

The 7 Basic BJJ Positions - Understanding Your Game

Instructions:

1. Answer each question based on how you behave on the mat.
2. Once you're done, read them all and try to find correlations in your game.
3. Use those correlations to sharpen your path to victory.

Example:

Closed guard

How do you defend?

- Break opponents posture
- Set up sweeps, I had success with hip bumps.

How do you attack?

- Posture up
- Open the guard as soon as possible
- Try to [XYZ] pass

What to do to execute your plan?

I'm good at breaking my opponents posture but when I sweep i don't know what to do after.

*Practice better mount control and how to submit from there.

Standing

How do you defend?

How do you attack?

What to do to execute your plan?

Guard

• **Open Guard**

How do you defend?

How do you attack?

What to do to execute your plan?

• **Closed Guard**

How do you defend?

How do you attack?

What to do to execute your plan?

• **Half Guard**

How do you defend?

How do you attack?

What to do to execute your plan?

Mount

- **Side Mount**

How do you defend?

How do you attack?

What to do to execute your plan?

- **Full Mount**

How do you defend?

How do you attack?

What to do to execute your plan?

- **Back Mount**

How do you defend?

How do you attack?

What to do to execute your plan?

- **Knee On Belly**

How do you defend?

How do you attack?

What to do to execute your plan?

- **Turtle**

How do you defend?

How do you attack?

What to do to execute your plan?
