

12-Minute BJJ Grip Plan

Simple, BJJ-specific grip work you can tack onto any session without frying your elbows.

How to Use

- Run this after class or on off-days, 2 to 3 times per week.
- Use smooth holds and relaxed breathing. No shrugging, no bent wrists.
- Stop if you feel sharp pain in the fingers, elbows, or shoulders.

Minimal Gear

- Option A: Pull-up bar plus one towel or gi sleeve.
- Option B: No bar. Use a backpack with books, a towel or gi sleeve, and a sturdy bucket or handle for loading.
- Optional: Timer, notebook.

EMOM 12 (Every Minute On the Minute) — Rotate 3 Drills for 4 Rounds

Track A (With Bar)

- Minute 1: Dead hang 20 to 30 seconds. Overhand grip. Rest the remainder.
- Minute 2: Towel or gi-sleeve hang 15 to 25 seconds. Neutral wrists. Rest the remainder.
- Minute 3: Top hold or scapular hang 15 to 25 seconds. Think shoulders down. Rest the remainder.
- Repeat minutes 1 to 3 for 4 total rounds (12 minutes).

Track B (No Bar)

- Minute 1: Farmer hold 30 to 40 seconds with backpack or dumbbells. Tall posture.
- Minute 2: Towel or gi-sleeve pinch hold 20 to 30 seconds around a loaded backpack handle.
- Minute 3: Wrist flexion isometric 20 to 30 seconds. Wrap a towel around a handle and curl slightly, hold without pain.
- Repeat minutes 1 to 3 for 4 total rounds (12 minutes).

Gi-Specific Options (Swap In As Needed)

- Sleeve and pant cuff pinch holds 15 to 25 seconds per side.
- Lapel pull-throughs: slow pulls for 20 seconds, then relax.
- Belt knot pinch carry: walk in place 20 to 30 seconds.

Technique Cues

- Neutral wrist. Squeeze with fingers first, then close the hand. Do not crank the wrist.
- Shoulders down and back. Think long neck.
- Breathe out gently during the hardest part of the hold. No breath holding.

4-Week Progression

- Week 1: Conservative holds. Learn positions. Keep RPE at or below 7 out of 10.
- Week 2: Add 5 seconds per hold or a little weight (about 5 percent).
- Week 3: Keep durations and weight. Reduce rest by 5 seconds or add one finger switch per round.
- Week 4 (Deload): Reduce hold times by 30 percent. Focus on easy form.

Tendon Care (Important)

- If you feel sharp pain, stop. Switch to very light holds or skip the day.
- Add 1 to 2 easy sets of wrist extensor work after sessions (reverse curls or rubber band finger opens).
- Keep a day between hard grip sessions whenever possible.

Tiny Log (copy into Notes)

Date: _____ Track: A/B RPE: _____ Notes: _____