

MAJOR OUTER REAPER

OSOTO GARI COURSE

BASE PRACTICE PROGRAM

1. Stationary: Off-balance (kazushi) 5x10
(entry on the 11th rep)
2. Stationary: Off-balance + entry 10x10 (throw on the 11th rep)
3. In movement: Off-balance + entry 10x10
(throw on 11th)
4. Throw to knee on hip (or armbar if you're feeling fancy) 5x5

Working with combos:

5. Partner leads with left leg, attack with foot-sweeps to osoto entry (5x5)
6. Punchsoto gari entry 5x5
7. Any of nogi variations (choose your rep volume)



Make sure to watch the video explaining these programs for details that will help you practice DELIBERATELY.



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ADVANCED PRACTICE PROGRAM

1. Stationary: Off-balance + entry 3x10 (throw on the 11th rep) - alternatively - practice for time (for example 90 seconds each)
2. In movement: Off-balance + entry 10x10 (throw on 11th) - partner is moving in a realistic way
3. Throw (nage komi) 5x5
4. LIGHT specific sparring (partner is pulling guard, you're timing them with the osoto) - 90 second rounds
5. Playing with the timing for the counter

Pick if you want to throw or just enter, I recommend mostly practicing entries (uchi komi) over throwing (nage komi).

Working with combos:

5. Partner leads with left leg, attack with foot-sweeps to osoto entry (5x5)
6. Practice each of the advanced combos (1x10 each)
7. Any of nogi variations (choose your rep volume)



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COMPLETE BEGINNER PROGRAM

1. Practice Breakfalls (good warmup) 5x10
2. Stationary: Off-balance only 5x10 partner stands parallel (entry on 11th rep)
3. Right vs. Right Off-balance + entry 5x10 (throw on 11)
4. Throw (nage komi) 3x3 (focus on technique and control)
5. LIGHT specific sparring - fight for the first grip at 30%!!!
Simulate the first exchange and securing grips.
6. Play with timing against a guard-pulling partner. Your partner is slowly pulling guard on you, try to time your entry. 60 seconds each.

Practice these as you wish:

7. Any of nogi variations (choose your rep volume - focus on the difference between grips)
8. Self-defense - closing distance vs. looping punches

This program is all about making your movement smooth, and nailing your off-balances. When you feel ready move to the base program.



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REMEMBER

1. Practice deliberately
2. Find a good uke
3. Have fun
4. Message me on IG @mihajj, find my profile on Jiu Jitsu X, or send me an email when you start hitting the osoto.
5. Tag me in an IG story of you practicing the osoto, I'll be happy to comment on it.
6. Feel free to ask any questions that may arise as your practicing this.
7. Enjoy your new weapon.

