

# 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 long to exceed plateaus and unlock your latent potential on the mats? This comprehensive guide outlines a structured, 12-month program designed to transform your BJJ journey. It's not about chaotic training; it's about focused drilling, consistent practice, and a strategic approach to progress.

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

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

Think of this stage as building a house. You wouldn't attempt 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 maneuvers repeatedly until they become second habit. 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 perfected the basics, it's time to include more sophisticated techniques. This stage focuses on building an extensive arsenal of offensive and protective 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 integrating sequences of techniques. Start linking simple sweeps with submissions or escapes with counter-attacks. This will help you develop efficiency in your movements and better your general game. Don't be afraid to experiment and find what operates best for your build 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 focus 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 defenses.

This stage isn't about neglecting other areas of your game, but rather about becoming remarkably proficient in your chosen techniques. This concentration will provide you with a significant advantage in competitions and training. 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 period involves integrating all the moves and strategies you've developed. This is where you implement your skills to the examination. Sparring regularly, focusing on using your refined techniques under pressure. If possible, enter regional BJJ competitions to further evaluate your progress and obtain valuable experience.

Remember, contests are as much about learning as they are about winning. Even if you don't win every match, you'll acquire invaluable feedback on your strengths and weaknesses. This feedback will help you continue to further enhance your game in the years to come. This entire process is a journey, not an end.

## **Frequently Asked Questions (FAQs)**

### **Q1: Do I need a partner to follow this curriculum?**

A1: While a training partner can definitely hasten 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 plateau?**

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

### **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 program provides a structured path to enhancing your BJJ game. Remember that commitment, persistence, and a willingness to learn are crucial for achievement. So, step onto the mats, train diligently, and savor the journey to becoming a better BJJ practitioner.

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