

**Brazilian Jiu-Jitsu / Sport Jiu-Jitsu / Submission Wrestling Game Planning Worksheet**

This is my plan to win the \_\_\_\_\_  
 division at the \_\_\_\_\_  
 tournament on \_\_\_/\_\_\_/20\_\_\_. My competition weight is \_\_\_\_\_ lbs.

**Standing Phase**

Initiating a match or any time period where the match is returned to the stand position due to disengagement, scramble, or referee's call.

**Lock-up**

**Stay at range**

How will you lock-up:

How will you break grips:

How will you get them to the ground?

A.

B.

My goal position on the ground:

**Ground Phase**

Once the athletes have engaged each other on the ground after the standing phase or scramble.

How will you attack from your goal position above?

A.

B.

If you are not in your goal position, what is your back-up to your goal position?

**Ground Phase**

How would you get to your goal position from here?

If you could not acquire your goal position, what methods would you use to attack from this position?

A.

B.

If everything went wrong and you got into a position that you hate to be in, what position would you end up in?

How would you get out of this position?

A.

B.

How would you get to your goal position from here?

**Two Variants**

What are two variant attacks based on the ones you listed above?

A.

B.

**Three Things I Need to Improve**

A.

B.

C.