

# Jiu Jitsu 101

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*Getting Started*



*Section 5:*

## **BASIC PASSES**

*Exclusively for use at:*  
**Americana Jiu Jitsu**  
**Hawthorne, NJ**  
**[AmericanaJJ.com](http://AmericanaJJ.com)**

# **BASIC PASSES:**

## **FROM KNEELING:**

- Knee Slice Pass

<https://www.youtube.com/watch?v=PaUwq3Xo6BE>

<https://www.youtube.com/shorts/HST2piuyl-Q>

- Stack Pass

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

## **FROM STANDING:**

- Pinning Legs Pass

<https://www.youtube.com/shorts/f1Y3ZEdoU3Y>

- X-Pass

<https://www.youtube.com/watch?v=ytW6nxdGZaQ>

<https://www.youtube.com/shorts/VV8KdFOH3X4>

- Toreando Pass

<https://www.youtube.com/shorts/NIm4nAj7uPg>

