

Drill To Win 12 Months To Better Brazilian Jiu Jitsu

Drill to Win: 12 Months to Better Brazilian Jiu-Jitsu

Are you yearning to improve your Brazilian Jiu-Jitsu (BJJ) game? Do you desire to surpass plateaus and discover your true potential on the mats? This comprehensive guide outlines a structured, 12-month plan designed to redefine your BJJ journey. It's not about haphazard training; it's about focused drilling, regular practice, and a strategic approach to progress.

Phase 1: Foundation (Months 1-3): Building the Base

The first three stages are all about solidifying a strong base. This involves dominating fundamental techniques. Forget showy submissions; concentrate on perfecting the essentials. This encompasses proper grip fighting, guard retention, escapes from common positions (like side control and mount), and basic sweeps.

Think of this period as building a house. You wouldn't try to build the roof before laying a solid structure. Similarly, complex techniques require a solid grounding in the basics. Dedicate this time to practicing these moves repeatedly until they become second nature. Focus on accurate form and fluid transitions. Partner drills, resistance drills, and even solo drills with resistance bands can be incredibly helpful.

Phase 2: Refinement (Months 4-6): Adding Layers of Complexity

Once you've conquered the basics, it's time to include more sophisticated techniques. This phase focuses on developing an extensive arsenal of offensive and safeguarding strategies. Begin exploring different guards, like the half guard and De La Riva guard, as well as improving your passing game.

This is also the time to begin combining combinations of techniques. Start linking simple sweeps with submissions or escapes with counter-attacks. This will help you develop smoothness in your movements and better your complete game. Don't be afraid to try and find what functions best for your build type and fighting style. Video capture your training sessions to identify areas needing enhancement.

Phase 3: Specialization (Months 7-9): Focusing Your Strengths

Now it's time to center on your strengths and develop them further. Identify your most effective techniques and positions and dedicate a significant portion of your training time to refining them. This includes adding subtle variations and countering common countermeasures.

This stage isn't about ignoring other areas of your game, but rather about becoming unusually proficient in your chosen techniques. This specialization will provide you with a significant edge in competitions and rolls. Imagine a combat artist who's not only skilled but also truly masterful in a few specific areas. That's the goal here.

Phase 4: Integration and Competition (Months 10-12): Putting it all Together

The final phase involves integrating all the maneuvers and strategies you've developed. This is where you implement your skills to the trial. Rolling regularly, focusing on employing your perfected techniques under pressure. If possible, enter national BJJ competitions to further evaluate your progress and acquire valuable experience.

Remember, matches are as much about learning as they are about winning. Even if you don't win every match, you'll obtain important feedback on your strengths and weaknesses. This feedback will help you go on to further improve your game in the years to come. This entire process is a journey, not a destination.

Frequently Asked Questions (FAQs)

Q1: Do I need a colleague to follow this program?

A1: While a training partner can definitely speed up your progress, many of the drills outlined are suitable for solo practice. Use resistance bands or focus on the technical aspects of the actions even without a partner.

Q2: How much time should I dedicate to training each period?

A2: Ideally, aim for at least 3-4 training sessions per week, each lasting between 1.5 and 2 hours. Consistency is key.

Q3: What if I stall?

A3: Plateaus are typical. Consider seeking feedback from a more adept BJJ practitioner or coach. They may identify technical flaws or suggest alternative techniques.

Q4: Is this program suitable for all skill levels?

A4: While the structure is helpful for all levels, beginners should start at the beginning, while more experienced practitioners might skip the earlier phases and focus on aspects needing more attention.

This 12-month curriculum provides a structured path to enhancing your BJJ game. Remember that dedication, persistence, and a willingness to learn are crucial for achievement. So, step onto the mats, practice diligently, and savor the journey to becoming a better BJJ practitioner.

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