

BJJ Workout Routine

- All Movement Drills and Positional Submissions are to be completed in every workout
- Choose a different set of 4 'General Beginner Techniques' each workout.
 - **Example:** Monday: 1-4 Tuesday: 5-8 Wednesday: 9-12 Thursday: 13-16
- Complete a yoga session from one of the videos in [BJJ & MMA Drills](#) playlist
- Complete the [BJJ](#) or [MMA](#) circuit training workout at least 3 times per week.




Movement Drills	Click here for examples of these drills
Exercise	Reps
Hip Escape	3 mins
Hip Switch	3 mins
Bridge/Hip Escape Combo	3 mins
Bridge/Mount Escape Combo	3 mins
Roll Forwards & Backwards	3 mins
Side Rolls	3 mins
Technical Stand Up	3 mins
Ground Position Transitions	Shown here – 10 mins


Top Positional Submissions

Side Control (Top)	Reps	Examples
Side Control Kimura	2 mins	
Side Control Armbar	2 mins	

Closed Guard (Top)		
Submissions	Reps	Examples
Triangle Choke	2 mins	
Guillotine	2 mins	

Mount (Top)		
Submissions	Reps	Examples
Americana	2 mins	
Ezekiel	2 mins	

Open Guard (Top)		
Guard Passing	Reps	Examples
Zipper Pass	2 mins	
Step Through Pass	2 mins	
Motorcycle Pass	2 mins	

Half Guard (Top)		
Submissions	Reps	Examples
The Darce	2 mins	
Guillotine Choke	2 mins	

Back Control		
Submissions	Reps	Examples
Basic Lapel Choke	2 mins	
Little Rascal Short Choke	2 mins	

Knee On Belly (Top)		
Submissions	Reps	Examples
The Modified Bread Cutter	2 mins	
Baseball Choke	2 mins	

General Beginner Techniques

General Beginner Techniques		
Find all examples in this article		
Techniques	Reps	Details
Guard Replacement with Hip Escape	3 mins	Escaping Side control from bottom
Scissor Sweep	3 mins	
Triangle Choke From Guard	3 mins	Break opponents posture before attempting
Cross Collar Choke From Guard	3 mins	
“Upa” / Bridge and Roll Escape vs Mount	3 mins	
Elbow to Knee Escape vs Mount	3 mins	

Americana Lock From Side Control	3 mins	
Rear Naked Choke	3 mins	
Over-Under Guard Pass	3 mins	
Bullfighter Guard Pass (Toreando)	3 mins	
Hip Bump Sweep	3 mins	
Headlock Escape from Standing And On The Ground	3 mins	
Guillotine Choke From Different Positions	3 mins	
Double Leg Takedown	3 mins	
Straight Armbar From Guard	3 mins	