



Hybrid Gym: Foundations Schedule

Week 1

Self-defense & takedowns

- Bear-hug
- Headlock
- Rear naked from standing
- Covering up/close distance
- Gut wrench
- Wrist grabs

Week 2

Mount escapes

- Posture & frames
- Harvest leg
- Shrimp to half
- Trap and roll

Week 3

Side control escapes

- Posture & frames
- Shrimp to guard
- Under-hook escape
- Dealing with cross-face
- North/South as a variation on side-control
- Scarf hold

Week 4

Back control escapes

- Protect neck
- Scoop
- Escape from different sides
- Turning the right way

Week 5

Other escapes

- Half-guard
- Knee-on-belly
- Turtle

Week 6

Guard principles

- Framing
- Breaking posture
- Open guard posture

Week 7

Guard sweeps & subs

- Flower sweep
- Scissor sweep
- Hip bump
- Triangle
- Arm-bar

Week 8

Mount & side control top

- Cross face pressure
- Arm bar
- Cross choke
- Kimura/Americana

Week 9

Guard top

- Passing posture
- Smash pass
- Double-under
- Torreando
- Knee slide