



# Stanford Jujitsu Club

## Brazilian Jujitsu Techniques

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### Standing

(Standing)	Kick -- clinch
Grabbing	Tomoe nage (to mount)
Grabbing	Sit -- juji gatame
(Standing)	Double leg to shoulder takedown

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### Clinch

Leaning forward	Hip throw
Leaning back	Tani otoshi
Leaning away	Soto ouchi gari

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### On back (standing attacker)

Punch threat	Kick -- stand up
Closing	Far guard

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## Side headlock

(Side headlock)	Frame -- roll back -- side mount -- escape -- juji gatame
(Side headlock)	Long and short choke
Leg back	Leg hook -- climb (to side mount)
Leg back	Leg hook -- climb (to back) -- hammerlock
Head high	Leg over escape (to choke and armbar)
Leaning forward	Bridge (to side pin) -- side mount
Arm trapped	Turn to knees -- roll back -- side mount

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## Guard

<b>Counters</b>	
Choke	Leg extension
Punch	Close space
Arm under leg	Leg hook
Arm under leg	Near shoulder pin
Arm under leg	Grab belt (over back)
Standing	Foot on hip
(Guard)	Knees in biceps pin
<b>Attacks</b>	
(Guard)	Cross lapel choke
(Guard)	Reach around choke
(Guard)	Surprise long and short choke
(Guard)	Foot over head armbar
(Guard)	Double leg hook roll (to mount)
Punch	Hammerlock
Straight choke	Leg over -- juji gatame
Straight choke	Push to side -- kata gatame
Leaning choke	Leg roll (to mount)
Half standing	Sweep (to mount)
Arm under leg	Leg hook -- sweep (to mount)
Arm under leg	Spin -- opposite leg roll (to mount)
Arm under leg	Triangle choke
Sitting back	Hip drive (to mount)
Sitting back	Hip drive -- hammerlock

Sitting back	Hip drive -- guillotine choke
Sitting back	Hip drive -- leg hammerlock
Cross choke counter	Feet on hips
Cross choke counter	Climb to back
Cross choke counter	Leg over choke
Cross choke counter	Side juji gatame
Standing	Push back -- mount
Standing	Push back -- juji gatame
Standing	Push back -- reach around choke
Standing	Roll (forward) -- mount
Standing	Foot on arm roll -- mount

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### In near guard

Counters	
Cross choke	Swim with elbow
Triangle choke	Sit back with head up
Triangle choke	Counter horse choke
Triangle choke	Step over
Guillotine choke	Arm behind neck -- shoulder to neck
Attacks	
(In guard)	Leg on shoulder pass
(In guard)	Stand up -- lift up
(In guard)	Knee on spine -- back away

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### In far/open guard

Counters	
Juji gatame	Bend spine
Attacks	
(In guard)	Climb over pass
(In guard)	Leg on shoulder pass
(In guard)	Arms around straight legs pass
(In guard)	Pin knees to ground -- jump pass
(In guard)	Bent leg pin -- lift (to knee on stomach)
(Standing in guard)	Leg on shoulder pass

(Standing in guard)	Knee and elbow drag (to knee on stomach)
(Standing in guard)	Drop knees and pass opposite
(In guard)	Sit to ankle/knee lock
(Standing in guard)	Leg juji gatame

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### Side pin

(Side pin)	Paintbrush armbar
(Side pin)	Reverse paintbrush
(Side pin)	Reverse kata gatame
(Side pin)	Guillotine choke
(Side pin)	Kimura
(Side pin)	Switch base -- mount
(Side pin)	Turtle -- knee at hip (to mount)

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### Side pinned

Both arms far	Knee at hip (to guard)
Both arms far	Bridge and slide -- turn to knees
Hand at hip	Turn to knees -- leg tackle (to side pin)
Hand at hip	Kami shiho -- back roll (to rear mount)
Mounting high	Leg switch (to half guard)

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### Knee on stomach (top)

(Knee on stomach)	Slide to mount
Straight arm	Spin to juji gatame
Hand on knee	Arm grab -- far juji gatame
(Knee on stomach)	Spin choke
Hand on knee	Sit with elbow and collar -- reverse paintbrush
Hand on knee	Sit -- straight armbar
Hand on knee	Sit -- paintbrush
Hand on knee	Sit -- sideways juji gatame

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## Knee on stomach (bottom)

Mount attempt	Hand on knee
(Knee on stomach)	Secure leg and force back roll
(Knee on stomach)	Bridge

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## Mount

Counters	
Attempted bridge	Spread base
Attempted elbow escape	Tight base with leg hooks
Attempted elbow escape	Side mount (knee and foot)
Pushing shoulders	Swim arms to inside
Pushing knees	Lift their hands
Attacks	
(Mount)	Punches and elbows
(Mount)	Paintbrush armbar
Straight push/choke	Spin to juji gatame

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## Mounted

Punch	Bridge
Choke	Bridge (to guard)
Arms pinned	Bridge -- escape (to back)
(Mounted)	Elbow escape (to guard)
High mount	Bench press -- ankle lock
Juji gatame	Back roll (to guard)

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## Rear mount

Attempted turtle	Leg hooks
(Rear mount)	Rear choke

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