SINGLE LEG TAKEDOWN | | | ✓ | ✓ | ✓ |
| SINGLE DUMP | | | ✓ | ✓ | ✓ |