

Brazilian Jiu-Jitsu Lesson Plan (Sample)

Class Length: 60 minutes

Skill Level: Beginner

Instructor: Coach Andrew

Date: January 13, 2026

1. Class objective

What students should improve today:

Starting from closed guard, students will control their partner's posture, move to Toplock, and apply an armbar from bottom Juji gatame, using the correct grips, hip movement, leg positioning, and structure.

Objective:

By the end of today's class, students will be able to break posture, move to a control position, isolate an arm, and finish an armbar from closed guard.

2. Warm-up

We'll use movement drills that are directly related to today's lesson.

Movement Drills:

- 2-on-1 control
- Maintaining concave shoulders and back
- Taking elbow scoops on the legs
- Climbing the legs into Toplock

Note to instructors:

Emphasize the importance of concave shoulders and back, hip movement, and core engagement. Remind students that these are the same motions used in armbars.

3. Technique/instruction

Demonstrate 1-2 techniques, along with follow-up attacks and counters.

- **Technique:** Closed Guard to Toplock to Armbar (from bottom Juji gatame)
- **Position:** Closed Guard

- **Key Concepts:** Toplock is used to establish arm control above the elbow. Once in bottom Juji, the student's knee must be higher than their opponent's ear. Use the right-right-right or left-left-left rule to get a strong finish.

Progression Breakdown:

1. Break opponent's posture using collar tie and knees to chest
2. Using a cross grip (2-on-1 upper), isolate your partner's arm and extend the elbow away from the body, towards your centerline
3. Climb your legs, one leg at a time, up to the shoulders, and cross your ankles
4. Take a scoop grip under their hamstring and pivot their hips, while continuing to control their arm
5. Unlock and scissor your legs, using your legs to control their posture
6. Bring your ear to their knee, using concave shoulders and back

Common Mistakes to Watch for:

- Allowing the opponent to keep posture
- Crossing ankles instead of pinching knees
- Pulling with arms instead of lifting hips

Secondary Technique / Follow-Up:

- Armbar to triangle transition when opponent pulls the arm free

4. Drilling structure

Format:

- Goals:** Pulling the elbow away from their ribs,
- Cues:** Partner posts their hands on you
- Mistakes:** Not controlling the arm, knee below the ear
- FAQs:**

5. Positional sparring

- **Starting Position:** Closed Guard
- **Goal for Bottom Player:** Use toplock to secure armbar or triangle
- **Goal for Top Player:** Maintain posture and pass guard
- **Round Length:** 2 minutes
- **Rounds:** 3

Win Conditions:

- Bottom wins by submission
- Top wins by passing and getting chest-to-chest

6. Open rounds/live rolling

- **Round Length:** 8 minutes
- **Total Rounds:** 5

Focus for Students:

- Attempt the armbar setup at least once per round
- Maintain control over your partner in guard