



PEAK PERFORMANCE

CAIO TERRA ACADEMY QUEENS

KIDS BJJ CURRICULUM REQUIREMENTS

WHITE BELT	1st	2nd	3rd	4th
CLASS REQUIREMENTS (MIN)	25	25	25	25
PREREQUISITES		ALL PREVIOUS REQUIREMENTS	ALL PREVIOUS REQUIREMENTS	ALL PREVIOUS REQUIREMENTS
BJJ MOVEMENTS				
FORWARD ROLL	✓	✓	✓	✓
BACK ROLL	✓	✓	✓	✓
BREAK FALL	✓	✓	✓	✓
SIDE BREAK FALL	✓	✓	✓	✓
SHRIMP	✓	✓	✓	✓
REVERSE SHRIMP			✓	✓
TECHNICAL STAND UP			✓	✓
BRIDGE			✓	✓
BELT TIE			✓	✓
STANDING LESSON PLAN				
GRIP BREAK	✓	✓	✓	✓
OSOTO GARI	✓	✓	✓	✓
DOUBLE LEG		✓	✓	✓
SPRAWL TO THE BACK			✓	✓
HEADLOCK ESCAPE (FRAME)			✓	✓
HEADLOCK ESCAPE (KNEE DOWN ROLL)				✓
MOUNT				
BASIC CROSS CHOKE (2 PALMS UP)	✓	✓	✓	✓
CROSS CHOKE (1 UP – 1 DOWN)	✓	✓	✓	✓
UPA WHEN OPPONENT CROSS CHOKE	✓	✓	✓	✓
UPA WHEN OPPONENT CROSS CHOKE VARIATION	✓	✓	✓	✓
UPA WHEN OPPONENT HUGS THE HEAD	✓	✓	✓	✓
KEYLOCK		✓	✓	✓
BASIC HIP ESCAPE FROM MOUNT			✓	✓
TECHNICAL MOUNT ARMLOCK				✓
TECHNICAL MOUNT CHOKE				✓
CLOSED GUARD				
SIT UP SWEEP	✓	✓	✓	✓
BREAKING THE POSTURE		✓	✓	✓
OPENING THE CLOSED GUARD STANDING		✓	✓	✓
CROSS CHOKE FROM CLOSED GUARD			✓	✓
CROSS CHOKE FROM CLOSED GUARD (UNDER)			✓	✓