

Jiu Jitsu 101

Getting Started



Section 4:

BASIC ESCAPES

Exclusively for use at:
Americana Jiu Jitsu
Hawthorne, NJ
AmericanaJJ.com

BASIC ESCAPES: FROM MOUNT:

- Upa

https://www.youtube.com/shorts/uE_NW2AbqEg

- Elbow Knee

<https://www.youtube.com/watch?v=fhAuJ10646l>



FROM SIDE CONTROL:

- Getting leg across their waist

<https://www.youtube.com/shorts/it-Oq7h4HA>