



PEAK PERFORMANCE

CAIO TERRA ACADEMY QUEENS

KIDS BJJ CURRICULUM REQUIREMENTS

YELLOW AND WHITE	N/A	1st	2nd	3rd	4th
CLASS REQUIREMENTS (MIN)	35	35	35	35	35
PREREQUISITES	ALL PREVIOUS REQUIREMENTS				
ARM SLING					
KUZURE KESA GATAME	✓	✓	✓	✓	✓
TOP SIDE CRUCIFIX		✓	✓	✓	✓
LONGMAN ARMBAR		✓	✓	✓	✓
KIMURA			✓	✓	✓
BREAD CUTTER				✓	✓
ARMBAR					✓
BACK					
DEFENDING AND ESCAPING FROM THE BACK	✓	✓	✓	✓	✓
OPEN GUARD					
DOUBLE UNDERPASS		✓	✓	✓	✓
OVER UNDERPASS			✓	✓	✓
X PASS				✓	✓
TRIPOD SWEEP					✓
STANDING LESSON PLANS					
ARMDRAG	✓	✓	✓	✓	✓
BODY LOCK FOOT SWEEP (TANI OTOSHI)		✓	✓	✓	✓
BODY LOCK FOOT SWEEP TO TECHNICAL MOUNT			✓	✓	✓
BREAKING THE COLLAR GRIP TO DOUBLE LEG				✓	✓