



# 12 Week Adults Basics Syllabus

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

## WEEK 1

### CLASS A

*STANDING*  
Stance, Grips  
& Movement

### CLASS B

*STANDING*  
Takedowns &  
Body Locks

## WEEK 2

### CLASS A

*CLOSED GUARD*  
Pulling Guard &  
Control

### CLASS B

*CLOSED GUARD*  
Sweeps &  
Transitions

## WEEK 3

### CLASS A

*CLOSED GUARD*  
Submissions  
& Defenses

### CLASS B

*CLOSED GUARD*  
Submissions  
& Defenses

## WEEK 4

### CLASS A

*HALF GUARD*  
Bottom of  
Half Guard

### CLASS B

*HALF GUARD*  
Top of  
Half Guard

## WEEK 5

### CLASS A

*SIDE CONTROL*  
Hold Downs &  
Headlocks

### CLASS B

*SIDE CONTROL*  
Escapes &  
Transitions

## WEEK 6

### CLASS A

*SIDE CONTROL*  
Submissions  
& Defenses

### CLASS B

*SIDE CONTROL*  
Submissions  
& Defenses

## WEEK 7

### CLASS A

*PASSING*  
Standing Passes  
& Guard Opening

### CLASS B

*PASSING*  
Kneeling Passes  
& Guard Opening

## WEEK 8

### CLASS A

*PASSING*  
Approach  
to Passing

### CLASS B

*PASSING*  
Passing  
Combinations

## WEEK 9

### CLASS A

*MOUNT*  
Defense  
& Escapes

### CLASS B

*MOUNT*  
Control  
& Transitions

## WEEK 10

### CLASS A

*MOUNT*  
Submissions  
& Defenses

### CLASS B

*MOUNT*  
Submissions  
& Defenses

## WEEK 11

### CLASS A

*BACK*  
Control  
& Transitions

### CLASS B

*BACK*  
Defense  
& Escapes

## WEEK 12

### CLASS A

*BACK*  
Submissions  
& Defenses

### CLASS B

*BACK*  
Submissions  
& Defenses

## CLASS FAQ

The 12 Week Basics course is intended for first time practitioners and for those who want to polish their fundamental skills.

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

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

On the "Basics Overview" Classes - The weekly position/skill/technique will be summarized & will be given time to practice and ask questions.