

# Drill To Win 12 Months To Better Brazilian Jiu Jitsu

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

Are you aspiring to enhance your Brazilian Jiu-Jitsu (BJJ) game? Do you crave to exceed plateaus and discover your true potential on the mats? This comprehensive guide outlines a structured, 12-month curriculum designed to revolutionize your BJJ journey. It's not about random training; it's about focused drilling, steady practice, and a methodical approach to growth.

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

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

Think of this phase as building a house. You wouldn't endeavor to build the roof before laying a solid foundation. Similarly, complex techniques require a solid base in the basics. Dedicate this time to practicing these moves repeatedly until they become second nature. Focus on correct form and efficient transitions. Partner drills, resistance drills, and even solo drills with resistance bands can be incredibly advantageous.

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

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

This is also the time to begin incorporating sequences of techniques. Start linking simple sweeps with submissions or escapes with counter-attacks. This will help you develop fluidity in your movements and enhance your general game. Don't be afraid to experiment and find what works best for your body type and fighting style. Video record your training sessions to identify areas needing improvement.

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

Now it's time to concentrate on your strengths and enhance them further. Identify your most effective techniques and positions and dedicate a significant portion of your training time to honing them. This involves adding subtle variations and defeating common defenses.

This stage isn't about neglecting other areas of your game, but rather about becoming remarkably proficient in your chosen techniques. This specialization will provide you with a significant edge in competitions and rolls. Imagine a fighting 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 techniques and strategies you've developed. This is where you apply your skills to the test. Training regularly, focusing on applying your honed techniques under pressure. If possible, enter national BJJ competitions to further evaluate your progress and obtain valuable experience.

Remember, competition are as much about learning as they are about winning. Even if you don't win every match, you'll gain precious feedback on your strengths and weaknesses. This feedback will help you go on to further refinement 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 motions 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 stop progressing?**

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

### **Q4: Is this program suitable for all skill ranks?**

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 resolve, consistency, and a willingness to learn are crucial for triumph. So, step onto the mats, train diligently, and cherish the journey to becoming a better BJJ practitioner.

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