



**ROADMAP
TO
GRAPPLING
SUCCESS**

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ROADMAP TO GRAPPLING SUCCESS

GET 1% BETTER EACH REP!!!

The Roadmap to Grappling Success is designed to guide white belts to the blue belt level and support blue belts in their ongoing commitment to their Jiu-Jitsu journey with excitement. It's a crucial resource for beginners at the white belt level and those navigating the early stages of the blue belt journey. If you're struggling in your Jiu-Jitsu journey—experiencing mental blankness during sparring sessions and frequently getting submitted, leaving you feeling flustered and lost—this book is tailored to your needs.

Within these pages, you'll find solutions to common challenges. Whether you lack a clear plan or feel overwhelmed by the multitude of techniques taught by your instructor, this roadmap will help you identify your strengths and weaknesses. By bridging gaps in your skill set and deepening your understanding of Jiu-Jitsu, you'll be empowered to progress with confidence and enjoyment.

Jiu-Jitsu is a multifaceted martial art requiring quick thinking and adept problem-solving skills. Success in Jiu-Jitsu demands consistency, dedication, and relentless practice. This book emphasizes the importance of consistent practice and resilience, providing personalized guidance to help you navigate your journey effectively.

Instead of simply memorizing moves and techniques, this book encourages conceptual thinking and problem-solving. It emphasizes personal responsibility for learning and resilience as essential elements of success in grappling.

Throughout this journey, you'll learn valuable lessons on starting with strength and enthusiasm, maintaining consistent practice, and embracing setbacks as opportunities for growth. These lessons serve as the foundation of your white belt journey, guiding you towards success in grappling and ultimately earning your blue belt.

KNOW YOURSELF

ASSESSING ABILITIES, DEFINING STYLES, AND HARNESSING MOTIVATION



SELF-ASSESSMENT QUESTIONS



Please answer the following questions, briefly elaborating where indicated.

1. How would you rate and describe your current fitness level and athletic ability? (2-5 sentences)

2. What is your desired level of fitness and athletic ability? (2-5 sentences)

3. How do you view your current fighting style? Consider examples like pressure passer, guard player, or submission seeker. (1-3 sentences)

4. What motivates and inspires you to train and continue training? (3-5 sentences)

SELF-ASSESSMENT AND SKILL DEVELOPMENT

MASTERING TECHNIQUES, POSITIONS, AND SUBMISSIONS



⚠️ **WATCH THIS** ⚠️



APPLY THESE 3 STEPS TO GET YOUR BLUE BELT IN JIU JITSU

[SOTGLIFESTYLE.COM/SELF-ASSESSMENT](https://www.sotglifestyle.com/self-assessment)

SELF-ASSESSMENT

Inventory of Positions, Techniques, & Submissions



FUNDAMENTAL POSITIONS

Takedown

Takedown Defense

Guard Pass

Guard Sweeps

Side Control

Side Control Escape

Mount

Mount Escape

Back w/ Hooks

Back Escape

SELF-ASSESSMENT

Inventory of Positions, Techniques, & Submissions



SUPPLEMENTAL POSITIONS

Your list of supplemental positions can go on and on. This is where your creativeness grows and develops your own style of Jiu Jitsu.

Open Guard Pass

Open Guard Sweeps

Half Guard Pass

Half Guard Sweeps

Butterfly Guard Pass

Butterfly Guard Sweeps

De La Riva Guard Pass

De La Riva Sweeps

X Guard Pass

X Guard Sweeps

SELF-ASSESSMENT

Inventory of Positions, Techniques, & Submissions



SUPPLEMENTAL POSITIONS (CONTINUED)

Rubber Guard Pass

Rubber Guard Sweeps

SUBMISSIONS

Submissions	

Submission Escapes	
A1	
A2	
B1	
B2	
C1	
C2	
C3	
C4	

CREATING YOUR ROADMAP

MAPPING YOUR TECHNIQUE

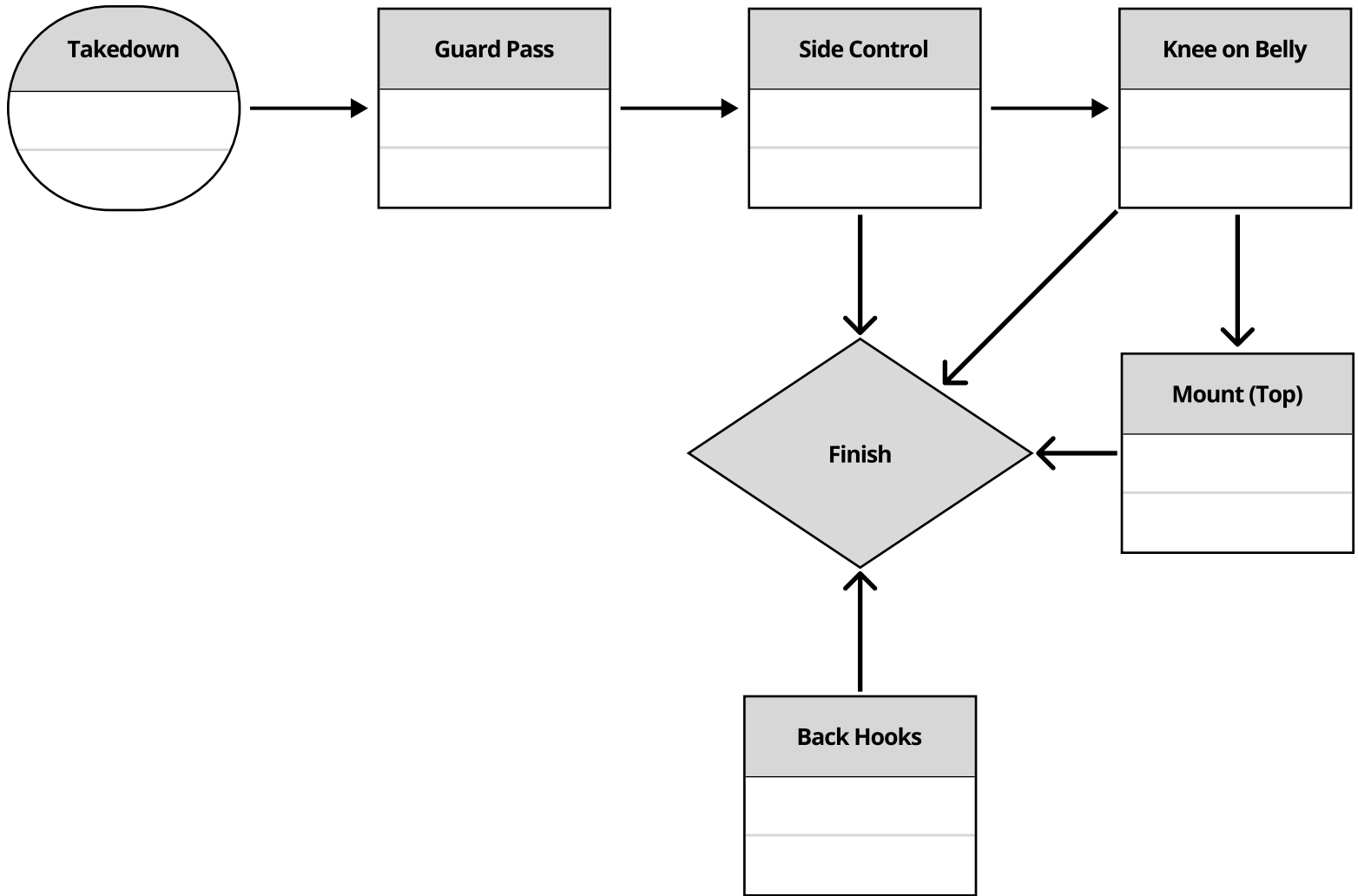


CREATING YOUR ROADMAP

Mapping Your Journey in Technique Mastery and Personal Growth



TOP PLAYER OPTION



Notes

TRAIN TO WIN: DEVELOPING A GRAPPLING GAME PLAN

**CRAFTING STRATEGIES THAT ADAPT TO VARIOUS
BODY TYPES AND STYLES**



TRAIN TO WIN: DEVELOPING A GRAPPLING GAME PLAN

Crafting Strategies That Adapt to Various Body Types and Styles

Be intentional with your training by creating tactics against different bodies, styles, and behavior types.

TALL OPPONENT
Their Strengths Taller than you; uses their length as leverage to control you
Areas of Opportunity They cannot create angles in tight places
Training Tactics Attack limbs in segments, use pressure while attacking in segments

SHORT OPPONENT
Their Strengths Shorter than you; compact, slick, quick, and agile
Areas of Opportunity Your strength and size as leverage
Training Tactics Good to experiment new positions, techniques, and attacks on

SMALL OPPONENT
Their Strengths Any one smaller in stature, quick and agile
Areas of Opportunity Your strength, size, and pressure
Training Tactics Great time to practice option "B" & "C" top or bottom games

BIG OPPONENT
Their Strengths Anyone larger in stature, usually stronger, heavier, and they don't mind using it against you
Areas of Opportunity Quickness, agility, and great conditioning is a good asset
Training Tactics Keep them on their back, transition positions, and attack the back

OLDER OPPONENT
Their Strengths 50 and above; non competitive w/ little to no ego
Areas of Opportunity Respecting your elders and not injuring them
Training Tactics Focus on details, timing, and set ups

BIG OPPONENT
Their Strengths 18 yrs old or younger is a sponge w/ more time to develop
Areas of Opportunity Lack of experience in life will frustrate their timing
Training Tactics Allowing them to attack you in all positions to gain depth and understanding of techniques

TRAIN TO WIN: DEVELOPING A GRAPPLING GAME PLAN

Crafting Strategies That Adapt to Various Body Types and Styles

ENTHUSIAST

Their Strengths

Someone who loves, studies and trains consistently, but are not interested in competing

Areas of Opportunity

Doesn't mind getting submitted to develop their understanding to learn a technique

Training Tactics

Open your game up, explore, and drill consistently with them

WARRIOR

Their Strengths

A competitor/ fighter, tough and experienced

Areas of Opportunity

Catch them on an off day or expect hard training rounds.

Training Tactics

Give yourself a weekly challenge and have specific goals in mind on what to accomplish.

GUARD PLAYER

Their Strengths

Game revolves around the guard experience transitioning from multiple guards, sweep, and submission attempts.

Areas of Opportunity

9/10 other aspects of their game can be underdeveloped.

Training Tactics

Pull guard first and dissect their passing style. It'll give you a perspective on how they use their guard.

POSITION PLAYER

Their Strengths

Strong in positional control, hard to sweep or submit.

Areas of Opportunity

Work specific positions and learn to transition in their game.

Training Tactics

Be first in attacking and keep constant transitions, have strong defenses and counters ready.

HEAVY WRESTLER

Their Strengths

Has a wrestling background good takedowns and top pressure

Areas of Opportunity

Only knows and goes 1 speed, and doesn't possess a lot of submission attacks from the bottom.

Training Tactics

Play Butterfly, sitting, half, or deep half guards. Look for chokes like head and arm, guillotine, or RNC.

LEG LOCKER

Their Strengths

Game revolves around leg attacks. It's a challenge to pass their guard, they look to seek leg entanglement for their finish.

Areas of Opportunity

Pass their guard to expose their back, beat them at their game and play the leg lock game.

Training Tactics

Be aware of your defense and mix old school and modern Jiu Jitsu together. Be confident in your skill set.

TRAIN TO WIN: DEVELOPING A GRAPPLING GAME PLAN

Crafting Strategies That Adapt to Various Body Types and Styles

HIGHER BELT
Their Strengths Purple belt and above
Areas of Opportunity Game is well rounded, experience and mat time is their asset, accept that you'll get tapped but use this to learn how you're getting tapped in the process
Training Tactics Play your game with confidence, if you catch them, don't be a jerk or cocky. Be humble. It is an honor to have higher belts to roll with and learn from.

LOWER BELTS
Their Strengths White and Blue belts, spazzy w/ irregular movement patterns, like taming a wild animal. You can experiment and work your game "B" and "C" on them.
Areas of Opportunity Build them up and guide them to victory. That's what makes the team stronger.
Training Tactics They're not punching bags where you get your submissions rocks off. That would be bullying!

CELEBRITIES
Their Strengths Famous fighters w/ experience, mat time, and the awe factor. Lot of times they're cautious of who they train with to avoid injury from an ego maniac or spazzy fool.
Areas of Opportunity If you train with one, take it as an honor. Learn SOMETHING...
Training Tactics Ask questions and pick their brain but also try your game on them and see how they react to your game.

PROGRAMMING YOUR TRAINING

MACRO, MESO & MICRO CYCLES



PROGRAMMING YOUR TRAINING

Macro, Meso & Micro Cycles



MACRO CYCLE

Duration:	
Operation:	

Goal	Description/Focus	Habit		Frequency
Month 1:		Not Started	<input type="text"/>	
		In Progress	<input type="text"/>	
		Complete	<input type="text"/>	
Month 2:		Not Started	<input type="text"/>	
		In Progress	<input type="text"/>	
		Complete	<input type="text"/>	
Month 3:		Not Started	<input type="text"/>	
		In Progress	<input type="text"/>	
		Complete	<input type="text"/>	
Month 4:		Not Started	<input type="text"/>	
		In Progress	<input type="text"/>	
		Complete	<input type="text"/>	
Month 5:		Not Started	<input type="text"/>	
		In Progress	<input type="text"/>	
		Complete	<input type="text"/>	

PROGRAMMING YOUR TRAINING

Macro, Meso & Micro Cycles



MESO CYCLE

Skill building and technique development

Goal:	Growing Over All Limitations
Focus:	Focus One Course Until Successful
Direction:	Month 1: Develop a HABIT Month 2: Engage in the PROCESS Month 3: Enhance your PERFORMANCE Month 4: Reflect on your OUTCOME

Goal:
Focus:
Month 1:
Month 2:
Month 3:
Month 4:

Goal:
Focus:
Month 1:
Month 2:
Month 3:
Month 4:

Goal:
Focus:
Month 1:
Month 2:
Month 3:
Month 4:

PROGRAMMING YOUR TRAINING

Macro, Meso & Micro Cycles



MICRO CYCLE

Day-to-Day Training Week

MONDAY
Goal:
Focus:
Habit:
Process:
Performance:
Outcome:
Reflection:

TUESDAY
Goal:
Focus:
Habit:
Process:
Performance:
Outcome:
Reflection:

WEDNESDAY
Goal:
Focus:
Habit:
Process:
Performance:
Outcome:
Reflection:

THURSDAY
Goal:
Focus:
Habit:
Process:
Performance:
Outcome:
Reflection:

FRIDAY
Goal:
Focus:
Habit:
Process:
Performance:
Outcome:
Reflection:

ADDITIONAL RESOURCES

CURATED RESOURCES FOR DEEPENING YOUR JOURNEY



ADDITIONAL RESOURCES

Curated Resources for Deepening Your Journey



INTRO:

- **Welcome to Roadmap To Grappling Success:** Begin your journey with an overview of what to expect as you develop your grappling skills. <https://sotglifestyle.com/roadmap-intro>
- **Don't Come To Class With A Boner Belt Anymore:** Understand the importance of proper attire and mindset in class. <https://sotglifestyle.com/no-boner-belt>

TOP PLAYER GAME:

- **3 Takedown Options To Add To Your Game:** Enhance your stand-up game with these key takedowns. <https://sotglifestyle.com/3-takedowns>
- **Open Guard Passes:** Learn strategies for passing the open guard effectively. <https://sotglifestyle.com/open-guard-passes>
- **How To Open The Close Guard & Grips:** Master techniques to open the closed guard and establish control. <https://sotglifestyle.com/open-close-guard-grips>
- **Side Control Transitions:** Discover how to fluidly transition from side control to dominant positions. <https://sotglifestyle.com/side-control-transitions>
- **Side Control Submissions:** Secure submissions from one of the most dominant positions in grappling. <https://sotglifestyle.com/side-control-submissions>
- **Ninja Turtle Attacks:** Implement unorthodox attacks from the turtle position. <https://sotglifestyle.com/ninja-turtle-attacks>
- **Finish Your Opponent Attack The Back:** Learn the art of taking the back and finishing the fight. <https://sotglifestyle.com/finish-your-opponent>
- **Stay On Top: Mount Control:** Maintain and capitalize on the mount position. <https://sotglifestyle.com/stay-on-top>
- **Day One Mount Submissions:** Execute high-percentage submissions from the mount. <https://sotglifestyle.com/day-1-mount-submissions>

ADDITIONAL RESOURCES

Curated Resources for Deepening Your Journey



BOTTOM PLAYER GAME:

- **4 Fundamental Closed Guard Sweeps:** Sweep your opponent from the closed guard with these fundamental techniques. <https://sotglifestyle.com/closed-guard-sweeps>
- **Finish People Off Your Back: Fundamental Submissions:** Master submissions from the back to finish fights. <https://sotglifestyle.com/fundamental-submissions>
- **Strong Open Guard Sweeps:** Employ effective sweeps from the open guard position. <https://sotglifestyle.com/open-guard-sweeps>

TRAINING OUT OF BAD POSITIONS:

- **Staying Offensive Minded: Recovering Guard From Side Control:** Strategies to recover guard and stay offensive from side control. <https://sotglifestyle.com/staying-offensive-minded>
- **Get On Top: Side Control Escapes:** Techniques to escape side control and reverse the position. <https://sotglifestyle.com/get-on-top>
- **Do Not Rest In Turtle Position:** Avoid common pitfalls and stay active in the turtle position. <https://sotglifestyle.com/no-rest-in-turtle>
- **Escape Back With Hooks:** Learn to safely escape when your opponent has back control with hooks in. <https://sotglifestyle.com/escape-back-with-hooks>
- **Mount Escapes:** Essential escapes from one of the most challenging positions in grappling. <https://sotglifestyle.com/mount-escapes>