

Jiu Jitsu 101

Getting Started



Section 2:

BASIC WARM-UPS

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

BASIC WARM-UPS:

FIRST THINGS FIRST...

- How to properly tie your belt

https://www.youtube.com/shorts/Xl8sD_d3nNg



THE BIG 3

- Breakfall

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

- Bridge

<https://www.youtube.com/shorts/W0g3vhLE1l>

- Shrimp

<https://www.youtube.com/shorts/pNAt155XDc0>

BONUS move - Bridge to Shrimp

https://www.youtube.com/shorts/dFr_E3y0W3l

BASIC WARM-UPS:

FUNDAMENTAL MOVEMENTS

- Backward Roll

<https://www.youtube.com/shorts/YErTptBXNr8>

- Forward Roll

<https://www.youtube.com/shorts/i85pzARCkso>

- Collar Drag

<https://www.youtube.com/shorts/LJAY3Xv64Us>

- Knee Drive

<https://www.youtube.com/shorts/T84PRK0pimk>

- Sprawl

<https://www.youtube.com/shorts/0yw8Svq10YU>



BASIC WARM-UPS: PARTNER DRILLS

- Brazilian Legs

<https://www.youtube.com/shorts/LmHFeazz4mE>

- Pummeling

https://www.youtube.com/shorts/oJJz73IDC_A

- Granby Roll

<https://www.youtube.com/shorts/5KCPH6H6PM>

