



Georgia Peace Officer Standards & Training Council

Brazilian Jiu Jitsu Officer Level 1 Curriculum

Skills Proficiency Test		
<i>Officer Name</i>	<i>OKEY #</i>	<i>Date</i>

Base and Control Techniques	Pass	Fail
Technique 1: Technical Stand		
Technique 2: Sprawling		
Technique 3: Side Control		
Technique 4: Side Control Escape		
Technique 5: Mount Control		
Technique 6: Mount Escape		
Technique 7: Guard Control		

Restraint Techniques	Pass	Fail
Technique 8: American from Side control and mount		
Technique 9: Single Arm Control from side control and mount		
Technique 10: Kimura grip from side control and mount		
Technique 11: Neck Restraint		
Technique 12: Figure four entanglement Two Officers		

Handcuffing	Pass	Fail
Technique 13: Suspect Belly Down		
Technique 14: Suspect Belly up		
Technique 15: Suspect on side with Kimura Grip		
Technique 16: Cross face two-person handcuffing		

Takedowns	Pass	Fail
Technique 17: Arm drag clinch take down		
Technique 18: Suspect grab or push take down		
Technique 19: Punch block take down		
Technique 20: Walk away takedown		
Technique 21: Double Leg		
Technique 22: Osoto-Gari		
Technique 23: Single Arm Takedown		



Georgia Peace Officer Standards & Training Council

Brazilian Jiu Jitsu Officer Level 1 Curriculum

Defense Techniques	Pass	Fail
Technique 24: Headlock Defense		
Technique 25: Ground Headlock Defense		
Technique 26: Guillotine Defense		
Technique 27: Rear Naked Choke Defense		
Technique 28: Clinch Escape		
Technique 29: Body Lock Escape		

The above named officer successfully demonstrated all of the techniques above in accordance with the GA POST Basic BJJ for Peace Officers Certification standards.

GA POST Approved Instructor Name

GA POST Instructor OKEY#

Date

GA POST Approved Instructor Signature