

## **BJJ Semester 2 - 2018 / May thru August**

### **Throws**

Tomoe Nage	Circle Throw	Yoko Tomoe Nage for Blue & Above
Tani Otoshi	Valley Drop (as a counter & attacking with a cross grip)	
Morote Seoi Nage	2 Hand Shoulder Throw	
Sukui Nage	Scooping Throw (as an attack & vs side headlock)	

### **Chokes**

#### **Blue & Above Add**

Okuri Eri Jime - Sliding Lapel Choke (Rear & Clock)	Mukozune Jime - Shin Choke (aka Gogo Plata)
Nami Juji Jime – Normal Cross Choke	Ashi Eri Jime - Leg & Lapel Choke (rolling)
San Kaku Jime – Triangle Choke	Jigoku Jime - Hell Strangle (rolling)

### **Joint Locks**

#### **Blue & Above Add**

Ude Garami Upper, Lower, Kesa	Ashi Garami to Knee Lock & Heel Hook
JuJi Gatame – Regular & Leg Dive	Kote Hineri - Wrist Twist
JuJi Gatame – Mount	Ude Garami - Flow Drill. Compression.

### **Guard Passes**

#### **Blue & Above Add**

Bull Fighter	Thread the Needle
Single Leg Hug	Half Stack – to Pass, Choke, Pass other side
Key Lock, Ude Garami, Pocket Trap Passes vs 1/2 Guard	Wrist Lock Pass vs Half Guard

### **Misc. Mat Work**

#### **Blue & Above Add**

Bicep Crush/Wedge vs Blocked JuJi Gatame	DeLa Riva to Balloon Sweep (Tomoe Nage)
Belt Trap to Tate Shiho vs Blocked JuJi Gatame	DeLa Riva Push Down to Back Take
	DeLa Riva Push Down to JuJi Gatame
	Tomoe Nage to JuJi Gatame

### **Self-Defense**

- |   |   |
|---|---|
| <b>1. Defense vs 2-hand choke from mount</b>      | <b>3. Defense vs 1 arm behind head from mount</b> |
| <b>2. Defense vs forearm to throat from mount</b> | <b>4. Defense vs both hands pinned from mount</b> |

### **Techniques from RCJ Curriculum**