



# RADICAL JIU-JITSU

## WHITE TO BLUE BELT CURRICULUM

### REQUIREMENTS:

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#### STRIPE I

- All techniques with no dots
- Any 4 throws, submissions, sweeps & passes

#### STRIPE II ••

- All techniques marked with 2 dots

#### STRIPE III •••

- All techniques marked with 3 dots
- Your best technique with 1 set-up & back-up

#### STRIPE IV & BLUE ••••

- All material marked with 4 dots
- Demo section, fitness & shark tank (blue only)

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## 1. FUNDAMENTAL MOVEMENTS

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|---|--|
| <input type="checkbox"/> Hip Escape Drill (Two Types) | <input type="checkbox"/> Back Control (Harness & Leg Movement) ••        |
| <input type="checkbox"/> Bridge                       | <input type="checkbox"/> Breaking Posture & Monkey Guard ••              |
| <input type="checkbox"/> Reverse Hip Escape           | <input type="checkbox"/> Break Falls (all directions) •••                |
| <input type="checkbox"/> Technical Stand-Up           | <input type="checkbox"/> Backward Rolls •••                              |
| <input type="checkbox"/> Windmills                    | <input type="checkbox"/> Sliding to Back from Bottom Under-Hook •••      |
| <input type="checkbox"/> Drop-Step (Duck Walk)        | <input type="checkbox"/> Butterfly Movement 1. Lift Up ••••              |
| <input type="checkbox"/> Sit-Out ••                   | <input type="checkbox"/> Butterfly Movement 2. Push & Come to Elbow •••• |
| <input type="checkbox"/> Sprawl ••                    | <input type="checkbox"/> Attacking Turtle (Spins & Taking the Back) •••• |

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## 2. DRILLS

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### SOLO DRILLS

- Solo Triangle
- Sitting Shoot (“Jean Jacques”) Drill
- Solo Armbar •••
- Butterfly Sits •••

### PARTNER DRILLS

- Pummeling
- Upa/Kimura Drill
- Guard Escrima (Over/Under-hook Defense) ••
- Hunting the Wrist for Armbar Finish •••
- Arm Drag to Back (Standing & Guard) •••
- Partner Armbar (Mount & Guard) •••
- “Running Man” Knee-On-Belly ••••
- Partner Omoplata Drill ••••
- Monkey to Back on Standing Partner ••••

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## 3. GUARD BREAKING TECHNIQUES

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- |  |   |
|--|---|
| <input type="checkbox"/> Basic Kneeling Break                  | <input type="checkbox"/> Standing Pick-Up •••                   |
| <input type="checkbox"/> Standing with Knee (Alex Chung #1) •• | <input type="checkbox"/> Standing “Lucas Lepri” Copa Break •••• |
| <input type="checkbox"/> Any Kneeling/Standing Variation •••   |   |

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## 4. PIN ESCAPES

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### SIDE CONTROL ESCAPES

- Parallel Principle Hip Escape
- Escape #1: T-Rex Hip Escape
- Escape #2: Under-hook Hip Escape
- Escape #3: Knee Push to Half Guard
- Escape #4: Jail Break
- Escape #5: Ghost Roll-Out

### MOUNT ESCAPES

- Escape #1: Elbow Hip Escape
- Escape #2: Push Leg to Half Guard
- Escape #3: Leg Hook to Half Guard
- Escape #4: Head Hook to Bronco

### NORTH SOUTH ESCAPE

- Escape: Roll to Single (2 Versions) ●●
- Shin & Spin to Guard

### TURTLE ESCAPE

- Escape #1: Sit-out to Back ●●
- Escape #2: Roll to Guard/ Triangle ●●●

### BACK ESCAPES

- Escape #1: Push Leg & Hip Escape
- Escape #2: Arm Grab & Spin to Guard ●●●

### SURF BOARD MOUNT ESCAPE

- Escape #4: Heel Push to Above Escapes ●●●

### KNEE-ON-BELLY ESCAPE

- Escape #1: Half Granby to Dlr Guard ●●●
- Escape #2: Bridge to Low Single Takedown ●●●

### ADVANCED GENERAL ESCAPES

- Crazy Shake vs. Tight Control ●●●●
- Parallel Principle vs. Forklift ●●●●

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## 5. PINS

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### SIDE CONTROL

- Side #1: Cross-face & Under-hook
- Side #2: Forklift
- Side #3: Half Forklift
- Side #4: Cradle ●●●●

### MOUNT

- Mount #1: Basic (On Hips)
- Mount #2: Surf Board
- Mount #3: Lateral Top With Arm Control ●●●●
- Mount #4: High Mount & S-Mount ●●●●

### KNEE CONTROL

- Basic Knee-On Belly
- Low Knee-On Belly (cross-face & under-hook)
- Knee-On Face

### SCARF HOLD

- "Good" Scarf Hold
- Reverse Scarf
- Copa Scarf

### NORTH SOUTH

- North South #1: Arms Over
- North South #2: Arms Under
- North South #3: One Over & One Under

### BACK CONTROL

- Back #1: Regular W/ Hooks
- Back #2: Half Back
- Back #3: Back Mount

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## 6. SUBMISSION ESCAPES

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- Americana Escape
- RNC Escape
- Bad RNC Escape
- Guillotine Escape #1: Traditional Guillotine
- Guillotine Escape #2: Arm-In Guillotine ●●●●
- Triangle Escape #1: Pre-triangle
- Triangle Escape #2: Full Triangle

- Kimura Escape (Top & Bottom)
- Guard Armbar Escape
- Top Armbar Escape #1: Pretzel
- Top Armbar Escape #2: Roll-out ●●●●
- Arm Triangle Escape
- Omoplata Escape #1: Roll
- Omoplata Escape #2: Sit-out ●●●●

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## 7. SUBMISSIONS & CHOKES

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### AMERICANA

- Mount Americana
- Side Control Americana
- Scarf Americana

### GUILLOTINE

- Standing/Guard: Traditional Guillotine
- Guard/Half Guard: Arm-In Guillotine
- Top Half Guard/Mount: Bar Guillotine ●●
- Standing/Turtle: Ten Finger ●●●
- Marcelo-tine ●●●●
- Mackenzie-tine ●●●●

### STRAIGHT ARM-LOCK

- Guard: From Single Under-hook
- Pre-triangle: Under-hook to Inverted Arm-lock
- Mount: Straight Arm-Lock
- Scarf: "Jay Leno" Inverted Arm-Lock ●●●●

### KIMURA

- Guard: Traditional From Upa
- Rat Guard: Jacare Kimura
- Side Control Step Over Kimura
- Scarf: Step Over Kimura
- Teacup: Bronco Kimura
- North-South: Bronco Or Step Over Kimura ●●●●

### ARMBAR

- Back Set-up: Drysdale Variation
- Mount Set-up: From Cobra
- Mount Set-up: From Americana ●●
- Teacup Set-up ●●●
- Guard Set-up vs. Punch ●●●●
- Guard Set-up: High Guard ●●●●

### FOOT LOCKS

- Basic Straight Ankle Lock ●●●●

### REAR NAKED CHOKE

- Lion Killer
- Bear Killer

### COPACABANA

- Mount Postured Copa
- Surfboard Mount Copa
- Pre-Triangle Copa ●●●●

### ARM TRIANGLE

- Mount Set-up
- Back Set-up
- Top Half Guard Hop Over ●●●
- Side Control Hop Over ●●●
- Bottom Half Guard ●●

### TRIANGLE

- Guard Wrist Push Set-up (Rat & Traditional)
- Guard Snake Wrist Push Set-up
- D.G.G. Set-up
- Side Control vs. Wrestler's Pin ●●
- Back: Triangle from the Back ●●●
- Scarf: Top Triangle from Scarf Crucifix ●●●●

### OMOPLATA

- Traditional Guard Omoplata ●●●
- Marcelo Style ●●●●

### ROLLING ARMBAR

- Guard: Yatskevitch from Under-hook ●●●
- Back Mount: Yatskevitch ●●●●
- DGG: "Funky" Rolling Armbar ●●●●

### HEAD / HEAD & ARM CHOKES

- Anaconda vs. Turtle ●●●●
- North/ South Choke ●●●●

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## 8. GUARD PASSES

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### RIO STYLE GUARD PASSING

- Bullfighter (Traditional Toreada)
- Double Under-hooks Pass
- Single Under-hook Pass (Gurgel variation) ●●
- Jacare pass ●●
- Knee Slide ●●
- Arm Weave ●●

### SÃO PAULO STYLE GUARD PASSING

- Advanced Bullfighter
- Knee Slide 2 Variations ●●
- Z-Pass ●●
- Back-step ●●●●

### DE LA RIVA GUARD PASSING

- Leg Drag ●●●
- "Elvis" to Back-step/Single-Under/ Z-Pass ●●●

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## 8. GUARD PASSES (CONT.)

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### HALF GUARD PASSING

- Instep Hook #1 BJ Penn variation
- Instep Hook #2 Marcelo variation .....
- Side Sit: "Evil Rigan" Pass ..
- Side Sit: Renzo "Grab & Kick" .....

### BUTTERFLY GUARD PASSING

- Jacare Pass ...
- Guillotine Pass ...
- Flying Jacare Pass ...

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## 9. GUARD SWEEPS

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### FULL GUARD

- Upa Sweep
- Hook Sweep (Any variation) ..
- 100% Sweep ..
- Scissor Sweep ...
- Scissor Sweep: Single Underhook Version ...
- Flower Sweep .....
- DGG Butterfly .....
- Omoplata .....

### ANKLES & HOOKS

- Double Ankle Grab & Push

### BUTTERFLY GUARD

- Traditional
- 90 Degree ...
- Lift to Back ...
- Arm drag > Back or Sweep ...
- "Lucas" Elbow Sweep ...

### HALF GUARD (HALF GUARD FUND. #1)

- Brasileiro Sweep
- Old School Sweep ..
- Dog Fight: Chuck Liddell ...
- Dog Fight: Cement Mixer ...
- Dog Fight: Half & Half ...
- Dog Fight: Dirty Rat ...
- Dog Fight: Stand-up Single leg ...
- Electric Chair .....
- Out the Back Door .....

### KNEE SHIELD (HALF GUARD FUND. #2)

- Butterfly
- Omoplata (Marcelo Style) .....

### DE LA RIVA GUARD

- Leg Hook & Push Hip
- Single Leg Takedown
- Reverse De La Riva Leg Hook & Push .....

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## 10. THROWS & TAKEDOWNS

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### PUMMEL CLINCH

- Balance Breaking in Four Directions (kuzushi)
- Whizzer (basic)
- Whizzer to Headlock to Sumigashi ...

### DOUBLE LEG

- Finish #1: Lift & Dump
- Finish #2: Cut the Corner ..
- Finish #3: Leg Hook ...
- Finish #4: All American (Marcelo Version) .....
- Finish #5: Tripod Spin to Low Single .....

### HIP THROWS FROM PUMMEL CLINCH

- Ogoshi
- Harai Goshi

### DOUBLE UNDER-HOOKS

- Backbreaker
- Backbreaker with Outside Leg Reap (Ko-soto) ...

### ARM DRAGS

- Outside Arm Drag To Double/Back
- Arm Drag From Pummel Clinch To Back ...
- Arm Drag From Pummel Clinch To Reap ...

### SINGLE LEG

- Finish #1: Lift & Trip
- Finish #2: Ride the Pipe ..
- Finish #3: Navy Ride (forward) ...
- Finish #4: Barzegar .....
- Finish #5: Marcelo Kick .....

### REAPS FROM PUMMEL CLINCH

- Ko-uchi Gari ...
- O-uchi Gari ...
- Ko-soto Gari ...

## 11. CONTROL POSITION TRANSITIONS

Hierarchy of Position Concept:  
Pass > Side > Mount > Back > Back Mount

### SIDE CONTROL TRANSITIONS

- Side > Scarf
- Side > Knee-On-Belly
- Side > Reverse Scarf > Mount
- Side > Low Knee-On-Belly > Mount
- Around-the-World #1: Side > Back ..
- Around-the-World #2: Side > Mount ...
- Around-the-World #3: Break Single ....

### MOUNT TRANSITIONS

- Mount > Back #1: Copa choke
- Mount > Back #2: Americana
- Mount > Back #3: Captain Hook
- Mount > Knee-On-Belly

### DOUBLE LEG

- Finish #1: Lift & Dump
- Finish #2: Cut the Corner
- Finish #3: Leg Hook
- Finish #4: All American (Marcelo Version)
- Finish #5: Tripod Spin to Low Single

### TURTLE ATTACKS

- Turtle (R) > Turtle (L)
- Turtle > Back #1: Spiral
- Turtle > Back #2: Harness & Insert Hook
- Turtle > Back #3: Twist Back & Kick Hook ...
- Turtle > Back #4: Marcelo Roll ....
- Turtle > Back #5: Goat .....

### BACK TRANSITIONS

- Back > Back Mount
- Back > Mount
- Back (R) > Back (L)

### KNEE-ON-BELLY TRANSITIONS

- Knee-On-Belly > Mount
- Knee-On-Belly > Side
- Knee-On-Belly > Knee-On-Face ...
- Knee-On-Belly (R) > Knee-On-Belly (L) ...

### SCARF TRANSITIONS

- Scarf > Reverse Scarf
- Scarf > North/South
- Scarf > "Jay Leno" ...
- Scarf > Top Crucifix ...

### GUARD TRANSITIONS

- Full Guard > Rat Guard #1: Head Push
- Full Guard > Rat Guard #2: Upa
- Full Guard > DGG ..
- Rat Guard > DGG ..
- DGG > Elbow Butterfly ..
- Rat Guard > Upa > Head & Arm Control ...
- Rat Guard > Sandwich ...
- Rat Guard > Single Underhook ...
- Rat Guard > Lister Guard ....
- Full Guard > Shin Spider ....
- Full Guard > High Guard on Shoulder ....

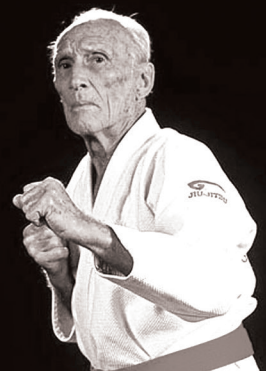
### NORTH/SOUTH TRANSITIONS

- N/S > Bucking Bronco
- N/S > Reverse Scarf
- N/S > Bucking Bronco > Back

### BOTTOM HALF GUARD TRANSITIONS

- Half Guard > Back
- Half Guard > Full Guard
- Half Guard > Knee Shield > DGG ..
- Half Guard > Knee Shield > Sandwich ....
- Half Guard > Half Butterfly > Butterfly ....

“Jiu-Jitsu is for the protection of the individual, the older man, the weak, the child, the lady and the young woman - anyone who doesn't have the physical attributes to defend themselves.”



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## 12. COMBINATIONS

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### PASSING COMBINATIONS

- R/L: Double Over/Double Under/Bunny Hop/Toreada
- Knee Slide #1 > Knee Slide #2 ●●
- Knee Slide #1 > Z Pass ●●
- Knee Slide #1 > Evil Rigan Mount ●●
- Knee Slide #1 > Arm Weave vs. Knee Shield ●●●
- Back Step > Knee slide ●●●●
- Jacare > Advanced Toreada ●●●●
- Double Under > Jacare ●●●●

### TOP ARMLOCK COMBINATIONS

- Kimura > Elbow of Retribution > Bronco Kimura ●●
- Kimura > Elbow of Retribution > Back/Back Armbar ●●
- Kimura > Elbow of Retribution > Teacup Armbar ●●●
- Kimura > “Jay Leno” > Inverted Armbar ●●●●
- Kimura > “Lister Roll” Kimura ●●●●

### SCARF COMBINATIONS

- Copa Scarf > “Jay Leno” Inverted Armbar ●●●●
- Scarf Crucifix > Top Triangle > Inverted Armbar ●●●●

### AMERICANA COMBINATIONS

- Mount Americana > Armbar ●●
- Mount Americana > Arm Triangle ●●
- Side Control Americana > Straight Armlock ●●

### ARMBAR COMBINATIONS

- Armbar > Wrist Hunt #1: Lateral Drop ●●
- Armbar > Wrist Hunt #2: Triangle ●●
- Armbar > Wrist Hunt #3: Compression ●●●
- Armbar > Wrist Hunt #4: S-Mount Armbar ●●●●
- Armbar > Omoplata Counter to Roll Out ●●●●

### CHOKE COMBINATIONS

- Arm Triangle > Back ●●●
- N/S Choke > Bronco or Traditional Kimura ●●●●
- Lever Choke > Lion Killer RNC > Bear Killer
- RNC > Mount Arm Triangle
- Bear Killer (modified) > RNC
- Bear Killer (modified) > Armbar

### GUARD COMBINATIONS

- Upa > Traditional Kimura ●●
- DGG > Technical Stand-up > Turtle Attack ●●
- Upa > Guillotine > Guillotine Sweep / Hook Sweep ●●
- Upa > Guillotine > 100% Sweep ●●

### GUARD TRIANGLE/ PRE-TRIANGLE (PT) COMBINATIONS

- PT Royler Kimura > PT Inverted Armlock > Triangle ●●
- PT Kimura > Triangle ●●
- PT Copa > Triangle ●●●
- Triangle > Triangle Armbar ●●●
- Triangle > Back ●●●
- Triangle > Omoplata ●●●●
- Triangle > 2-on-1 Armbar > Armbar Sweep ●●●●
- Triangle > 2-on-1 Armbar > Triangle ●●●●

### GUARD ARMLOCK COMBINATIONS

- Kimura > Back (Modified Duck Under) ●●●
- Kimura > Omoplata ●●●●
- HG Armbar > Omoplata > Triangle ●●●●
- HG Armbar > Armbar Sweep > Spider Web ●●●●
- HG Armbar > Corkscrew Sweep > Spider Web ●●●●
- Inverted Armlock > Yatskevitch Armbar ●●●●
- Inverted Armlock > Modified Scissor Sweep ●●●●
- Inverted Armlock > Back ●●●●
- Omoplata > Back (Turtle Attack) ●●●●
- Omoplata > Triangle ●●●●

### BACK COMBINATIONS

- Back Mount > Yatskevitch Armbar ●●●
- Back Mount > Guard Flower Sweep/ Armbar ●●●

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## 13. DEMONSTRATION SECTION

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### GUARD FIGHTERS

Must demonstrate five bottom attack sequences of no less than three moves (of these sequences, two must end in the back)

### TOP FIGHTERS

Must demonstrate five top attack sequences of no less than three moves (of these sequences, Two must end in the back)

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## 14. FITNESS SECTION (BLUE BELT)

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### TIMED FITNESS (8 MINUTES)

- 100 Armbar Drills
- 100 Upa Drills
- 100 MMA sit-ups
- 75 Sprawls
- 50 Push-ups
- Able to Run 1 Mile in 10 Minutes or Under
- Shark Tank Sparring Minimum of 45 minutes

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## 15. INTANGIBLES (BLUE BELT)

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### NON-QUANTIFIABLE CRITERIA THAT I CONSIDER

- Mat Attitude & Friendliness (Most Important)
- Guts & Heart
- Can “Hang” with Blue Belts/Judoka on the mat
- Flows well; doesn’t win with brute force
- Guard game must have some MMA relevance
- Has a decent takedown/ throw game
- Competition experience