

Drill To Win 12 Months To Better Brazillian Jiu Jitsu

Drill To Win 12 Months To Better Brazillian Jiu Jitsu Drill to Win 12 Months to Better Brazilian JiuJitsu This comprehensive guide provides a structured 12month plan for BJJ practitioners of all levels looking to significantly improve their game Packed with practical drills strategic insights and motivational tips Drill to Win empowers you to conquer challenges refine your technique and unlock your full potential on the mat Brazilian JiuJitsu BJJ drills training plan technique strategy improvement motivation progress 12 months beginner intermediate advanced Beyond the initial thrill of learning BJJ true mastery requires consistent effort strategic practice and a clear path for growth Drill to Win provides this roadmap breaking down the journey into twelve distinct phases each focusing on specific skills techniques and mental aspects crucial for BJJ success From refining fundamental movements to mastering advanced submissions this guide equips you with the tools to overcome plateaus accelerate your progress and dominate the mat Thoughtprovoking Conclusion Brazilian JiuJitsu is a journey not a destination Its a path of constant learning evolving and pushing beyond your perceived limits Drill to Win is your companion on this journey offering a structured framework for consistent growth and achieving peak performance Remember true mastery comes from dedicated practice unwavering discipline and the willingness to embrace challenges The journey to becoming a better BJJ practitioner begins with a single step a single drill Are you ready to take it FAQs 1 Im a complete beginner is this guide for me Absolutely While the plan emphasizes progression its designed to accommodate beginners The first few months focus on building a solid foundation mastering fundamental techniques and understanding the core principles of BJJ Youll learn the building blocks crucial for future development 2 Ive been training for a while but feel stuck Can this guide help me break through plateaus 2 Yes Drill to Win incorporates strategies to overcome stagnation The guide emphasizes drilling key movements refining your technique and exploring different approaches to combat familiar situations By focusing on specific areas for improvement and adopting a deliberate practice mindset youll gain the tools to overcome plateaus and push your BJJ to the next level 3 How much time do I need to dedicate to this plan Ideally aim for at least three dedicated training sessions per week but the plan can be adapted to your schedule Even if you can only commit to two sessions the consistent practice of targeted drills will yield noticeable results Remember quality over quantity 4 Im not sure how to structure my own training Can this guide help me with that Drill to Win provides a structured monthbymonth plan breaking

down each training session into specific drills techniques and strategic exercises This structure allows you to focus your energy maximize your training time and achieve tangible results 5 Im not confident in my physical strength Will this plan work for me While physical strength plays a role in BJJ its not the sole determining factor Drill to Win emphasizes technique over brute force By mastering leverage positioning and strategic movements you can leverage your strength effectively and outmaneuver opponents who may be physically stronger The guide incorporates drills that build functional strength and enhance your technical proficiency Drill to Win 12Month Breakdown Month 1 Fundamentals Conditioning This month establishes the bedrock of your BJJ journey Focus on Basic Movements Mastering the foundational techniques like guard retention escapes sweeps and simple takedowns Basic Submissions Understanding and practicing common chokes and arm locks Conditioning Building a solid base of strength and endurance through specific BJJ exercises like bridge drills shrimping and crawling Mindset Developing a growth mindset focusing on learning from mistakes and embracing the challenges of BJJ Drills for Month 1 Guard Retention Drills Focus on maintaining a stable guard escaping from various control 3 positions and transitioning between guard positions Basic Sweep Drills Mastering basic sweeps like scissor sweeps hip sweeps and singleleg sweeps from various guard positions Takedown Drills Practicing simple takedowns like singleleg takedowns doubleleg takedowns and throws from the clinch Choke Drills Mastering the mechanics of common chokes like rearnaked chokes guillotine chokes and triangle chokes Armlock Drills Practicing basic arm locks like armbars kimuras and americana locks Month 2 Guard Domination This month deepens your understanding of guard work expanding your offensive and defensive repertoire Focus on Open Guard Strategies Understanding and implementing various open guard techniques like the spider guard de la riva guard and rubber guard Guard Passing CounterStrategies Learning to defend against common guard passing techniques and transitioning to advantageous positions Advanced Submissions Expanding your submission arsenal with more complex techniques Mindset Developing a strategic mindset understanding how to choose the right technique for each situation Drills for Month 2 Open Guard Sweeps Submissions Practice transitioning to different open guard positions utilizing sweeps and finishing with submissions from these positions Guard Passing Defense Learning to defend against various guard passing techniques and utilizing specific counterattacks Advanced Submission Drills Mastering more advanced submission techniques like the kneebar heel hook and triangle choke variations Sparring with a Focus on Guard Incorporate your new guard techniques and defensive strategies during sparring Month 3 Passing and Top Control This month focuses on developing a dominant top game giving you the tools to control your opponent from a superior position Focus on Guard Passing Techniques Mastering various guard passing techniques like knee cuts hip escapes and positional escapes Top Control Securing dominant

positions like side control mount and back mount 4 Transitioning from Top Control Learning to flow seamlessly between different top control positions Mindset Developing a strong mental game maintaining a positive attitude and focus during pressure situations Drills for Month 3 Guard Passing Drills Focus on refining your guard passing techniques incorporating escape strategies and transitions Top Control Drills Mastering techniques for maintaining and controlling top positions like side control mount and back mount Transitioning Drills Practice flowing smoothly between different top control positions adapting to your opponents movements Sparring with a Focus on Passing Incorporate your new passing techniques and top control strategies during sparring Month 4 Back Attacks and Submissions This month dives into the intricacies of back attacks and submissions developing your ability to control your opponent from behind Focus on Back Take Techniques Mastering different back takes from various positions including from the guard and from top control Back Control Techniques Learning to maintain back control preventing escapes and transitioning to advantageous positions Back Submissions Developing a variety of back submissions including rearnaked chokes arm locks and leg locks Mindset Developing a proactive approach looking for opportunities to take the back and secure dominant positions Drills for Month 4 Back Take Drills Practice various back take techniques from different starting positions focusing on speed and efficiency Back Control Drills Mastering techniques for securing and maintaining back control including defending against common escape attempts Back Submission Drills Refine your back submission game practicing variations of rear naked chokes and arm locks from different back control positions Sparring with a Focus on Back Attacks Incorporate your new back attack and back submission techniques during sparring 5 Month 5 Advanced Submissions This month dives deeper into more advanced submission techniques expanding your arsenal and increasing your finishing potential Focus on Leg Locks Learning the mechanics of leg locks like heel hooks kneebars and toe holds emphasizing safety and proper technique Advanced Chokes Mastering more complex choke variations like the bow and arrow choke the anaconda choke and the darce choke Advanced Arm Locks Refining advanced arm lock techniques like the omoplata the key lock and the shoulder lock Mindset Developing a calculated risktaking approach recognizing opportunities for advanced submissions and applying them strategically Drills for Month 5 Leg Lock Drills Practice safe and effective leg lock techniques focusing on the proper grip positioning and leverage Advanced Choke Drills Master the mechanics of more complex choke variations understanding their applications and defenses Advanced Arm Lock Drills Refine your advanced arm lock techniques focusing on proper entry control and finishing Sparring with a Focus on Submissions Incorporate your new submission techniques during sparring searching for opportunities to finish fights Month 6 Positional Dominance Transitioning This month focuses on refining your positional control and seamlessly transitioning between different positions Focus on

Advanced Guard Retention Mastering more advanced guard retention techniques including sweeps transitions and escapes from various guard positions Advanced Guard Passing Developing strategies to overcome advanced guard techniques and escape from difficult positions Positional Control Reinforcing your understanding of dominant positions maintaining control and preventing escapes Mindset Developing a fluid approach constantly adapting to your opponents movements and searching for opportunities to transition Drills for Month 6 6 Advanced Guard Retention Drills Focus on maintaining a strong guard utilizing techniques to escape from common control positions and transitioning into advantageous positions Advanced Guard Passing Drills Learn how to effectively bypass advanced guard techniques utilizing specific strategies to overcome challenging positions Positional Control Drills Mastering techniques for securing and maintaining control from different positions preventing your opponents escapes Sparring with a Focus on Positional Control Incorporate your new techniques and strategies into your sparring sessions emphasizing positional control and transitions Month 7 Strategic Thinking Competition This month introduces you to the world of competition focusing on developing your tactical thinking and fight strategy Focus on Competition Strategies Understanding different competition formats developing game plans and analyzing opponents Match Analysis Learning to break down matches identifying strengths and weaknesses in opponents game Mental Preparation Developing strategies for prematch preparation including visualization breathing techniques and selfmotivation Mindset Developing a strategic mindset thinking several steps ahead and adapting to the flow of the match Drills for Month 7 Match Analysis Drills Watch BJJ matches and analyze opponents techniques strengths and weaknesses Identify potential strategies and counterstrategies Game Plan Development Develop your own game plan for various opponent styles including your preferred strategies and techniques for different situations Mental Visualization Drills Practice visualization techniques imagining yourself performing successfully in different match scenarios Competition Simulation Drills Simulate competition rounds applying your strategies and techniques in a pressurefilled environment Month 8 Advanced Guard Work Submissions This month dives deeper into the intricacies of advanced guard work enhancing your ability to control the fight from a defensive position Focus on Advanced Open Guard Techniques Mastering more advanced open guard techniques like the lasso guard the X guard and the worm guard 7 Advanced Guard Passing CounterStrategies Developing advanced strategies to counter common guard passing techniques and create submission opportunities Advanced Guard Submissions Mastering more complex submissions from different guard positions including leg locks chokes and arm locks Mindset Developing a creative mindset constantly searching for new opportunities to control the fight from the guard Drills for Month 8 Advanced Open Guard Drills Practice and master techniques from various

advanced open guard positions focusing on control and transition
Advanced Guard Passing CounterDrills Develop specific strategies to counter common guard passing techniques and create submission opportunities
Advanced Guard Submission Drills Mastering more complex submissions from different guard positions focusing on the technical nuances and finishing details
Sparring with a Focus on Advanced Guard Work Incorporate your new techniques and strategies into your sparring sessions emphasizing advanced guard control and submissions
Month 9 Advanced Top Control Passing This month refines your top control techniques enabling you to dominate your opponent from a dominant position
Focus on Advanced Top Control Techniques Mastering techniques for maintaining control from different top control positions like side control mount and back mount
Advanced Guard Passing Techniques Developing advanced guard passing techniques overcoming sophisticated guard defense strategies
Top Control Submissions Mastering more complex submissions from different top control positions including chokes arm locks and leg locks
Mindset Developing a proactive mindset constantly seeking opportunities to transition into dominant positions and finish the fight
Drills for Month 9 Advanced Top Control Drills Practice and master techniques for maintaining control from different top control positions focusing on preventing escapes and transitioning to advantageous positions
Advanced Guard Passing Drills Develop advanced strategies to bypass sophisticated guard defenses utilizing techniques like stack passing leg drags and positional escapes
Top Control Submission Drills Mastering more complex submissions from different top control 8 positions focusing on technical nuances and finishing details
Sparring with a Focus on Top Control and Passing Incorporate your new techniques and strategies into your sparring sessions emphasizing dominant top control and efficient guard passing
Month 10 Dynamic Movement Conditioning This month focuses on refining your dynamic movements enhancing your explosiveness and building resilience for more demanding training and competition
Focus on Dynamic Stretching Warmups Incorporating dynamic stretching routines and warmups to improve flexibility range of motion and injury prevention
Functional Strength Training Focus on exercises that build functional strength relevant to BJJ such as bridge drills shrimping and crawling
Cardiovascular Conditioning Improve your cardiovascular endurance with BJJspecific exercises like sprinting rope skipping and burpees
Mindset Developing a strong mindset pushing through challenging workouts and building resilience for intense training and competition
Drills for Month 10 Dynamic Stretching Warmup Drills Incorporate various dynamic stretching routines and warmup exercises before each training session
Functional Strength Training Drills Perform exercises that build functional strength relevant to BJJ like bridge drills shrimping and crawling
Cardiovascular Conditioning Drills Engage in BJJspecific cardiovascular conditioning exercises like sprinting rope skipping and burpees
Recovery and Regeneration Drills Implement recovery strategies like foam rolling massage and

sleep to prevent injury and promote muscle growth

Month 11 Advanced Competition Strategy Preparation This month focuses on preparing for advanced competition honing your strategy and enhancing your mental game

Focus on Advanced Match Analysis Develop more sophisticated match analysis techniques identifying strengths and weaknesses in opponents at a deeper level

Advanced Game Plan Development Craft personalized game plans for different opponent styles incorporating advanced techniques and strategic considerations

Advanced Mental Preparation Implement advanced mental preparation techniques like visualization mindfulness and selftalk to enhance your focus and performance

9 Mindset Developing a calm and confident mindset remaining focused and composed during pressure situations

Drills for Month 11

Advanced Match Analysis Drills Watch BJJ matches and analyze opponents techniques strengths weaknesses and tendencies at a deeper level

Advanced Game Plan Development Drills Craft personalized game plans for different opponent styles incorporating advanced techniques strategic considerations and situational adjustments

Advanced Mental Preparation Drills Implement advanced mental preparation techniques like visualization mindfulness and selftalk to enhance your focus and performance

Competition Simulation Drills Simulate competition rounds applying your strategies and techniques in a pressurefilled environment incorporating realistic scenarios and opponent styles

Month 12 Refine Refocus and Reinvent This month allows you to refine your skills reevaluate your goals and prepare for the next chapter of your BJJ journey

Focus on Skill Refinement Identify areas for improvement and focus on refining specific techniques strategies or weak points

Goal Setting Reevaluate your BJJ goals setting ambitious targets for the next year

Mindset Reevaluation Reflect on your progress identify any areas for growth in your mental game and develop strategies for continued improvement

Mindset Embracing a mindset of continuous improvement remaining open to learning evolving and pushing your limits

Drills for Month 12

Skill Refinement Drills Focus on refining specific techniques strategies or weak points identified during your journey Seek feedback from coaches and training partners to gain clarity on areas for improvement

Goal Setting Drills Set ambitious goals for the next year considering your current skill level aspirations and desired areas of development

Write down your goals and break them down into smaller actionable steps

Mindset Reevaluation Drills Reflect on your progress throughout the year identify any areas for growth in your mental game and develop strategies for continued improvement

Consider your approach to training competition and personal development

10 Exploration Drills Explore new techniques strategies or training methodologies to broaden your skill set push your boundaries and keep your BJJ journey exciting Remember the journey to becoming a better BJJ practitioner never truly ends

Drill to Win provides a framework for consistent progress but the true magic happens when you commit to the process embrace challenges and never stop learning

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