

THE 30-DAY iGRAPPLE GAME PLAN

A Structured Month for Turning Your Weaknesses Into Weapons

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Introduction

Most grapplers train the same way for years. They roll, they get tapped, they feel bad about it, and they go home. Next session they do the same thing. They get better slowly — or not at all — because they never close the loop between what the mat is telling them and what they actually drill.

This guide gives you that loop.

The approach is simple. You use iGrapple the way it was designed to be used — starting from the position you are actually stuck in, finding the techniques that fit, and drilling them until they are automatic. Then you go back to the mat and test them. Then you find the next weakness. Then you repeat.

One month of this, done consistently, will improve your game more than six months of unfocused rolling.

The Core Method: Let the Mat Tell You What to Fix

Here is the training loop this entire guide is built around.

You roll. You get stuck somewhere — mount, side control, half guard, wherever. You note it. You open iGrapple, navigate to that position, and find two or three techniques that fit your situation. You drill them until they feel natural. You go back to the mat and handle that position.

That's it. You are working backwards from your actual weaknesses rather than guessing what you should learn next. The mat is your diagnostic tool. iGrapple is your solution tool. Rolling is your test.

This approach has a compounding effect. Fix one weakness and you survive longer in rolling — which means you reach new positions you haven't handled before, which gives you new weaknesses to fix. Over time, the process of elimination shrinks the list.

There is also a second way to use iGrapple worth knowing about. Open the app and browse positions you don't immediately recognize or know what to do from. This is a useful way to discover blind spots you didn't know you had. That said — prioritize positions you actually end up in before exploring unfamiliar territory. Learning techniques from positions you never reach wastes drilling time that could close real gaps.

Before You Start: Your Baseline

Before Week 1, do one thing. Roll for two or three rounds at your normal intensity and keep a simple mental note — or write it down — of every position where you felt lost, panicked, or got submitted. Don't fix anything yet. Just observe.

You are looking for patterns. Do you always get stuck in mount? Does side control feel impossible to escape? The positions that come up more than once are your starting targets.

Week 1: Find Your Worst Positions

The Goal: Identify your two or three biggest gaps with complete honesty.

This week is about diagnosis, not drilling. You are going to roll with specific awareness — paying attention to where things break down — and use iGrapple to understand what those positions actually demand.

What to Do on the Mat

Roll normally but keep a running mental list of every position where you felt helpless, froze, or got finished. After each session, open iGrapple and navigate to those positions. Don't drill anything yet. Just browse. Read the technique descriptions. Get familiar with what exists from where you keep ending up.

What You're Building

Awareness. Most grapplers know they are bad somewhere but they haven't thought carefully about exactly where or exactly why. By the end of Week 1 you should be able to name your two or three worst positions specifically — not just 'I'm bad on the bottom' but 'I get stuck under mount with someone heavy and I freeze completely.'

The iGrapple Task

Navigate to each of your problem positions. Look at the categories available — escapes, counters, reversals, attacks. Notice how many options exist from positions you thought were hopeless. This alone shifts your mindset from 'I'm stuck' to 'I have options I haven't learned yet.'

Week 1 Goal: Name your two worst positions. Write them down below. These are your targets for the rest of the month.

Week 2: Drill the Escapes

The Goal: Build a reliable escape from each of your problem positions.

This is where the work starts. You have two target positions from Week 1. This week you are going to use iGrapple to find the right escape for each one and drill it until it becomes automatic.

How to Choose Your Techniques

Open iGrapple and navigate to your first problem position. Look at the escape options available. You are not looking for the most advanced or impressive technique. You are looking for the one that makes mechanical sense to you, doesn't require attributes you don't have, and you can start drilling immediately.

Pick one escape per position. Just one. Resist the temptation to learn five. One technique drilled to automaticity is worth more than five techniques you sort of know.

How to Drill

Find a training partner and drill the escape from a cooperative starting position. Your partner puts you in the bad position, you escape using the technique. Reset and repeat. Do this for ten to fifteen minutes per technique per session.

Once it feels smooth with cooperation, add light resistance. Your partner tries to maintain the position while you escape. This is where the technique either works or reveals what you are missing.

The Key Detail

You are not trying to win the drill. You are trying to make the movement automatic. The goal is to reach the point where you stop thinking about the technique and just do it. That only happens through repetition — more repetitions than you think you need.

Week 2 Goal: Have one reliable escape from each of your two target positions that you can execute against light resistance without thinking about it.

Week 3: Add Counters and Reversals

The Goal: Stop surviving and start threatening.

An escape gets you out of a bad position. A counter or reversal gets you out and puts your opponent in trouble. This week you are adding the second layer — turning your survival skills into offensive weapons.

Why This Matters

When your opponent knows you can only escape, they can afford to be patient. They put you in the bad position, wait for your escape, and reset. When your opponent knows you can escape AND counter, they have to think carefully about putting you there at all. The threat changes the entire dynamic.

How to Use iGrapple This Week

Go back to your two target positions. This time, instead of looking at escapes, look at counters and reversals. Find one counter or reversal per position that connects logically to the escape you drilled in Week 2.

The connection matters. Ideally your escape and your counter should flow together — if they defend the escape, the counter becomes available. This creates the dilemma that makes bottom positions genuinely dangerous for the top player.

A Useful Mindset Shift

Stop thinking of these positions as places you are trying to survive. Start thinking of them as setups. This mindset takes time to develop but the drilling builds it.

Week 3 Goal: Have one counter or reversal from each target position that connects naturally to your Week 2 escape. You should be able to flow between the escape and the counter based on what your partner does.

Week 4: Build Your A-Game

The Goal: Stop being well-rounded. Start being dangerous somewhere.

The first three weeks were defensive — fixing weaknesses, building escapes, adding counters. Week 4 flips the script. You are going to use iGrapple to identify your strongest positions and go deep on them.

Most grapplers spend all their time trying to be decent everywhere. The grapplers who are genuinely hard to beat are excellent somewhere specific. They have positions they love, that they have drilled thousands of times, from which they have multiple attacks ready. When they get there, the match is effectively over.

That is your A-game. This week you start building it.

How to Identify Your Best Positions

Think about where you feel most comfortable on the mat. Where do you feel like you have options rather than problems? Where do your training partners seem uncomfortable when you get there?

Open iGrapple and navigate to those positions. Look at the attacks available — submissions, transitions, dominant position advances. You are not looking for escape options this week. You are looking for offensive weapons.

The Drilling Approach

Spend drilling time this week specifically from your best position. Have your partner give you that position and defend your attacks. Your job is to hit your techniques against active resistance. This is harder than escape drilling — but this resistance is what sharpens the technique from something you know into something you own.

Week 4 Goal: Have one position where you are beginning to develop real offensive weapons. This is the foundation of your A-game. Keep building it beyond this month.

The Ongoing Loop: After the 30 Days

The 30-day structure gives you a starting framework. The real value comes from making the loop a permanent habit.

Every training session, the process is the same: roll with awareness, open iGrapple and navigate to the problem position, pick one or two techniques that fit the situation, drill them until they feel natural, test them in your next rolling session, and repeat with the next gap.

The list of weaknesses gets shorter over time. The list of strengths gets longer. Your game becomes harder to stop from more and more positions.

Your 30-Day Training Tracker

Fill these out after each training session. They become a record of exactly how your game developed.

WEEK 1 TRACKER

Find Your Worst Positions

Session 1

Position I kept getting stuck in:

What happened specifically:

Techniques I found in iGrapple for this position:

Session 2

Position I kept getting stuck in:

What happened specifically:

Techniques I found in iGrapple for this position:

Session 3

Position I kept getting stuck in:

What happened specifically:

Techniques I found in iGrapple for this position:

End of Week 1 — My Two Target Positions

Target Position 1:

Why this is a priority:

Target Position 2:

Why this is a priority:

WEEK 2 TRACKER

Drill the Escapes

Target Position 1

Position:

Escape technique I chose:

Why this technique fits my game:

Session 1

How many reps:

Cooperative resistance? (Y / N):

How it felt:

What I need to fix:

Session 2

How many reps:

Light resistance? (Y / N):

How it felt:

What I need to fix:

Session 3

Tested in rolling? (Y / N):

How it performed under pressure:

Target Position 2

Position:

Escape technique I chose:

Why this technique fits my game:

Session 1

How many reps:

Cooperative resistance? (Y / N):

How it felt:

What I need to fix:

Session 2

How many reps:

Light resistance? (Y / N):

What I need to fix:

Session 3

How it performed under pressure:

End of Week 2 Check-In

Can I execute the escape from Position 1 without thinking? (Y / N / Almost):

Can I execute the escape from Position 2 without thinking? (Y / N / Almost):

What still needs work before moving to Week 3:

WEEK 3 TRACKER

Add Counters and Reversals

Target Position 1

Counter or reversal I chose:

How it connects to my Week 2 escape:

Session 1

Does the counter open when they defend the escape? (Y / N / Sometimes):

How it went:

What I need to fix:

Session 2

Resistance level (Light / Medium / Hard):

How the sequence performed:

Session 3

Did I get to attempt the sequence in rolling? (Y / N):

Result:

What the mat told me to fix:

Target Position 2

Counter or reversal I chose:

How it connects to my Week 2 escape:

Session 1

Does the counter open when they defend the escape? (Y / N / Sometimes):

How it went:

What I need to fix:

Session 2

Resistance level (Light / Medium / Hard):

How the sequence performed:

Session 3

Did I get to attempt the sequence in rolling? (Y / N):

Result:

What the mat told me to fix:

End of Week 3 Check-In

Am I starting to feel dangerous from Position 1 instead of just surviving? (Y / N / Getting there):

Am I starting to feel dangerous from Position 2 instead of just surviving? (Y / N / Getting there):

Notes:

WEEK 4 TRACKER

Build Your A-Game

My best position — where I feel most comfortable and have the most options:

Why this position suits my game:

Attacks I found in iGrapple from this position:

Attack 1:

Attack 2:

Attack 3:

Session 1

Attack I focused on:

How it went against cooperative resistance:

Session 2

How well do the two attacks work together?

Does defending the first open the second? (Y / N / Sometimes):

Session 3

Did I get to my best position? (Y / N):

Did I attempt my attacks? (Y / N):

How it went:

What I want to develop further from here:

End of Month Review

My two target positions from Week 1:

Can I escape both reliably? (Y / N):

Do I have a counter from both? (Y / N):

My A-game position:

My strongest attack from that position:

The next weakness the mat is showing me:

This is your starting point for the next cycle. The loop continues.

Quick Reference: iGrapple Position Menu

Use this as your roadmap when you open the app. Find your starting position, then navigate to the specific situation inside it.

Mount	You're on top or on the bottom. Sub-navigates by arm position, what your opponent is doing, and specific scenarios like when they push your chest or attempt a knee escape. Common problem: <i>Getting stuck under mount with no escape, or being on top and losing position to a bridge.</i>
Side Control	You have side control or you're under it. Covers chest-to-chest position, scarf hold, reverse scarf, modified scarf, and specific arm and leg situations. Common problem: <i>Being flattened under side control, or being on top and losing it to a hip escape.</i>
Guard	You have guard or you're passing it. Covers closed guard, open guard situations, and specific arm and leg configurations on both sides. Common problem: <i>Guard being passed, or being on top and getting swept or submitted.</i>
North South	You're on top in north south or you're underneath it. Covers specific arm positions and control scenarios. Common problem: <i>Being stuck under north south with no clear escape path.</i>
Back Mount	You have the back or the opponent has yours. Sub-navigates by hook position, arm situations, and finishing or escaping scenarios. Common problem: <i>Losing back control when the opponent turns, or being on your back with no escape.</i>
Half Guard	You have half guard or you're in your opponent's half guard. Covers situations based on underhook control, leg position, and specific passing or sweeping scenarios. Common problem: <i>Getting flattened in half guard from the bottom, or being unable to pass from the top.</i>
Turtle Position	You're in turtle or attacking it. Covers approaches from different angles and specific defensive reactions. Common problem: <i>Getting rolled or choked from turtle, or being unable to break an opponent's turtle.</i>
Knee On Stomach	You have knee on stomach or you're under it. Covers specific arm and leg situations. Common problem: <i>Being pinned under knee on stomach with no clear escape.</i>

Butterfly Guard	You have butterfly guard or your opponent does. Covers sweep attempts, hook situations, and specific counters. Common problem: <i>Butterfly guard being passed, or being unable to sweep from butterfly.</i>
Rubber Guard	You have rubber guard or you're defending it. Covers posture control and submission entries. Common problem: <i>Being unable to establish or maintain rubber guard control.</i>
Sprawl / Knees	Covers the scramble and referee's position — where you end up facing each other on your knees after a failed takedown or sprawl. Common problem: <i>Not knowing what to do from this common scramble position.</i>
Arm Bar Position	You're applying an arm bar or you're defending one. Covers finishing details and escape options. Common problem: <i>Losing the arm bar before finishing, or being unable to escape a locked-in arm bar.</i>
Starting On Knees	Both grapplers starting from their knees. Covers takedown entries, guard pulls, and initial positioning. Common problem: <i>Not having a clear plan for what to do from the starting position.</i>

How to Use This Reference

When you get stuck somewhere on the mat and open iGrapple, find your starting position from this list, then navigate to the specific situation inside it — top or bottom, what your opponent is doing, what arm or leg position you're in. The app narrows it down from there. By the time you've made two or three selections, you're looking at techniques for the exact situation you were just in.

That specificity is what makes the drilling time matter. You're not learning generic techniques — you're learning the exact answer to the exact problem the mat just showed you.