

# **GUARDIAN JUJITSU**

Every Trimester, Month 1

## **SUBMISSION SET**

- S 1. Heel Lock vs. Open Guard (Traditional)
- S 2. Leg Bar
- S 3. Collar Choke
- S 4. Underjaw Press
- S 5. Double Leg Arm Bar
- S 6. Ground Shoulder Lock
- S 7. Shoulder Lock from the Guard
- S 8. Arm Bar from the Guard
- S 9. Leg Triangle Choke
- S 10. Arm Triangle Choke

## **STANDING BACK CIRCLE**

- SBC 1. Arm Drag (forward wrist)
- SBC 2. Arm Drag (across wrist)
- SBC 3. Slip Under
- SBC 4. Duck Under
- SBC 5. Glide Past

## **CONTROL CIRCLE**

- CC 1. Mount (Test, Test, Test)
  - CC 2. Kneeling Mount
  - CC 3. Switch Base Mount
  - CC 4. Top Mount
  - CC 5. Side Mount
- Four Ways: Loose Clockwise; Loose Counter Clockwise  
Tight Clockwise; Tight Counter Clockwise

## **GUARD CIRCLE**

GC 1. One Knee Base, Under the Leg to Side Mount. Buck and Side Slide, Insert Knee, Establish Closed Guard.

GC 2. One Knee Base, Standing Base, Turn and Push Down, Knee Walk Across to Side Mount. Buck and Side Slide, Insert Knee, Establish Closed Guard.

GC 3. Turn and Slide Up to Switch Base Mount. Press Back, Hip Slide to Knee Base, Slide Knee to Mount, Heel Hook and Roll to Open Guard.

GC 4. Press and Knee Walk, Knee Walk to Mount. Buck and Hip Slide to Insert Knee, Establish Closed Guard, Grab Both Wrists.

GC 5. Split the Wrists, Trap Across, Unhook the Scissors, Press and Knee Walk, Knee Walk to Mount. Buck and Roll, Remain in Guard. Practice Other Side.

## **FALLS AND ROLLS CHAIN**

F&R 1: Drop

F&R 2: Fall Forward

F&R 3: Fall Backward

F&R 4: Fall Sideways

F&R 5: Roll Forward

F&R 6: Roll Backward

F&R 7: Roll Sideways

F&R 8: Cartwheel

F&R 9: Break Fall Backwards

F&R 10: Break Fall Roll

## **KI PRINCIPLES AND APPLICATIONS**

Ki P&A 1: Keep One Point

Ki P&A 2: Relax Completely

Ki P&A 3: Weight Underside

Ki P&A 4: Extend Ki

Ki P&A 5: Counter the Power

Ki P&A 6: Ki Full Body Weight Underside

Ki P&A 7: Ki Pull Down

Ki P&A 8: Ki Push

Ki P&A 9: Ki Pull

Ki P&A 10: Ki Drop

# GUARDIAN JIJITSU

## Odd Years, Trimester 1

### **Grappling Class 1**

Drive Forward to Mount  
Drive Behind the Neck to Side Mount  
Collar Choke, Mount

### **Grappling Class 2**

Drag to Guard  
Drag Outside  
Collar Choke, Face to Face

### **Grappling Class 3**

Head to Head  
Switch Base Escape Head to Head

### **Grappling Class 4**

Knee Ride  
Brace Back, Buck and Hip Side Slide Knee Ride Escape

### **Grappling Class 5**

Top Control  
Hip Side Slide Escape from Top Control

### **Grappling Class 6**

Ground Shoulder Lock  
Downward Ground Shoulder Lock  
Shoulder Lock from Kneeling Mount

### **Grappling Class 7**

Kneeling Mount  
Kneeling Mount Escape  
Kneeling Mount Escape to Guard

## **OY, T1 TESTING SETS**

### **STARTS**

1. Drive Forward to Mount
2. Drive Behind the Neck to Side Mount
3. Drag to Guard

### **CHANGES**

1. Switch Base Escape from Head to Head
2. Hip Slide Escape from Top Control
3. Kneeling Mount Escape to Guard

### **FINISHES**

1. Collar Choke, Face to Face
2. Downward Ground Shoulder Lock
3. Shoulder Lock from Kneeling Mount

# GUARDIAN JIJITSU

## Odd Years, Trimester 2

### **Grappling Class 1**

- Tackle
- Maintain Range
- Spinning Tackle
- Guide Past

### **Grappling Class 2**

- Single Leg Takedown
- Single Leg Takedown with Heel Hook
- Single Leg Takedown – Traditional

### **Grappling Class 3**

- Single Leg Takedown
- Guillotine from Single Leg Takedown
- Single Leg Takedown Kneeling Defense

### **Grappling Class 4**

- Single Leg Takedown with Hand Ankle Hook
- Ankle Shoot Takedown
- Push Down

### **Grappling Class 5**

- Double Leg Takedown
- Double Leg Side Dump

### **Grappling Class 6**

- Hooks In Drive Down from All Fours
- Hooks In Full Nelson Hold Down

### **Grappling Class 7**

- Foot Lock
- Foot Lock Defenses – Push Through, Rotate, Move In
- Heel Lock

## **OY, T2 TESTING SETS**

### **STARTS**

1. Spinning Takedown
2. Single Leg Takedown
3. Double Leg Side Dump

### **CHANGES**

1. Maintain Range to Guide Past
2. Kneeling Defense and Guillotine against Single Leg Takedown
3. Push Down

### **FINISHES**

1. Guillotine
2. Foot Lock
3. Heel Lock

# GUARDIAN JIJITSU

## Odd Years, Trimester 3

### **Grappling Class 1**

- Standing Headlock
- Unthread
- Brace and Unthread
- Push Back and Unthread

### **Grappling Class 2**

- Ground Headlock
- Ground Position in Switchbase, Head Down
- Headlock Escape to Back

### **Grappling Class 3**

- Headlock to Ground
- Establish Ground Position pressing on Chest
- Rolling Headlock Escape

### **Grappling Class 4**

- Headlock to Ground
- Establish Ground Position in Switchbase
- Brace Back, Escape to Knees

### **Grappling Class 5**

- Headlock to Ground
- Establish Ground Position in Switchbase
- Brace Back to Leg Triangle
- Brace Back to Double Leg Arm Bar

### **Grappling Class 6**

- Arm Triangle Choke
- Arm Triangle Choke Turtle Resist
- Leg Triangle
- Leg Triangle Defense Arm Brace
- Leg Triangle Circle Escape

### **Grappling Class 7**

- Under Jaw Press
- Tiger Mouth Choke
- Strangle from Behind
- Double Underjaw Press from Behind

## **OY, T3 TESTING SETS**

### **STARTS**

1. Standing Headlock
2. Headlock to Ground
3. Brace, Unthread, Twist Down

### **CHANGES**

1. Headlock Escape to Back
2. Rolling Headlock Escape
3. Brace Back Headlock Escape to Knees

### **FINISHES**

1. Under Jaw Press
2. Tiger Mouth Choke
3. Strangle from Behind

# GUARDIAN JIJITSU

## Even Years, Trimester 1

### **Grappling Class 1**

- Face Drop from Behind
- Face Drop
- Twisting Head Drop

### **Grappling Class 2**

- Hook Drag Down
- Foot Trap Drag Down from Behind

### **Grappling Class 3**

- Knee Trip
- Round Kick Takedown

### **Grappling Class 4**

- Heel Trip
- Knee Collapse

### **Grappling Class 5**

- Heel Hook Drive Down
- Heel Hook Drive Down from Behind

### **Grappling Class 6**

- Double Leg Arm Bar
- Arm Choke to Compression Wrist Lock
- Twist the Bar
- Beat the Bar

### **Grappling Class 7**

- Leg Bar
- Cutting Leg Bar
- Hair Lock

## **EY, T1 TESTING SETS**

### **STARTS**

1. Heel Hook Drive Down
2. Hook Drag Down
3. Heel Trip

### **CHANGES**

1. Twist the Bar
2. Beat the Bar
3. Face Push Back

### **FINISHES**

1. Arm Choke to Compression Wrist Lock
2. Cutting Leg Bar
3. Hair Lock

# GUARDIAN JIJITSU

## Even Years, Trimester 2

### **Grappling Class 1**

- Back Control
- Cross Ankle Lock
- Back Control Escape
- Arm Triangle Choke from Back Control

### **Grappling Class 2**

- Closed Guard
- Single Leg Guard Pass
- Scissors Sweep

### **Grappling Class 3**

- Open Guard
- Double Knee Standing Pass
- Single Knee Standing Pass

### **Grappling Class 4**

- Open Guard
- Knee Through Pass
- Open Guard, Eliminate Base

### **Grappling Class 5**

- Hook Guard
- Hook Guard to Guard Pass Dump
- Hook Guard to Hook Sweep

### **Grappling Class 6**

- Half Guard
- Knee Up Half Guard Escape
- Switchover Half Guard Escape

### **Grappling Class 7**

- Arm Bar from Guard
- Guillotine from Guard
- Collar Choke from Guard
- Collar Feed from Guard
- Collar Feed from Mount

## **EY, T2 TESTING SETS**

### **STARTS**

1. Back Control
2. Hook Guard
3. Half Guard

### **CHANGES**

1. Back Control Escape
2. Hook Guard to Guard Pass Dump
3. Switchover Half Guard Escape

### **FINISHES**

1. Triangle Arm Choke from Back Control
2. Guillotine from Guard
3. Collar Feed from Mount

# GUARDIAN JIJITSU

## Even Years, Trimester 3

### **Grappling Class 1**

Small Circle Drop

### **Grappling Class 2**

Go Behind, Spin Takedown

Twist Down from the Front

Bear Hug Takedown

### **Grappling Class 3**

Hip Throw

Take the Groin and Counter Throw

### **Grappling Class 4**

Small Circle Hip Throw

Hip Brace Away

Go Against the Thumb Wrist Grab Escape

### **Grappling Class 5**

Shoulder Throw from Sleeper Hold

Shoulder Throw from Triangle Choke

Kneeling Shoulder Throw

### **Grappling Class 6**

Small Circle Shoulder Throw

Slip to Headlock

Finger Lock Release

### **Grappling Class 7**

Figure 4 Wrist Compression Wrist Lock

Fist Resist, Create Space

## **EY, T3 TESTING SETS**

### **STARTS**

1. Small Circle Drop
2. Hip Throw
3. Shoulder Throw

### **CHANGES**

1. Hip Brace Away
2. Finger Lock Release
3. Kneeling Small Circle Shoulder Throw from Triangle Choke

### **FINISHES**

1. Take the Groin and Counter Throw
2. Shoulder Throw slip to Headlock
3. Figure 4 Wrist Compression Wrist Lock

# GUARDIAN JUJITSU BELT TEST FORM

NAME: \_\_\_\_\_ MM/YYYY: \_\_\_\_\_

Testing For Belt Color: \_\_\_\_\_ BELT SIZE: \_\_\_\_\_ ORDER Y/N: \_\_\_\_\_

## ALL TRIMESTERS (150: 120.0/97.0/65.0)

1. Submission Set (10: 8.0/6.5/5.0) \_\_\_\_\_

2. Standing Back Circle (5: 4.0/3.25/2.5) \_\_\_\_\_

3. Control Circle (5: 4.0/3.25/2.5) \_\_\_\_\_

4a. Guard Circle (Guard Passing) (10: 8.0/6.5/5.0) \_\_\_\_\_

4b. Guard Circle (Guard Acquisition) (5: 4.0/3.25/2.5) \_\_\_\_\_

5. Fall and Roll Chain (10: 8.0/6.5/5.0) \_\_\_\_\_

6. Ki Principles and Applications (10: 8.0/6.5/5.0) \_\_\_\_\_

Grapple Sparring (10: 8.0/6.5/5.0): \_\_\_\_\_

\_\_\_\_\_ x #of Trimesters: \_\_\_\_\_

## O1: Odd Years, Trimester One (45: 36.0/29.25/22.5)

STARTS (5: 4.0/3.25/2.5) \_\_\_\_\_

1. Drive Forward to Mount; 2. Drive Behind the Neck to Side Mount; 3. Drag to Guard

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_

CHANGES (5: 4.0/3.25/2.5) \_\_\_\_\_

1. Switch Base Escape from Head to Head; 2. Hip Slide Escape from Top Control; 3. Kneeling Mount Escape to Guard

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_

FINISHES (5: 4.0/3.25/2.5) \_\_\_\_\_

1. Collar Choke (Face to Face); 2. Downward Ground Shoulder Lock; 3. Shoulder Lock from Kneeling Mount

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_

## O2: Odd Years, Trimester Two (45: 36.0/29.25/22.5)

STARTS (5: 4.0/3.25/2.5) \_\_\_\_\_

1. Spinning Takedown; 2. Single Leg Takedown; 3. Double Leg Side Dump

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_

CHANGES (5: 4.0/3.25/2.5) \_\_\_\_\_

1. Maintain Range to Guide Past; 2. Kneeling Defense and Guillotine against Single Leg Takedown; 3. Push Down

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_

FINISHES (5: 4.0/3.25/2.5) \_\_\_\_\_

1. Guillotine; 2. Foot Lock; 3. Heel Lock

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_

NAME: \_\_\_\_\_ MM/YYYY: \_\_\_\_\_

**O3: Odd Years, Trimester Three (45: 36.0/29.25/22.5)**

**STARTS (5: 4.0/3.25/2.5)**

1. Standing Headlock; 2. Headlock to Ground; 3. Brace, Unthread, Twist Down

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_

**CHANGES (5: 4.0/3.25/2.5)**

1. Headlock Escape to Back; 2. Rolling Headlock Escape; 3. Brace Back Headlock Escape to Knees

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_

**FINISHES (5: 4.0/3.25/2.5)**

1. Under Jaw Press; 2. Tiger Mouth Choke; 3. Strangle from Behind

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_

**E1: Even Years, Trimester One (45: 36.0/29.25/22.5)**

**STARTS (5: 4.0/3.25/2.5)**

1. Heel Hook Drive Down; 2. Hook Drag Down; 3. Heel Trip

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_

**CHANGES (5: 4.0/3.25/2.5)**

1. Twist the Bar; 2. Beat the Bar; 3. Face Push Back

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_

**FINISHES (5: 4.0/3.25/2.5)**

1. Arm Choke to Compression Wrist Lock; 2. Cutting Leg Bar; 3. Hair Lock

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_

**E2: Even Years, Trimester Two (45: 36.0/29.25/22.5)**

**STARTS (5: 4.0/3.25/2.5)**

1. Back Control; 2. Hook Guard; 3. Half Guard

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_

**CHANGES (5: 4.0/3.25/2.5)**

1. Back Control Escape; 2. Hook Guard to Guard Pass Dump; 3. Switchover Half Guard Escape

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_

**FINISHES (5: 4.0/3.25/2.5)**

1. Triangle Arm Choke from Back Control; 2. Guillotine from Guard; 3. Collar Feed from Mount

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_

**E3: Even Years, Trimester Three (45: 36.0/29.25/22.5)**

**STARTS (5: 4.0/3.25/2.5)**

1. Small Circle Drop; 2. Hip Throw; 3. Shoulder Throw

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_

**CHANGES (5: 4.0/3.25/2.5)**

1. Hip Brace Away; 2. Finger Lock Release; 3. Kneeling Small Circle Shoulder Throw from Triangle Choke

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_

**FINISHES (5: 4.0/3.25/2.5)**

1. Take the Groin and Counter Throw; 2. Shoulder Throw slip to Headlock; 3. Figure 4 Wrist Compression Wrist Lock

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_

**FINAL 100%:** \_\_\_\_\_ **POINT TOTAL:** \_\_\_\_\_ **GRADE:** \_\_\_\_\_

Add points possible in each trimester for which you are tested plus "all." 75%+=A, 70-75%=B, 65-70%=C