



BJJ Basic Positions and Goals

Standing



Goal: Takedown or pull guard

Guard

(closed guard, open guard, half-guard...etc)



Goal on top: Pass the guard to a more dominant position

Goal on bottom: Sweep or submit

Side Control



Goal on top: Submit or advance to a more dominant position

Goal on bottom: Escape or recover guard



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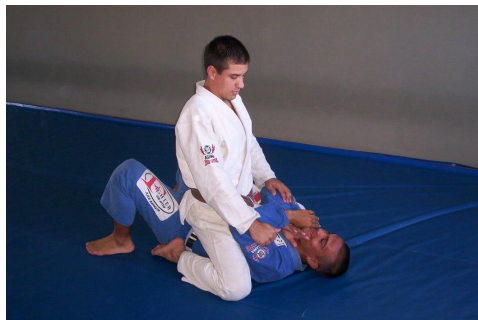
Knee on Belly



Goal on top: Submit or advance to a more dominant position

Goal on bottom: Escape or recover guard

Mount



Goal on top: Submit or advance to a more dominant position

Goal on bottom: Escape or recover guard

Back Control



Goal on top: Submit

Goal on bottom: Escape or recover guard

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