

Student Name: \_\_\_\_\_

## BJJ Checklist for Acceptance to Youth BJJ

### Instructions:

Present this checklist to an instructor to verify each item. At least one previously verified item must be completed before new items can be verified. Instructor will check the box and initial to verify.

### Category: Tie your belt

Method to verify: Demonstration

Instructional video: <https://youtu.be/DwIIMftJ5fM?feature=shared>

Tie your belt \_\_\_\_\_

### Category: Warmups Solo

Method to verify: Demonstration

- Stance \_\_\_\_\_
- Break fall \_\_\_\_\_
- Shot \_\_\_\_\_
- Sprawl \_\_\_\_\_
- Technical Stand up \_\_\_\_\_
- Technical Get up \_\_\_\_\_
- Technical Scoot \_\_\_\_\_
- Elbow Scoot \_\_\_\_\_
- Hip Escape \_\_\_\_\_
- Bridge \_\_\_\_\_
- Duck Walk \_\_\_\_\_
- Sit out \_\_\_\_\_
- Bull Frog \_\_\_\_\_

### Category: Warmups Partnered

Method to verify: Demonstration

- Pummel Drill \_\_\_\_\_
- Partner sit ups \_\_\_\_\_
- Hip Exchanges \_\_\_\_\_

## Category: Moves

Method to verify: Demonstration

- Break Posture \_\_\_\_\_
- Kimura From Guard \_\_\_\_\_
- Hip Bump Sweep \_\_\_\_\_
- Open Guard via 2-on-1-standing \_\_\_\_\_
- Toreando Pass \_\_\_\_\_
- Americana (side control) \_\_\_\_\_
- Armbar (mount) \_\_\_\_\_
- Demonstrate each of the following positions: \_\_\_\_\_
  - Guard \_\_\_\_\_
  - Side control \_\_\_\_\_
  - Mount \_\_\_\_\_
  - Back \_\_\_\_\_
  - Knee on Stomach \_\_\_\_\_
  - Half guard \_\_\_\_\_
  - Neutral \_\_\_\_\_

## Category: Questions

Method to verify: Provide answers

- What is a guard? \_\_\_\_\_  
Using your legs to defend yourself from the bottom position
- What is a sweep? \_\_\_\_\_  
Begin in your guard and get to the top position
- What is a pass? \_\_\_\_\_  
Begin in your opponent's guard and get passed legs to dominant position like side control or mount
- What is a submission? \_\_\_\_\_  
Perform a movement that causes your opponent to tap out or say "tap". This includes joint manipulations and chokes
- What do you do if you need your partner to stop? \_\_\_\_\_  
Tap
- Where do you "tap"? \_\_\_\_\_  
Anywhere on your partner
- What if you can't reach them? \_\_\_\_\_  
Say "tap"
- What do you do if your partner taps or says "tap"? \_\_\_\_\_  
Stop and reset