



12 Week Kids Basics Syllabus

Students will have general knowledge & objectives for each basic position.

WEEK 1

STANDING

Stance, Grips,
& Movement

WEEK 2

TAKEDOWNS

Control
& Takedowns

WEEK 3

PASSING

Guard Opening
& Standing Passes

WEEK 4

SIDE CONTROL

Hold Downs &
Headlocks

WEEK 5

MOUNT

Control
& Submission

WEEK 6

BACK

Control
& Submissions

WEEK 7

TAKEDOWNS

Control
& Takedowns

WEEK 8

OPEN GUARD

Frames
& Recovery

WEEK 9

PASSING

Kneeling Passes
& Guard Opening

WEEK 10

SIDE CONTROL

Escapes &
Transitions

WEEK 11

BACK

Defense
& Escapes

WEEK 12

MOUNT

Defense
& Escapes

CLASS FAQ

The 12 Weeks Kids Basics course is intended for first time future Black Belts.
Classes are for one hour and will include drills/warm - ups, technique & positional sparring.
Please be prepared to wear appropriate class gear (GI or No-Gi)