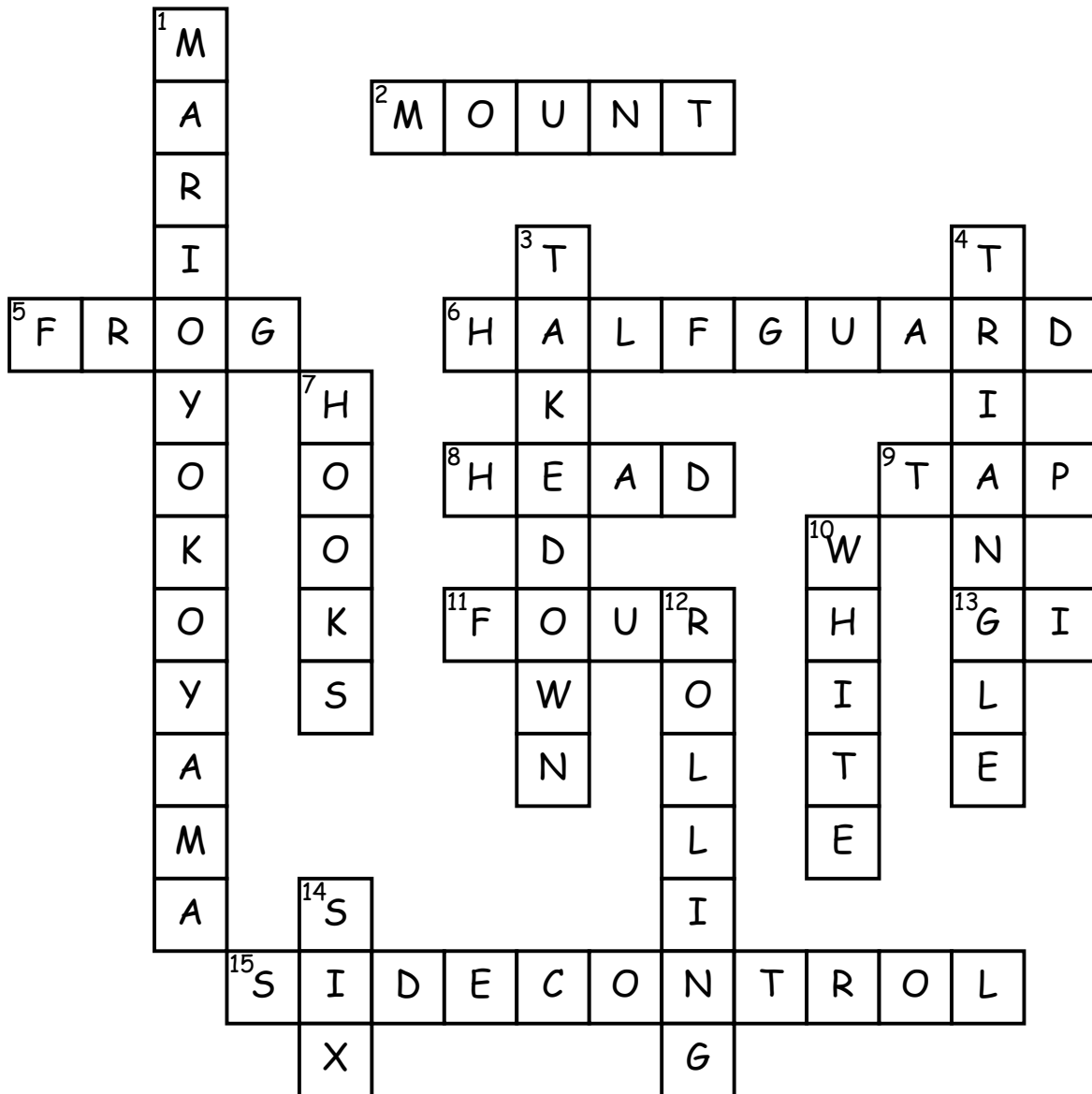


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# myBJJ Crossword Puzzle



## Across

2. A dominant top position, worth 4 points in competition

5. The first animal in 'animal drills'

6. A 50/50 position where you trap one of your opponents legs, can be top or bottom

8. When breaking your fall, what is the most important thing to protect?

9. How do you tell your partner to stop? You can verbally say 'stop', or...

11. How many stripes you need to progress to a new belt

13. Another name for your kimono/uniform

15. The technical name for 'crocodile' position

## Down

1. The head Professor at myBJJ

3. When you take your opponent down to the floor

4. A submission which is also the same name as a shape

7. When you're in a low mount, what should you do with your feet to control your opponent?

10. The starter belt colour in Jiu-Jitsu

12. Another word for 'sparring', R\_\_\_\_\_

14. How many animals in 'animal drills'?