



12 Week Lil' Kids Basics Syllabus

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

WEEK 1

STANDING

Stance
Giant Takedown

WEEK 2

PASSING

Crazy Legs
100 Kilos & Mount

WEEK 3

SIDE CONTROL

Crocodile Control/100 Kilos
Under Hook

WEEK 4

CLOSED GUARD

Climb the Back
Hip Bump

WEEK 5

MOUNT

Spider Kid/Spider Swim
Armbar

WEEK 6

REVIEW OF WEEK 1-5

WEEK 7

TAKEDOWN DEFENSE

Grips and Snap Down
Sprawl

WEEK 8

BACK CONTROL

Duck Under
Crazy Horse

WEEK 9

SIDE CONTROL

Frame and Shrimp
Bridge and Roll

WEEK 10

MOUNT ESCAPE

Bridge and Roll
Hands on Hips

WEEK 11

OPEN GUARD

Double Ankle
Superman

WEEK 12

REVIEW WEEK 7-11

CLASS FAQ

The 12 Weeks Lil' Kids Basics course is intended for first time future Black Belts. Ages 4 - 6 years old.

Classes are 45 minutes and will include drills/warm - ups, technique & positional sparring.

Please be prepared to wear appropriate class gear (GI or No-Gi)