

I'm not a robot





























Join The most widely studied curriculum for beginners in Jiu-Jitsu. You can work around your own schedule and learn at your own pace. You can review certain techniques or concepts as many times as you need, without feeling rushed or falling behind. Carlos Gracie Jr. is the son of the creator of BJJ and a master instructor in Jiu-Jitsu. An essential component of the GB1 training program offered at Gracie Barra schools. Join fellow learners who share your passion for Jiu-Jitsu at Gracie Barra. Learn the essential techniques, positions, and principles of Jiu-Jitsu. GB1 Online complements the high-quality instruction that Jiu-Jitsu students receive at their local GB school. By using GB1 Online, students can accelerate their learning and achieve their goals in Jiu-Jitsu more quickly and efficiently. What GB1 students are saying Here you can see the quote out some of my premium content like for example number one then number two and of course last but not least number three. Daniel Michaels On twitter In the tumultuous business of cutting-in and attending to a whale, there is much running backwards and forwards among the crew. Now hands are wanted here, and then again. Peter Martin On twitter Portland ugh fashion axe Helvetica, YOLO Echo Park Austin gastropub roof party. Meggings cred before they sold out messenger bag, ugh fashion axe Pitchfork tousled, Jacob Carr On twitter Experience premium content designed specifically for you, where there is something for every body, every mood, and every type. As a member you can take your ticket and commit to the ride - anytime, anywhere. 100%(3)100% found this document useful (3 votes)3K viewsGracie barra FundamentalsSaveSave Gracie barra Fundamentals For Later100%100% found this document useful, undefined The Gracie Barra Program Structure defines three main stages of development for students: the GB Program Jiu-Jitsu Fundamentals, the GB Program Advanced Jiu-Jitsu, and the GB Program Expert Jiu-Jitsu. These stages indicate different maturity levels and students upgrade from one to the other in their own natural progression. While the GB Program focuses on the building blocks and basic principles of Brazilian Jiu-Jitsu, the GB Program is built on high-level techniques and drills that start shaping the students game flow through the development of reflexes, speed and reaction time as well as transitions between one technique and another. After a few months in the GB Program students typically experience a deeper involvement in GBs philosophy, a stronger bond with training partners as well as more discipline and commitment to healthy habits that keep them in good shape. GB Program classes are based on a defined class structure and curriculum that take a broad and open-minded approach, incorporating techniques from different grappling styles like wrestling, judo, sambo, and, of course, Gracie Barra Jiu-Jitsu. This covers the key positions in Brazilian Jiu Jitsu, including mount, side control, back control and much more. Each class in the GB1 programme begins with a self defense scenario and technique. These are usually from a standing position, and range from headlocks through to strikes, and provide students with invaluable knowledge on how to use Jiu Jitsu in a practical, real life scenario. This is critical and a key reason why many of our members start their Jiu Jitsu journey - to improve confidence and experience in self defense. After the self defense part of the class, each lesson moves onto groundwork - the nuts and bolts of Jiu Jitsu. Here youll learn key sequences and positions discussed above from different scenarios. The 16 week programme is wide ranging and comprehensive. No class is identical, so its important to maintain consistent attendance as youll cover more techniques, and become more fluent in drilling and live training as a result. Whilst some may find it tempting to dive in at the deep end with high level sequences, these will be easier to implement and more effective once the basics have been mastered. Those with an interest in MMA or who follow grappling sports closely may have also spotted that fundamental movements such as armbars and chokes, are highly effective when applied correctly. What Happens After Completing the Curriculum? Many people benefit from attending the GB1 programme more than once. Even experienced grapplers and Jiu Jitsu players need to make time to further improve their own fundamentals because as weve mentioned, these are important and effective at every level. There are almost an unlimited amount of sequences that can occur in a Jiu Jitsu match, and youll encounter different scenarios in each class to enable you to build the knowledge and answers needed for every question asked of you during live training (rolling). How To Get Started If youd like to try Brazilian Jiu Jitsu, getting started is easy. Simply book a free trial class or get in touch with our team to find out more. Recently, I have had several students tell me that they enjoyed learning bjj in a program that followed a curriculum. I asked them why they felt it was better for them? Because in the previous schools I had taken bjj classes, the instructor seemed to teach what ever he felt like on any given day. There didnt seem to be any method or structure to the classes. The instructor taught techniques that fit his game / body but were not applicable to me. The instructor focuses only on fancy guard sweeps for competition and we dont do any real self defense. read also: The Positional Hierarchy Your First Year of Training The Gracie Barra curriculum provides a means of progression and a course to chart your training. In the absence of a curriculum, the instructor might tend to teach classes without any larger vision of the students progress in bjj. The class topics might then be: a) A cool move that the instructor saw on Youtube that morning b) A current part of the instructors own game that he is working on c) A submission seen in last Saturdays UFC d) The current trendy techniques seen in sports bjj competition 2025 GB Online Terms Privacy Buy gift card Claim gift card Make a great first impression at your school with the New Welcome Packets and Curriculum Posters for Future Champs & Adults. The welcome packet kit and the curriculum posters are all available now to download at the GB Solutions Store. Use the Welcome Kit & Posters to impress and motivate both students and visitors. This kit will also help inform your students and prospects about your school. Get The Welcome Packet Here Get The Posters Here Are you ready to learn the art of BJJ, developed in Brazil by the Gracie Family? If so, yours is the right place. Enter your details below and begin your journey. We offer: A 100% free, no obligation 14-day trial with unlimited classes! Learn powerful techniques for fitness, sport, self defence & weight-loss. Our tailored, world-famous GB1 will teach you all you need to go from beginner to black belt. World class instruction in Brazilian Jiu Jitsu, from Northern Irelands first black belt. Sharing the knowledge that has been taught down by multiple time world champions. Fun, welcoming atmosphere, with classes noon and night. One of the top five academies in Europe 10x World Champion Roger Gracie The Gracie Barra GB2 curriculum represents an advanced stage in Brazilian Jiu-Jitsu training Building upon foundational skills it introduces high-level techniques and drills to refine a students game Professor Ana Laura Cordeiro spearheaded the development of a new GB2 curriculum marking a significant milestone for Gracie Barra The Gracie Barra Program Structure The Gracie Barra curriculum is thoughtfully structured into three distinct phases designed to guide students through a progressive learning journey The Fundamentals Program lays the groundwork establishing a solid foundation in basic techniques and principles This initial stage is crucial for developing proper body mechanics understanding fundamental movements and building a strong base for future advancement Following the Fundamentals Program is the Advanced Program encompassing GB2 and beyond where students delve into more sophisticated techniques strategic thinking and refined execution This phase focuses on developing a more nuanced and effective Jiu-Jitsu game Finally the Black Belt Program represents the pinnacle of achievement marking a mastery of the art and the commencement of a lifelong journey of continuous learning and refinement Each stage builds upon the previous one ensuring a comprehensive and well-rounded Jiu-Jitsu education The GB2 Curriculum A Deeper Dive The Gracie Barra GB2 curriculum significantly expands upon the foundational skills learned in the introductory program It delves into more advanced techniques emphasizing strategic thinking and refined execution Students will encounter a broader range of submissions escapes and positional transitions The curriculum incorporates drills designed to improve speed reflexes and reaction time crucial aspects of effective self-defense and competitive Jiu-Jitsu Beyond the technical aspects GB2 fosters a deeper understanding of Jiu-Jitsu principles and the development of a personalized game This phase emphasizes the seamless transition between techniques building fluidity and adaptability in response to varying opponent styles The curriculums structure ensures a gradual progression allowing students to build upon their existing skill set while continually challenging them to reach new levels of proficiency Key Differences Between GB1 and GB2 While both GB1 and GB2 share the Gracie Barra methodologies core principles key distinctions exist GB1 focuses on building a solid foundation in fundamental techniques and essential self-defense skills GB2 however builds upon this base introducing a higher level of complexity and sophistication GB2 incorporates a wider range of advanced submissions escapes and positional transitions demanding greater strategic thinking and refined execution The intensity and pace of training generally increase in GB2 pushing students to enhance their reflexes speed and adaptability The curriculum also introduces a more nuanced understanding of grappling styles beyond pure Brazilian Jiu-Jitsu potentially drawing on wrestling judo or sambo techniques GB2 places a stronger emphasis on developing a personal game encouraging students to experiment with different approaches and refine their individual strategies Instructors and Curriculum Developers The Gracie Barra GB2 curriculum benefits from the expertise of highly accomplished instructors and curriculum developers Professor Ana Laura Cordeiro holds a prominent position representing a historic first as the first woman to develop a Gracie Barra GB2 curriculum Her contribution signifies a significant step towards inclusivity and diversity within the organization The involvement of experienced black belts ensures the curriculum aligns with the highest standards of Brazilian Jiu-Jitsu instruction These instructors bring a wealth of competitive experience and pedagogical skill ensuring students receive high-quality instruction Their collaborative effort guarantees a well-structured and effective learning pathway The curriculums development likely involved a team of experts combining their knowledge and insights to create a comprehensive and engaging learning experience This collaborative approach ensures the curriculums quality and relevance to the ever-evolving landscape of Brazilian Jiu-Jitsu Techniques Covered in the GB2 Curriculum The Gracie Barra GB2 curriculum expands upon fundamental BJJ techniques introducing advanced maneuvers and strategies Expect a deeper exploration of guard retention sweeps and submissions building upon the groundwork established in the GB1 program The curriculum likely incorporates advanced passing techniques addressing various guard structures encountered at higher competitive levels Students will refine their understanding of positional dominance and transitions Expect detailed instruction on advanced submissions from various positions including chokes armbars and leg locks The curriculum likely emphasizes the importance of efficient transitions between positions enhancing overall flow and effectiveness Furthermore the curriculum likely incorporates elements of no-gi grappling broadening the students understanding of various grappling styles This comprehensive approach prepares students for diverse competitive scenarios and real-world self-defense situations The curriculums emphasis on advanced techniques helps students develop a more refined and effective Jiu-Jitsu game GB2 Curriculum Details The GB2 curriculum delves into advanced techniques refining skills from GB1 It emphasizes drills for improved speed and reaction time incorporating various grappling styles beyond traditional Gi Jiu-Jitsu The curriculum aims to develop a well-rounded effective game Specific Techniques Taught in GB2 While a comprehensive list isnt readily available in the provided text the GB2 curriculum builds upon the GB1 foundation introducing more advanced positional escapes submissions and sweeps Expect a deeper exploration of advanced guard retention utilizing various sweeps and submissions from advanced positions The curriculum likely incorporates more complex transitions between techniques demanding speed and reflex development Students should anticipate learning advanced submissions from various positions refining their understanding of pressure and control The curriculum is likely to include advanced passing techniques focusing on breaking down an opponents guard efficiently and safely Furthermore more intricate and nuanced defensive strategies against common attacks are likely to be covered Expect a detailed study of advanced self-defense applications building upon the foundational self-defense taught in GB1 The integration of No-Gi techniques and other grappling styles like Judo and wrestling are also to be expected adding layers to the curriculums approach The emphasis is on refining timing and technique for seamless transitions and efficient execution Drills and Training Methods The Gracie Barra GB2 curriculum likely emphasizes advanced drilled methods to solidify technical proficiency and build muscle memory Expect repetitive drills focusing on specific transitions escapes and submissions from various positions These drills likely incorporate resistance training demanding precise technique under pressure The curriculum probably includes live rolling sessions crucial for applying learned techniques in dynamic scenarios; These sessions allow students to refine their timing reactions and decision-making under pressure Specific drills might focus on improving speed and efficiency in transitioning between positions The integration of partner drills allows students to refine their techniques with resistance and feedback Furthermore the curriculum likely incorporates self-defense specific drills practicing techniques against resisting opponents The focus will likely be on realistic scenarios ensuring practical application of the learned techniques Expect a structured approach to progressive resistance gradually increasing the difficulty of drills as students improve This ensures continuous growth and challenges students to consistently refine their skills The Role of No-Gi and Other Grappling Styles While rooted in Gracie Barras Brazilian Jiu-Jitsu tradition the GB2 curriculum likely incorporates elements from other grappling styles The inclusion of No-Gi grappling is probable offering a different perspective on techniques and emphasizing grips and body mechanics Wrestling Judo and Sambo influences may feature prominently adding takedowns throws and control positions to the curriculums scope This cross-training approach aims to provide a well-rounded skill set enhancing a students overall grappling abilities The integration of these styles isnt just about adding techniques; its about fostering a deeper understanding of leverage control and movement principles Students learn to adapt their Jiu-Jitsu game to varied situations enhancing their versatility and effectiveness The curriculum likely emphasizes the underlying principles connecting these styles highlighting the common threads that underpin effective grappling across disciplines By understanding these core principles students gain a more profound comprehension of the art enabling them to adapt and innovate effectively The incorporation of these additional grappling styles enhances the practical application of the techniques preparing students for a wider array of challenges Practical Applications and Benefits Gracie Barras GB2 curriculum extends beyond sport emphasizing self-defense and personal growth It fosters a strong sense of community while enhancing physical fitness and mental discipline Self-Defense Aspects of GB2 The Gracie Barra GB2 curriculum places significant emphasis on practical self-defense applications extending beyond the sport Jiu-Jitsu focus While the curriculums structure incorporates high-level techniques and drills it directly addresses real-world scenarios Students learn effective strategies for escaping holds controlling opponents and neutralizing threats The curriculum is designed to equip individuals with the skills to defend themselves in various situations building confidence and preparedness Unlike some solely sport-focused programs GB2 integrates self-defense principles seamlessly into its training methodology ensuring students are equipped not only for competition but also for real-world self-protection This practical approach makes Gracie Barra GB2 a well-rounded martial arts program appealing to those seeking both sporting excellence and effective self-defense skills The curriculums structured approach ensures progressive learning gradually building upon foundational techniques to enhance a students overall self-defense capabilities Sport Jiu-Jitsu Focus in GB2 The Gracie Barra GB2 curriculum significantly incorporates elements crucial for success in sport Jiu-Jitsu competition While encompassing self-defense aspects a substantial portion focuses on developing techniques and strategies optimized for tournament performance Students engage in advanced drills designed to enhance speed efficiency and precision in their movements The curriculum emphasizes transitions allowing for seamless shifts between positions to gain an advantage over opponents Specific techniques are meticulously taught focusing on their application within the context of competitive rule sets The emphasis on strategic thinking and tactical awareness prepares students to effectively adapt to their opponents styles and exploit weaknesses; Through regular sparring and rolling sessions students develop their competitive instincts and refine their technique under pressure This structured approach to competitive Jiu-Jitsu complements the self-defense elements making GB2 a comprehensive program catering to both self-defense and competitive ambitions Personal Growth and Community Beyond technical skills the Gracie Barra GB2 curriculum fosters significant personal growth The structured training instills discipline perseverance and a strong work ethic qualities transferable to various aspects of life Students develop mental fortitude through challenging drills and sparring sessions learning to overcome adversity and maintain focus under pressure The emphasis on self-defense techniques empowers individuals with increased confidence and self-assurance Moreover the Gracie Barra community plays a vital role in personal development The supportive environment encourages camaraderie and mutual respect among students building strong bonds and fostering a sense of belonging This shared journey of learning and growth cultivates resilience teamwork and leadership skills The overall experience transcends mere physical training promoting holistic personal development and contributing to a well-rounded individual One of the awesome things about our GB Method is that it doesnt exist in a bubble, only tangible for our adult athletes and students. We have been able to take our GB Method and adapt it to fit the needs of the next generation of Jiu-Jitsu enthusiasts, those who are now just ages 3-15 years. In bringing the GB Method to this segment of our schools we have put together amazing tools including: the GBK Program Curriculum. Lets recall how our GBK Curriculum fits into the essential building blocks of the GB Method for kids. The GBK Program Structure is different from the Program Structure at the adult level, where students are grouped by belt colors which represent their progress in training. With this young population in our GBK Program, we first have age-specific groups. Then, especially in larger schools, we are able to further divide those kids by level. At all of these levels and for all of these age groups we need a strong curriculum that lives up to the history and legacy of training Jiu-Jitsu as a member of Gracie Barra. This is what the GBK Curriculum is and does. The GBK Curriculum (v 4.0): Continue reading the exclusive article The GBK Curriculum at vjq.graciebarra.com

**Gracie barra curriculum. Gracie barra curriculum 2022. Gracie barra gb1 curriculum pdf. Gracie barra kids curriculum pdf. Gracie barra gb2 curriculum pdf. Gracie barra fundamentals curriculum pdf. Gracie barra advanced curriculum. What is the difference between gracie barra and gracie academy. Difference between gracie and gracie barra.**