

TRAIN MY HANDS FOR WAR

References - The position map

Christian Brazilian Jiu-Jitsu Connect Group, hosted at 3 Embers Grappling Academy, McKinney TX.
Strong hands. Humble hearts.

Primary sources are listed so anything taught can be verified. Rules, minimum ages, and promotion standards change - always read the current source. External links are for education only and do not imply endorsement or affiliation.

1. USA Judo and judo terminology (uke, tori, ukemi)

USA Judo

Terminology and falling (ukemi) fundamentals carried into BJJ vocabulary.

<https://www.teamusa.com/usa-judo>

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