

Nogi Fundamentals Course Curriculum

Cycle 1	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Topic	Playing guard (seated)	Passing guard	Front head /Turtle	Side pins	Mount	Leglock basics	Takedowns	Q&A, specific sparring
Mon	Dummy sweep, dragging to SLX & sweeping	Getting to front headlock vs. seated & circle. Ways to get them flat.	Snapdowns. Gator roll anaconda, arm-in guillotine.	Side control mechanics, passing to mount. Switching to north south.	Controlling mount, side choke attacks.	Single leg x, getting to it and basic attacks like the straight ankle, toe hold.	Single legs	Open on purpose
Wed	Butterfly guard against on-the-knees passers.	Knee cut & X-pass series versus supine.	Go behind, backtakes (spiral ride, knee wedge + torque)	Kimuras from side-control, armbar from side. + other side attacks.	Mount escape series. Upa, half guard & kipping.	Outside heel hook from SLX, passing the leg over to inside heel hook.	Double legs	Open on purpose

Cycle 2	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Topic	Playing guard (supine)	Passing guard	Front head /Turtle	Side pins	Back	Leglock basics	Takedowns	Q&A, specific sparring
Mon	Playing half guard, knee shield. Wrestling up, plan b sweep.	Passing half guard. Smash passing to mount. Underhooks.	Fundamental guillotine techniques.	Side pin escapes. Ghost/phantom & framing.	Seatbelt & cross control, positioning. Handfight & RNC.	Saddle attacks & defense.	From the clinch over/under.	Open on purpose
Wed	Cont/ half guard & closed guard sweeps	Half passing review, opening & passing closed.	Escaping front headlock & turtle.	North south kimura, north south choke.	Back escapes.	50/50. Escaping & attacking heel hooks.	Getting to a bodylock, bodylock takedowns.	Open on purpose