

Jiu Jitsu 101

Getting Started



Section 3:

BASIC POSITIONS

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

BASIC POSITIONS:

CLOSED GUARD

In this picture, the person in the WHITE gi has his opponent in his closed guard.



CORRECT TOP POSTURE:

- Kneeling with a wide base
- Hands on oppoonent's hips or belt
- Elbows tucked in
- Sitting upright

CORRECT BOTTOM POSTURE:

- Legs wrapped around opponent
- Ankles crossed



Submissions from here include cross collar choke, armbar, triangle, and kimura

BASIC POSITIONS:

SIDE CONTROL



In this picture, the person in the WHITE gi is in top side control, the dominant position.

CORRECT TOP POSTURE:

Kneeling with one knee at opponent's hips and other knee in opponent's armpit

Far hand at oppoonent's hip; near hand under opponent's neck

CORRECT BOTTOM POSTURE:

Try to get nearside elbow to the mat

Tuck far arm across your waist

Knees bent with feet close to your butt



Submissions from here include collar choke, armbar, and Americana

BASIC POSITIONS:

MOUNT

In this picture, the person in the WHITE gi is on top in the dominant position.

CORRECT TOP POSTURE:

Kneeling with big toes touching
Elbows tucked in
Sitting upright

CORRECT BOTTOM POSTURE:

Active legs: knees bent with feet close to butt

Active arms: arms bent and in front of chest in a praying position to block chokes



Submissions from here include cross collar choke, Ezekiel choke, and Americana

BASIC POSITIONS:

BACK MOUNT

In this picture, the person in the WHITE gi has back control and is in the dominant position.

CORRECT TOP POSTURE:

Seatbelt grip: one arm over the shoulder and other one under with the bottom hand gripping top choking hand

Head tucked in above opponent's shoulder

Legs hooking opponent's thighs

Do not cross your ankles



CORRECT BOTTOM POSTURE:

Chin down

Arms (and elbows) in tight, with hands pulling down opponent's arm.



Submissions from here include cross collar choke, rear naked choke, and bow and arrow choke