



GAMMAF

GERMAN AMATEUR MMA FEDERATION HAMBURG

Modul II

Brazilian Jiu Jitsu - BASIC + INTERMEDIATE LEVEL

Half Guard

SATURDAY 25th MARCH 2023
11-13:30h

- Basic concepts on Half Guard (Top Position)
 - Basics passes from close distance (control above knee level)
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SATURDAY 1th APRIL 2023
11-13:30h

- Half Guard passes middle distance (when no control of upper body)
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SATURDAY 15 APRIL 2023
10-12:30h

- Submissions from Top:
 - Kimura
 - Americana
 - Darce Choke
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SATURDAY 29th APRIL 2023.

Two blocks:
11-13h
15-17:30h

- Block 1
 - Basic concepts on Half Guard (Bottom Position)
 - Sweeps
 - Block 2 -Submissions from Bottom:
 - Kimura
 - Triangle
 - Choke
 - Others
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SUNDAY 7th MAY 2023
11-13:30h

- Transitions from Bottom Half-Guard to Back Take, Half Butterfly Guard, Deep Half Guard, X Guard, etc
- Transitions from Top Half Guard to Back Take, Inverted Half Guard, etc