



CARPE MOMENTUM

SCHOOL OF JIU-JITSU

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

WHITE BELT: STRIPE ONE - Fundamentals & Terminology

- General Requirements:
 1. Good moral character (See Appendix A1)
 2. Basic knowledge of gym rules, procedures, and hygiene. (See Appendix A2)
 3. Regular attendance & training (considered a minimum of two classes per week) for a minimum of six months. (See Appendix A3)
- Positional Terminology & Understanding (must be able to demonstrate):
 1. Mount
 2. Side Control
 3. Knee-On-Belly
 4. North/South
 5. Back Mount
 6. Closed Guard
 7. Half Guard
 8. Collar Grip (Same Side & Cross Side)
 9. Sleeve Grip (Elbow & Cuff)
 10. Pant Grip (Knee & Cuff)
- Line drills (must be able to demonstrate):
 1. Forward Roll
 2. Backward Roll
 3. Shrimp
 4. Shrimp & ½
 5. Under the Plywood
 6. Rocking Chair
 7. Question Mark
 8. Plus Sign

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

9. Alligator Crawl

10. Wrestling Shot

- Techniques (must be able to demonstrate):
 1. Stand up in base
 - Distance 1 (Opponent far away)
 - Distance 2 (Opponent within striking range)
 - Distance 3 (Opponent extremely close)
 - Distance 4 (Flat on your back & opponent extremely close)
 2. Side Break Fall
 3. Rear Break Fall

- Self-Defense (Grab Defense): See Appendix A4
 1. Straight wrist grab (ABC)
 - left grab to right wrist
 2. Cross hand wrist grab (ABC)
 - right grab to right wrist
 3. Straight grab to shoulder from front (ABC)
 - left grab to right shoulder
 4. Straight grab to shoulder from side (AB)
 - left grab to right shoulder
 5. Double shirt grab from front (ABCD)

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

WHITE BELT: STRIPE TWO – Escapes & Defense

- General Requirements:
 1. Good moral character (See Appendix A1)
 2. Basic knowledge of gym rules, procedures, and hygiene. (See Appendix A2)
 3. Regular attendance & training (considered a minimum of two classes per week) for a minimum of six months. (See Appendix A3)
- Ranges of Combat & Distance Management (must be able to explain the pros and cons of the following):
 1. Stand-Up
 2. Clinch
 3. Ground
- Defensive grips & posture from the negative side of the following positions:
 1. Mount
 2. Side Control
 3. Closed Guard
 4. Half Guard
 5. Back Mount
 6. Knee on Belly
- Positional Drills:
 1. Around the World
- Escapes from the negative side of the following positions (must be able to demonstrate):
 1. Mount
 - Trap & Roll

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

- Shrimp (1 variation)
- Bump-Up to Butterfly Guard
- 2. Side Control
 - Sweep (1 variation)
 - Replace Closed Guard (1 variation)
- 3. Closed Guard
 - From Knees (1 variation)
 - Standing (1 variation)
- 4. Half Guard
 - Sweep (1 variation)
 - Replace Closed Guard (1 variation)
- 5. Back Mount (1 variation)
- Self-Defense: See Appendix A4
 - 1. Two-hand choke from the front (ABCD)
 - 2. Two-hand choke from behind (AB)
 - 3. RNC defense (AB)
 - 4. Bear hug from the front with arms pinned (ABC)
 - 5. Bear hug from behind with arms pinned (ABCD)
 - 6. Bear hug from the front with arms free (ABC)
 - 7. Bear hug from behind with arms free (ABC)

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

WHITE BELT: STRIPE THREE - Attacking

- General Requirements:
 1. Good moral character (See Appendix A1)
 2. Basic knowledge of gym rules, procedures, and hygiene. (See Appendix A2)
 3. Regular attendance & training (considered a minimum of two classes per week) for a minimum of six months. (See Appendix A3)
- Attacks from the positive side of the following positions (must be able to demonstrate):
 1. Mount
 - Cross Collar Choke
 - Americana
 - Arm Bar
 2. Side Control
 - Americana
 - Straight Arm Lock (Near Side & Far Side)
 - Armbar (Near Side & Far Side)
 3. Closed Guard
 - Cross Collar Choke
 - Triangle Choke
 - Armbar
 - Kimura
 - Guillotine
 4. Half Guard
 - Cross Collar Choke
 - Kimura
 5. Back Mount
 - Rear Naked Choke
 - Collar Choke (1 variation)
 - Armbar

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

- Self-Defense: See Appendix A4
 1. Defense Against Headlock (ABCDEF)
 2. Defense Against Front Headlock (ABC)
 3. Defense Against Punch (AB)
 4. Defense Against Kick (ABC)

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

WHITE BELT: STRIPE FOUR - Takedowns

- General Requirements:
 1. Good moral character (See Appendix A1)
 2. Basic knowledge of gym rules, procedures, and hygiene. (See Appendix A2)
 3. Regular attendance & training (considered a minimum of two classes per week) for a minimum of six months. (See Appendix A3)
- Takedowns (Judo Techniques): (must be able to explain & demonstrate)
 1. Three phases of a judo throw:
 - Kazushi (Breaking Balance)
 - Tsukri (Entry)
 - Kake (Throw)
 2. O Goshi – Hip Technique (One Variation)
 3. Seoi Nage – Shoulder Technique (One Variation)
 4. Ashi Waza – Foot Technique (One Variation)
 5. O Soto Gari – Outer Reap Technique (One Variation)
- Takedowns (Wrestling Techniques): (must be able to explain & demonstrate)
 1. Three phases of a wrestling takedown:
 - Setup/Level Change
 - Penetration
 - Execution
 2. Double Leg Takedown (One Variation)
 3. Single Leg Takedown (One Variation)
 4. Arm Drag/Collar Drag (One Variation)

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

- Guard Pulling
 1. Pull to closed guard (One Variation)
 2. Pull to open guard (One Variation)

- Self-Defense: See Appendix A4
 1. Defense Against Club (AB)
 2. Defense Against Knife (AB)
 3. Defense Against Gun (AB)

CARPE MOMENTUM SCHOOL OF JIU-JITSU ADULT BLUE BELT CURRICULUM

BLUE BELT

A Carpe Momentum School of Jiu-Jitsu blue belt is expected to have good foundational and conceptual knowledge of the techniques outlined in the previous pages of this booklet. A strong emphasis will be placed on escaping from mount, side control, and back mount. It is not expected that you are and expert at submissions, positional dominance, and overall BJJ awareness.

“Please keep in mind that no matter how strong, fast or coordinated you are, there is always someone stronger, faster and more coordinated.”

- Helio Gracie

Blue belts are also expected to be able to demonstrate each of the self-defense techniques outlined in Appendix A4 of this booklet. Helio Gracie’s original form of Jiu-Jitsu was, and still is, all about self-defense; with the idea of developing a system of self-defense which allows a smaller, weaker person the chance to defend themselves against a larger, stronger person.

Lastly and most importantly, a blue belt is an indication of persistence and determination. Persistence and determination unfortunately cannot be taught; however, an individual must possess both in great quantity to progress in BJJ. Attaining a blue belt at Carpe Momentum School of Jiu-Jitsu means, despite intense hardship and difficulty, that you are unwilling to quit!

CARPE MOMENTUM SCHOOL OF JIU-JITSU ADULT BLUE BELT CURRICULUM

APPENDIX A1: Moral Character

Students being considered for blue belt must exemplify the following:

- 1) Integrity:
 - ✓ Always hold yourself to a high standard.
Strongly adhere to moral and ethical principles.
- 2) Honesty:
 - ✓ Always speak the truth. Be direct and forthright.
- 3) Reliability
 - ✓ Always do what you tell someone you are going to do.
- 4) Patience
 - ✓ Trust the process and do not get in a hurry.
Even though you may feel you are not getting better, you are!
- 5) Ambition
 - ✓ Set high goals for yourself and do what needs to be done to get where you want to be.
- 6) Strong Work Ethic
 - ✓ Be willing to put on the work! Jiu-Jitsu is not easy. Attend classes as often as you can.

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

7) Humbleness

- ✓ Do not be boastful and show excessive pride and self-satisfaction in your achievements. Always remember that you are not perfect.

8) Generosity

- ✓ Always give to others more than what is expected.

9) Kindness

- ✓ Always be friendly and have concern for others, without having an expectation for recognition or something in return.

10) Always Be Positive & Exude Good Vibes

- ✓ Always have a positive attitude. Be optimistic. Smile often. Be the type of person others want to be around!

CARPE MOMENTUM SCHOOL OF JIU-JITSU ADULT BLUE BELT CURRICULUM

APPENDIX A2: Gym Rules & Procedures

ACADEMY GUIDELINES

1. No shoes or socks on the mats.
2. Arrive early and be prepared to start when your class begins.
3. When stepping off the mats, shoes must always be worn.
4. Be fully dressed before leaving restrooms and locker rooms.
5. Please help keep our school clean.
6. No tobacco products or e-cigarettes allowed inside the school.
7. Please take all your belongings with you when you leave.
8. No food or drinks (other than water) are allowed on the mats.
9. Always be mindful of those around you when speaking.
10. Most importantly, ALWAYS have fun!

CARPE MOMENTUM SCHOOL OF JIU-JITSU ADULT BLUE BELT CURRICULUM

SAFETY & HYGIENE

1. Please remove all jewelry & piercings prior to training.
2. Your uniform must be washed after every class.
3. A t-shirt or rash guard must be worn under your uniform.
4. Please keep fingernails and toenails clipped short.
5. Shower as soon as possible after every class.
6. If you or your child are sick, please stay home and recover.

TRAINING RULES

1. Always treat everyone with respect regardless of rank.
2. Always be ready to learn and put in the work.
3. Always keep conversations relevant to training during class.
4. Always leave your ego at the door when you walk in.
5. Never get discouraged. Even when you think you are not improving, you are!

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

APPENDIX A3: Attendance & Training

Attendance:

Jiu-Jitsu is hard. Not only are you expected to learn an excessive number of techniques and variations of those techniques, you are also expected to be able to perform these techniques against a resisting opponent who knows exactly what you are trying to do. Jiu-Jitsu is hard!

Attending classes on a regular basis is the single most important thing you can do to improve your Jiu-Jitsu. Repeatedly drilling technique develops muscle memory and feel; and repeatedly trying to execute techniques on resisting opponents during live training will enable you to figure out what you are doing that is working and what is not.



CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

Training:

“Nothing in this world can take the place of persistence. Talent will not: nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not: the world is full of educated derelicts. Persistence and determination alone are omnipotent.”

- Calvin Coolidge

“Having the belief that no matter what happens to me, I will proceed forward, and I will figure out how to make this happen, hell or high water.”

- Ryan Hall

“If you ask me what belt I am today I’ll tell you that I’m a white belt that never gave up.”

- Jean Jacques Machado

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

APPENDIX A4: Self-Defense

DEFENSE AGAINST GRAB (*standing*)

****Straight wrist grab (left grab to right wrist):**

A. Break grip

- 1) Right hand pulls against thumb out of grab.

B. Break grip

- 1) Right hand rotates in a large CCW motion traps and breaks grip loose.
- 2) Right punch to rib cage.

C. Unable to break grip

- 1) Left foot steps back to 6:00
- 2) Pivot body CCW to face 6:30
- 3) Right hand counter grabs opponent's wrist
- 4) Right back kick to opponent's left rib cage
- 5) Left hand covers

****Cross hand wrist grab (right grab to right wrist):**

A. Break grip

- 1) Right hand pulls against thumb out of grab.

B. Unable to break grip

- 1) Left foot cross steps back to 5:00
- 2) Pivot body CCW to face 4:30
- 3) Right hand counter grabs opponent's wrist

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

- 4) Right back kick to opponent's left rib cage
- 5) Left hand covers

C. Unable to break grip

- 1) Your left hand grabs your right hand.
- 2) Left foot cross steps to 1:30 as you lift your arms up in front of you.
- 3) In a simultaneous motion, your right-hand counter grabs your opponent's wrist as your left hand circles on top of your right hand... left elbow circles CW over the top of your opponent's arms driving him down across your left knee.
- 4) Left elbow strike to temple.
- 5) Left elbow strike to spine.

****Straight grab to shoulder from front (left grab to right shoulder):**

A. Break grip

- 1) Both hands grab opponent's arm at the wrist.
- 2) Left foot steps back to 6:00 & strip grip from your shoulder.

B. Unable to break grip (left grab to right shoulder)

- 1) Both hands grab opponent's arm at the wrist.
- 2) Right foot cross steps to 10:30 as right arm circles CCW over opponent's arm.
- 3) Elevate opponent's hand above his elbow as you apply pressure on the elbow.
- 4) Release the grip with the right hand... elbow to temple... elbow to spine.

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

C. Unable to break grip (left grab to right side...

opponent's grab is low)

- 1) Left hand covers opponent's hand pinning it to your chest.
- 2) Right foot steps forward as your right hand grabs behind opponents elbow... bending opponents wrist.
- 3) Both of your hands secure a grip behind opponent's elbow as you lean forward with your head past the outside of your opponent's body.
- 4) Pull both your hands towards you applying the wrist lock.

****Straight grab to shoulder from side (left grab to right shoulder):**

A. Shoulder Lock

- 1) Left hand grabs opponents left hand securing it to your shoulder.
- 2) Right arm circles CW to trap arm from behind at opponent's elbow and drives upward.

B. Arm Lock to Hip Toss

- 1) Left hand grabs opponents left hand securing it to your shoulder.
- 2) Simultaneously, left foot steps to 9:00 and right arm strikes behind opponents left elbow.
- 3) Right arm circles CCW around opponent's arm as you step in front of your opponent.

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

- 4) Right arm circles around opponents back grabbing opponent's right hip... left hand grabs opponent's right arm.
- 5) Hip toss opponent to the ground.

****Double shirt grab from front:**

A. Break grips

- 1) Left foot slides to right foot as your left hand circles CCW to the outside of your opponent's left arm.
- 2) Right hand grabs your left wrist.
- 3) Right leg extends across your opponent's body at his right hip.
- 4) Extend right leg into opponent as you rotate your body to face 6:00... breaking opponent's grips.
- 5) Right elbow to the head.

B. Hip Toss

- 1) Both hands drive upward between your opponent's arms.
- 2) Both arms circle around your opponent's arms pinning the arms together.
- 3) Shuffle to the right.
- 4) Left hand grabs the outside of your opponent's right arm... right leg extends across the outside of your opponent's left leg.
- 5) Hard-bow takedown.

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

C. Counter Strike (*Knee of Vengeance*)

- 1) Both hands grab on top of the opponent's shoulders.
- 2) Strike with your right knee to the opponent's groin.
- 3) Stomp down with your right foot to either of your opponent's feet.
- 4) Both hands release their grips on the opponent's arms.
- 5) Left open hand strikes to the right side of the opponent's head as your right forearm strikes to the left side opponent's head.

D. Pressing Grab with Back Against Wall

- 1) Counter grab the outside of opponent's arms underneath the elbows.
- 2) Rotate your body CCW as you shift your feet to the right... rotate opponent against wall.
- 3) Right knee strikes to opponent's floating ribs.
- 4) Disengage.

DEFENSE AGAINST CHOKE (*standing*)

****Two-hand choke from the front:**

A. Break grip

- 1) Both hands come together blocking low.
- 2) Left foot steps back to 7:30... head ducks under opponent's hands breaking opponent's grip.

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

B. Break grip

- 1) Both hands counter grip opponent's wrists.
- 2) Right foot steps back to 5:30 breaking opponent's grip.
- 3) Right knee strikes to opponent's midsection.

C. Unable to break grip

- 1) Left hand grabs the outside of opponent's right elbow.
- 2) Right foot steps to 12:00 between opponent's legs... right elbow strikes upward to chin.
- 3) Right hand circles around head... body rotates CCW as feet come together with back facing opponent.
- 4) Hip toss opponent to the ground.

D. Back against wall

- 1) Right hand reaches across to grab opponent's right wrist.
- 2) Left hand reaches up and grabs finger(s) of right hand.
- 3) Left hand pulls finger(s) down breaking grip.
- 4) Disengage.

****Two-hand choke from behind:**

A. Break grip (*Dancer*)

- 1) Both hands come together in front of body.
- 2) Right foot cross steps behind your left to 7:30.
- 3) Right hand strikes to the groin.

CARPE MOMENTUM SCHOOL OF JIU-JITSU ADULT BLUE BELT CURRICULUM

- 4) Rotate body 180° to face 6:00... left hand strikes to groin.
- 5) Left foot steps through to 7:30 disengaging.

B. Break grip (*Bridge*)

- 1) Both hands counter grip opponent's wrists with palms against the back of opponent's hands.
- 2) Left foot steps to 9:00 into a low stance.
- 3) Right foot cross steps behind your left to 7:30... you will be facing 1:30... head ducks under arms retaining your grip on both of your opponent's wrists.
- 4) Right foot steps forward to 1:30... right arm extends as left arms pulls back breaking opponent's elbow.

****RNC (Rear Naked Choke) Opponent's right arm is around your neck:**

A. Posture not broken back

- 1) Both hands immediately grab the arm taking pressure off the neck.
- 2) Bend your knees to where your hips lower than your opponent's.
- 3) Throw your opponent over your shoulders by bending straight over.

B. Posture is broken back

- 1) Both hands immediately grab the arm taking pressure off the neck.

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

- 2) Right leg steps back behind opponent's right leg.
- 3) Left foot steps CW to 3:00 facing your opponent.
- 4) Right hard-bow takedown.

DEFENSE AGAINST BEAR HUG (*standing*)

****Bear hug from the front with arms pinned:**

A. Create Space – Opponent releases grip

- 1) Place both hands on opponent's hips... back away and lower your stance creating space breaking opponent's grip.
- 2) Right heel palm strike to face... left hand covers.
- 3) Disengage

B. Create Space – Opponent releases grip

- 1) Place both hands on opponent's hips... back away and lower your stance creating space... opponent releases grip.
- 2) Circle CCW to the right side of your opponent's body into the "Gracie T" position... left hand counter grabs the outside of opponent's right arm... right hand reaches around opponent's back grabbing the right hip.
- 3) Hip toss.

C. Tight Bearhug – Opponent pulls you in tight

- 1) Both thumbs strike to opponent's groin at 12:00.
- 2) Right knee to the opponent's groin at 12:00.

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

- 3) Right heel palm strikes upward to opponents left pectoral.
- 4) Right side kick to opponent's knee.
- 5) Disengage.

****Two-hand bear hug from behind with arms pinned:**

- A. Preemptive – Opponent hasn't secured grip.
 - 1) Left foot steps forward to 10:30... Left arm drives upward as your right elbow strikes back to opponent's midsection.
 - 2) Left elbow strikes back to opponent's midsection as right arm drives upward.
 - 3) Right elbow strikes back to opponent's midsection as left arm drives upward.
 - 4) Right back kick to opponent's knee or midsection.
- B. Takedown 1
 - 1) Right foot steps to 3:00 dropping into a low stance... arms make a shelf to prevent opponent from tightening grip.
 - 2) Left foot crescent steps around opponent to 7:30 placing right hip under opponents left hip.
 - 3) Both hands reach down and grab opponent behind the knees.
 - 4) Lift and flip opponent over back.

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

C. Takedown 2 – Larger Opponent

- 1) Right foot steps to 3:00 dropping into a low stance... arms make a shelf to prevent opponent from tightening grip.
- 2) Left foot crescent steps around opponent to 7:30 placing left hip under opponents right hip.
- 3) Both hands reach down and grab opponent behind the knees.
- 4) Right foot pistol squats as left leg steps/straightens... sit and execute a rear takedown with you in top side control.

D. Tight Bearhug – Unable to Free Arms

- 1) Right foot steps to 3:00 dropping into a low stance.
- 2) Left hammer-fist to opponent's groin to 6:00... grab groin.
- 3) Left foot circles CW and steps behind and thru opponent's right leg.
- 4) Point of left elbow strikes upward to the chin.
- 5) Right CCW hammer-fist to groin or body.

****Two-hand bear hug from the front with arms free:**

A. Preemptive – Opponent hasn't pulled you.

- 1) Place both hands on opponent's chin.
- 2) Right foot steps back to 6:00 as you extend your arms creating distance between you and your opponent.
- 3) Right knee strike to groin.

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

B. Opponent pulls you in.

- 1) Step forward with your left foot to 12:00 between your opponent's legs.
- 2) Left hand grabs the hair and pulls opponent's head back to 12:00... right heel palm strike to the bridge of his nose.
- 3) Right half fist (or punch) to the throat.
- 4) Both hands grab the top of opponent's shoulders.
- 5) Left knee strike to the groin.

C. Opponent pulls you in tight (you are bent over backwards).

- 1) Right foot steps back to 6:00.
- 2) Place your left hand on the right side of your opponent's head.
- 3) Using the middle knuckle of the middle finger of your right hand... drive the knuckle and twist to the nerve at the base of your opponent's left ear loosening opponent's grip.
- 4) Both hands grab the top of opponent's shoulders.
- 5) Left knee strike to the groin.

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

****Two-hand bear hug from behind with arms free:**

- A. Preemptive – Able to force opponent's arms down.
 - 1) Place both of your hands on top of your opponent's hands and drive them down towards your hips.
 - 2) Both hands grab your opponents right wrist.
 - 3) Right foot steps to 3:00 widening your base... right elbow pins opponent's right arm to your body.
 - 4) Right knee, right shoulder, and right elbow drop to the ground rolling opponents over your body... ending up in a top side control position.

- B. Opponent pulls you in tight – Unable to force hands down.
 - 1) Strike with knuckles to the back of opponent's grabbing hands... loosening the grip.
 - 2) Right foot steps to 3:00 into a low stance... both elbow drive down on top of opponent's arms forcing the arms apart.
 - 3) Both of your hands grab opponent's right hand... thumbs on back of hand... fingers on palm of hand.
 - 4) Left foot sets forward to 1:30.
 - 5) Right foot sweeps back to 1:30... pivot 180° CW to face 7:30.

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

- 6) Snap both your arms down breaking opponent's right wrist.
 - 7) Right kick with the top of your foot to opponent's body or head.
- C. Opponent pulls you in tight and picks you up.
- 1) Immediately drop body weight... right foot hooks around the outside of your opponent's right leg... preventing opponent from taking you down.
 - 2) As opponent lowers you back to the ground... spread your legs into a wide stance and lean your weight forward... both hands place on the mat in front of you.
 - 3) Right hand reaches back and grabs behind opponent's right heel... followed by the left hand.
 - 4) Pull opponent's leg straight up between your legs forcing him to the ground.

DEFENSE AGAINST HEADLOCK (*standing*)

****Headlock (Opponent grabs your head with his right arm):**

- A. Preemptive – (Punch defense. Posture not broken)
- 1) Both hands immediately extend across your opponent's body... right arm in front over opponent's arm... left arm behind your opponent.

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

- 2) Right hand grabs opponent left wrist... left hand circles through opponent's arm to grab his left forearm... both of your hands will be on top of opponent's arm.
- 3) Pull opponent's arm in tight, pinning it to his body.
- 4) Posture up hard... your left hip should be behind your opponent's right hip.
- 5) Duck under your opponent's right arm going to the back.

Follow-Up Option One:

1. Lift opponent and step back.
2. Lower him to the ground.
3. Finish with choke OR disengage.

Follow-Up Option Two:

1. Drive opponent into wall... forcing his right hand to post against the wall.
2. Body presses against opponent... left leg drives between his legs.
3. Reach under your opponent's right arm with your right hand.
4. Grab the outside of his right hand with your palm against the back of his hand and your fingers wrapped around the outside.
5. Circle arm around his back applying the wrist lock... right foot inside stomps to the back of opponent's right leg to take him down.
6. Finish with choke OR disengage.

CARPE MOMENTUM SCHOOL OF JIU-JITSU ADULT BLUE BELT CURRICULUM

B. Preemptive – (Punch defense. Posture not broken):

- 1) Both hands extend in front of you...
defending against the punch.
- 2) Left hand grabs circles around the outside of
your opponent's arm... grabbing the inside of
his left arm.
- 3) Right hand grabs your opponent's right wrist.
- 4) Posture up hard... your left hip should be
behind your opponent's right hip.
- 5) Duck under your opponent's right arm going
to the back.
- 6) Apply the shoulder lock by driving your
opponent's arm upward behind his back.

C. Preemptive – (Early escape. Your posture is not broken):

- 1) Keep your hips pushed forward... right hand
grabs your opponent's left wrist... left arm
circles around in front of opponent's face
placing your left hand on the face under
opponent's nose.
- 2) Force opponent's head back and away.
- 3) Place right hand behind your opponent's right
hip.
- 4) Circling with your opponent... apply pressure
on opponent's face and hip to spin him
around so he is facing you.
- 5) Left hand wraps over opponent's head...
right hand grabs your left hand.
- 6) Apply guillotine choke.

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

- D. Preemptive – (Early escape. Your posture is not broken):
- 1) Both hands immediately push opponent's head away... keeping him from breaking your posture.
 - 2) Left hand maintains pressure on the inside of opponent's face as right hand reaches down under hooking opponent's right leg from behind.
 - 3) Pick opponent up and slam him on the ground.
 - 4) Left leg swings over opponent's head... finish with an armbar.
- E. Posture Broken – One:
- 1) Right foot steps in front of opponent... left hand wraps around opponents left hip.
 - 2) Sit down in front of opponent (right foot should be on the outside of opponent's left leg) as your left hand pulls on opponent's hip as right hand under hooks opponents left leg at the knee.
 - 3) Perform a backward roll with you landing on top in a "Tech-Mount" position... opponent still has control of your head.
 - 4) Left arm frames across opponent's jaw with your right hand grabbing your left wrist.
 - 5) Drive left arm down against your opponent's jaw until he releases his grip.

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

F. Posture Broken – Two:

- 1) Drive opponent forward until he pushes back into you.
- 2) Right foot steps forward beside the outside of opponent's right foot.
- 3) Right arm under hooks opponent's right leg at the knee... left arm wraps around opponent's back grabbing his left hip.
- 4) Pistol squat to the ground with left leg extending between opponent's legs... take opponent over backwards... end up with your left knee down & right knee up behind opponent.
- 5) Transition to a top in a "Tech-Mount" position... opponent still has control of your head.
- 6) Left arm frames across opponent's jaw with your right hand grabbing your left wrist.
- 7) Drive left arm down against your opponent's jaw until he releases his grip.

DEFENSE AGAINST FRONT HEADLOCK (Guillotine) (*standing*):

****Front Headlock – Opponent's right arm is over the head:**

- A. Front Headlock – Preemptive – (Early escape. Your posture is not broken)
- 1) Immediately look up and posture.

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

- 2) Left foot steps around behind opponent's body.
- 3) Left arm grabs the outside of opponent's left elbow as right hand circles to the inside of opponent's left arm grabbing his wrist.
- 4) Lift, step back, and take opponent to the ground.
- 5) Finish with choke or disengage.

B. Front Headlock – Posture Broken

- 1) Left hand immediately grabs opponent's wrist and pulls down to relieve pressure on the neck.
- 2) Right hand reaches over opponent's right shoulder as far down the back as possible.
- 3) Shift body to opponent's right side placing your right knee behind opponent's left leg.
- 4) Right knee buckles opponent's right knee as right arm pulls down, taking opponent to the ground.
- 5) Use shoulder pressure against the neck to break opponent's grip.

C. Front Headlock – Posture Broken

- 1) Place both hands on the front of opponent's right knee.
- 2) Extend your right leg between opponent's leg as you sit down (pistol squat).
- 3) Roll to your back as you throw your opponent behind you.

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ADULT BLUE BELT CURRICULUM

DEFENSE AGAINST PUNCH (*standing*):

****Right Punch:**

A. Right Haymaker

- 1) Hands immediately come up in front of your body.
- 2) Right foot immediately steps forward as left hand hooks over the top of opponent's arm right arm & right hand hooks over the top opponent's left arm.
- 3) Drive right side of your head into opponent's chest as you hang your weight on opponent's arms.
- 4) Transition to the right into a "Gracie-T" position on the right side of your opponent's body.
- 5) Left hand over hooks opponent's right arm... right hand circles around opponent's back to grab his right hip.
- 6) Right foot circles in front of opponent. Hip toss the ground.

B. Right Straight Lead Punch

- 1) Left foot steps to 10:30 getting the body off the center line.
- 2) Left parry to the outside of opponent's right punch.
- 3) Right ridge-hand to the left side of opponent's neck.

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

- 4) Right foot crescent steps around opponent's right foot as hands come together applying choke to carotid artery.
- 5) Left foot drops slightly back to 6:00.
- 6) Extend right leg taking opponent to the ground.

DEFENSE AGAINST KICK (*standing*)

****Right Kick:**

- A. Right Front Kick to Mid-Section
 - 1) Right foot steps back to 6:00 as both hands cup opponent's foot.
 - 2) Drive opponent's foot straight up forcing him to the ground.
- B. Right Front Kick to Mid-Section (Back Against Wall)
 - 1) Rotate body CW as your left arm extends down in front of you deflecting the kick off to the side.

Follow-Up Option One:

1. Right forearm strike to the mid-section or head.

Follow-Up Option Two:

1. Left arm immediately underhooks opponent's right leg close to opponent's foot.

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

2. Right hand underhooks opponent's right leg close to the foot as left hand grabs the bottom of opponent's right arm.
3. Right foot steps behind opponent's left foot taking him to the ground.

C. Right Round House Kick

- 1) Left foot immediately steps forward to 12:00.
- 2) Left hand covers low as right hand covers left side of face high.
- 3) Left arm underhooks opponent's right leg grasping your right hand forcing his right knee to face to ground.

Follow-Up Option One:

1. Drive opponent forward to the ground.
2. Disengage.

Follow-Up Option Two:

1. Drive opponent forward to the ground.
2. Left foot steps over opponent's right leg placing your shin in the back of opponent's knee.
3. Drop down to your right knee.
4. Grab opponent by the shoulders and drive forward applying a calf slicer.

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

DEFENSE AGAINST CLUB OR BLUNT OBJECT (*standing*)

****Club in Assailant's Right Hand:**

A. Step Through Overhand Club Attack

- 1) Left foot steps to 10:30 getting the body off the center line.
- 2) Left parry to the outside of opponent's right arm.
- 3) Right ridge-hand to the left side of opponent's neck.
- 4) Right foot crescent steps around opponent's right foot as hands come together applying choke to carotid artery.
- 5) Left foot drops slightly back to 6:00.
- 6) Extend right leg taking opponent to the ground.

B. Overhand OR Roundhouse Club (Blunt Object) Attack

- 1) Left foot steps to 11:30 inside the velocity of the attack.
- 2) Left arm extends to inside and over opponents arm with the back of your hand facing your opponent's body... your elbow should be elevated as high as possible to protect your head.
- 3) Right foot shifts to left side of opponent's body as your left arm over-hooks opponent's right arm tight to your body... left hand circles

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

around the back of opponent's body under his left arm and grabs his right hip (Gracie-T Position).

- 4) Right hip toss taking opponent to the ground.

DEFENSE AGAINST KNIFE (*standing*)

****Knife in Assailant's Right Hand:**

A. Step Through Stab Overhead Stab with Right Hand

- 1) Left foot immediately forward to 10:30 as left hand hooks to the inside of opponent's right stabbing arm at his wrist, creating a barrier.
- 2) Right hand immediately drives up and under opponent's right stabbing arm and grasp your left hand.

Follow-Up Option One:

1. Both arms drive backwards applying a standing Americana.

Follow-Up Option Two (Opponent Straightens Arm):

1. Keeping a strong grip on opponent's knife hand, bend over and extend both arms down in front of you.
2. Right hand transitions to palm with the heel-plam on back of opponent's hand and fingers on his palm.

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

3. Extend left arm as right hand rotates opponent's arm CCW applying the wrist lock.
- B. Opponent Grabs with Left Hand – Stabs with Right to Mid-Section
 - 1) Right hand immediately grabs opponent's right stabbing arm at the wrist as left arm braces just above your right, creating a barrier.
 - 2) Maintaining a strong grip with your right hand, shift your body to your left as your left hand circles around the outside of your opponent's to an underhook position (Russian Tie).

DEFENSE AGAINST GUN (*standing*)

****Gun in Assailant's Right Hand:**

- A. Gun Pointed at Head (Very Close or Touching)
 - 1) Both hands immediately go up to the sides in a disarming gesture.
 - 2) In a simultaneous motion... left hand grabs the outside of the barrel of the gun as your left hand strikes the inside of opponent's right wrist... taking gun from opponent.
 - 3) Immediately pull the gun in close to you away from opponent.

CARPE MOMENTUM SCHOOL OF JIU-JITSU

ADULT BLUE BELT CURRICULUM

B. Gun Pointed at Mid-Section (Very Close or Touching)

- 1) Both hands immediately go up to the sides in a disarming gesture.
- 2) Left foot steps forward to 11:00 as right hand parries down with the back of the hand to outside of gun hand.
- 3) Pivot body 90° to face 3:00 as both hands grab opponent's wrist.
- 4) Left foot steps back towards 9:00 as you lift opponent's right arm up in a large CW motion to 10:30 behind opponent's right leg.
- 5) Rotate body to face 9:00 as right palm strikes to the back of the right wrist driving opponent to the ground... ending up in a knee on belly position.
- 6) Right hand takes gun from opponent by grabbing the barrel and pulling it towards you against opponent's wrist.