

BJJ Position Transition Roadmap

Volume 2 • Expanded Positions

A quick visual guide to what commonly happens when these expanded positions end.

How to read it. Each position starts with a simple 100% outcome split. The categories below are then separated into their own lanes so the paths do not overlap and the page can be read at a glance.

Role names. Open Guard, Butterfly Guard and North-South use Top / Bottom. Standing uses Scorer / Defender. Front Headlock uses Controller / Defender. Leg Entanglement uses Initiator / Defender because top/bottom labels do not fit those exchanges.

Gi and No-Gi. The large percentage is the baseline. Smaller Gi and No-Gi numbers show how the same outcome shifts by ruleset.

Important limit. Public BJJ data does not measure every position-to-position transition directly. Use these percentages as tactical gravity and coaching guidance, not as a prediction of any single roll.

Positions included

Open Guard • Butterfly Guard • North-South • Standing / Neutral • Front Headlock • Leg Entanglement / Ashi Garami

BJJ Position Transition Roadmap

Volume 2 - Roadmap Connection Sync

REVISION 2026-09-28

What changed

This update adds an explicit connection mapping for the /roadmap diagram. It does not change outcome percentages, Gi/No-Gi values, source anchors, or evidence classifications.

Connection rule

Draw an arrow only when an outcome names a specific roadmap position. Compound outcomes may map to multiple positions. Generic terms such as guard, pass, scramble, reset, pin, or back exposure are not converted into a destination unless the position is explicit.

POSITION	DIRECT ROADMAP DESTINATIONS
Open Guard	Turtle; Leg Entanglement / Ashi Garami; Back Control; Half Guard
Butterfly Guard	Half Guard; Turtle; Front Headlock; Leg Entanglement / Ashi Garami
North-South	Side Control; Turtle; Mount; Back Control; Half Guard
Standing / Neutral	Front Headlock; Back Control; Half Guard
Front Headlock	Back Control; Standing / Neutral; Turtle; Side Control
Leg Entanglement / Ashi Garami	Back Control

Validation notes

- Compound outcome "Bottom turtles / gives front headlock" maps to both Turtle and Front Headlock.
- "Takedown landing in guard / half guard" maps to Half Guard only; generic guard is not assigned to Closed Guard or Open Guard.
- "Controller snaps down to turtle ride / side control" maps to both Turtle and Side Control.
- "Bottom recovers guard / half guard" maps to Half Guard; the generic guard portion remains unmapped.
- No new percentages are created for graph edges; the overview shows connectivity only.

1. Open Guard

Position: Bottom player controls distance with legs and grips without locking closed guard. It includes guards such as DLR, RDLR, spider, lasso and single-leg X.

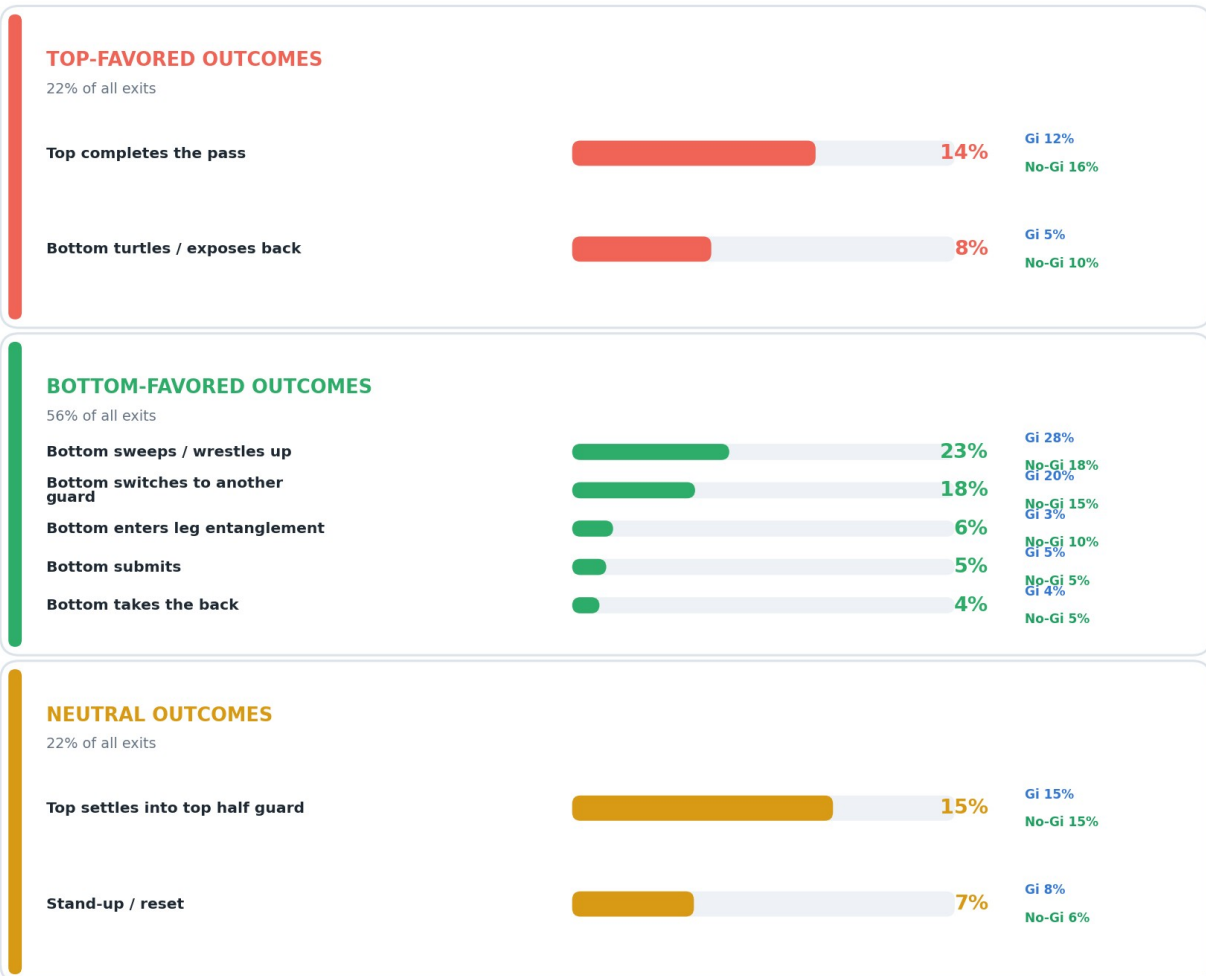
Top goal: Connect to the hips or legs and complete the pass.

Bottom goal: Keep distance, off-balance, sweep or wrestle up, attack, or take the back.

OPEN GUARD

WHERE DOES THIS POSITION USUALLY GO NEXT?

OVERALL OUTCOME SPLIT



Percentages are shares of all exits from this position. All role categories together = 100%.

Source anchors: [3][7]

2. Butterfly Guard

Position: Bottom player is seated with inside hooks under the top player's thighs, usually with upper-body connection.

Top goal: Flatten the seated player, clear or pin the hooks, and pass.

Bottom goal: Elevate, arm-drag, wrestle up, or enter the legs.

BUTTERFLY GUARD

WHERE DOES THIS POSITION USUALLY GO NEXT?

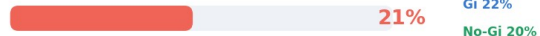
OVERALL OUTCOME SPLIT



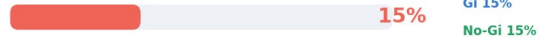
TOP-FAVORED OUTCOMES

44% of all exits

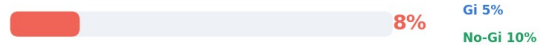
Top flattens into top half guard



Top completes the pass



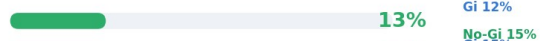
Bottom turtles / gives front headlock



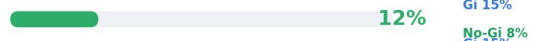
BOTTOM-FAVORED OUTCOMES

52% of all exits

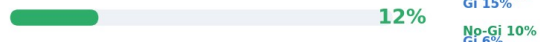
Bottom wrestles up / arm-drag



Bottom hook sweep



Bottom recomposes another guard



Bottom enters leg entanglement



Bottom submits



NEUTRAL OUTCOMES

4% of all exits

Stand-up / reset



Percentages are shares of all exits from this position. All role categories together = 100%.

Source anchors: [3][9]

3. North-South

Position: Top player pins from above the head, chest to chest, facing the bottom player's legs. It is part of the side-control family.

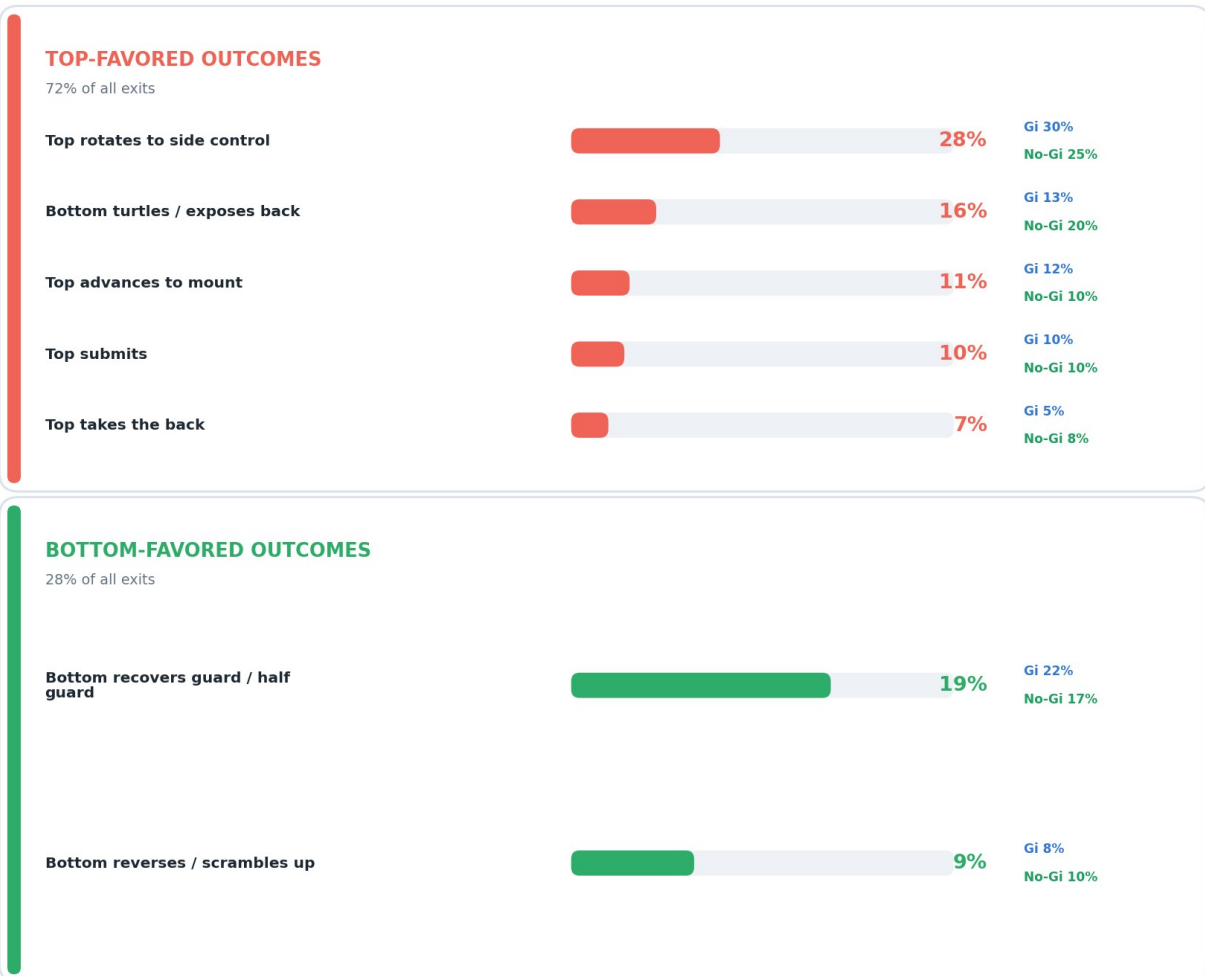
Top goal: Stay heavy, attack, rotate to side control, mount, or take the back.

Bottom goal: Turn to a side, frame, recover guard, or turtle and move.

NORTH-SOUTH

WHERE DOES THIS POSITION USUALLY GO NEXT?

OVERALL OUTCOME SPLIT



Percentages are shares of all exits from this position. All role categories together = 100%.

Source anchors: [8][9]

4. Standing / Neutral

Position: Both athletes are on their feet. There is no top or bottom yet, so the roles are Scorer, Defender, and Neutral.

Scorer goal: Win the first clean exchange and land in top control, behind, or in front headlock.

Defender goal: Defend, counter, pull guard on your own terms, or reset.

STANDING / NEUTRAL

WHERE DOES THIS POSITION USUALLY GO NEXT?

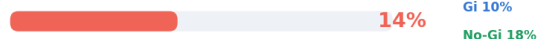
OVERALL OUTCOME SPLIT



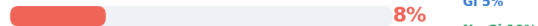
SCORER-FAVORED OUTCOMES

32% of all exits

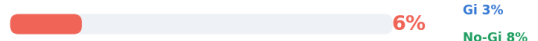
Takedown lands in guard / half guard



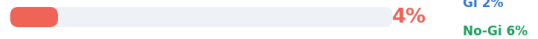
Takedown lands in a pin



Snap-down / go-behind → front headlock



Takedown scramble → back take



DEFENDER-FAVORED OUTCOMES

4% of all exits

Defender counters and ends on top



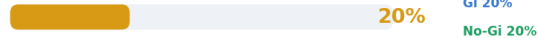
NEUTRAL OUTCOMES

64% of all exits

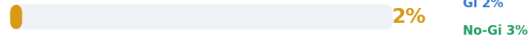
Guard pull



Reset / no exchange



Submission from standing



Percentages are shares of all exits from this position. All role categories together = 100%.

Source anchors: [2][3][4]

5. Front Headlock

Position: Controller holds the head, often with an arm, while the defender is bent over or turtled. It sits between standing, turtle, and the back.

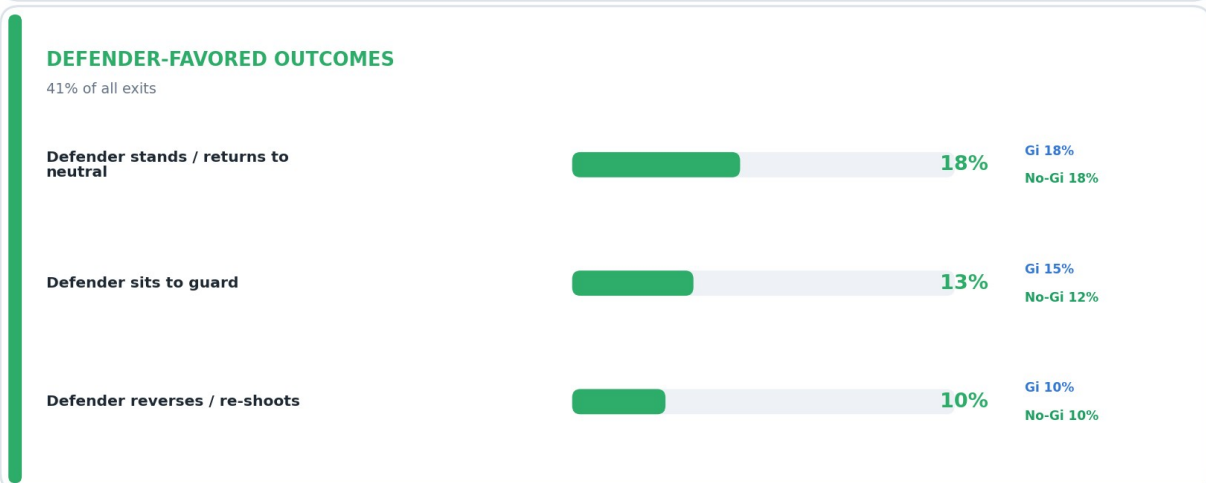
Controller goal: Keep head-and-arm control, go behind, finish, or snap down to a pin.

Defender goal: Clear the head, build posture, stand, sit to guard, or re-shoot.

FRONT HEADLOCK

WHERE DOES THIS POSITION USUALLY GO NEXT?

OVERALL OUTCOME SPLIT



Percentages are shares of all exits from this position. All role categories together = 100%.

Source anchors: [2][4]

6. Leg Entanglement / Ashi Garami

Position: The legs are connected in a control system such as ashi garami, outside ashi, saddle/411, or 50-50. Top and bottom labels do not apply.

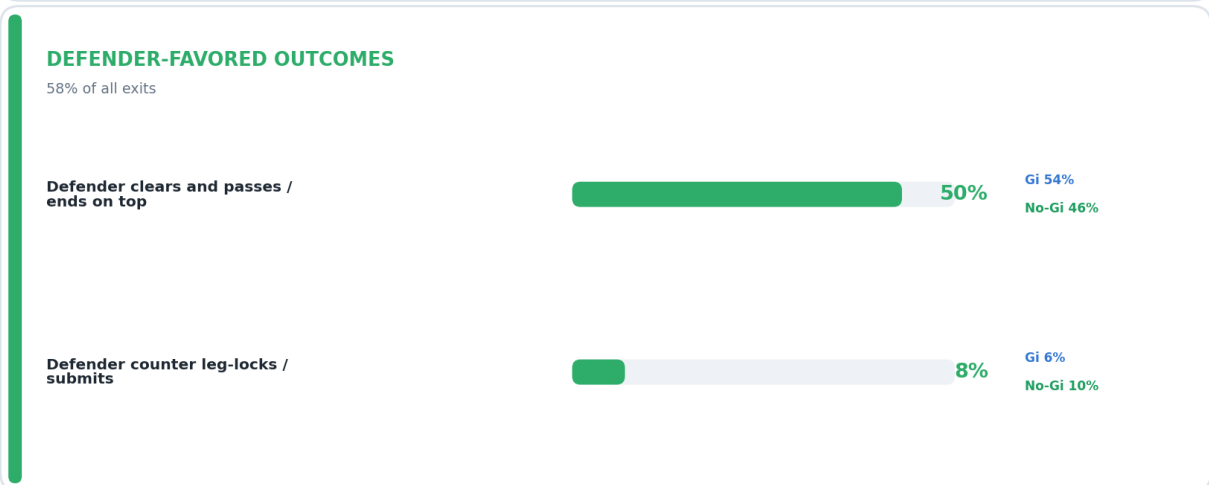
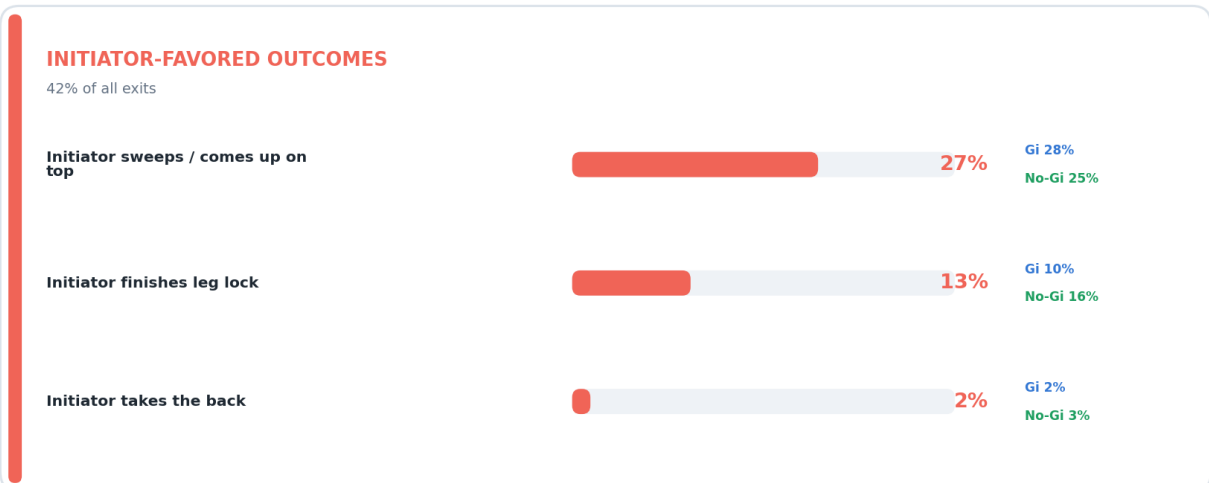
Initiator goal: Control the knee line, finish the leg lock, or come up on top.

Defender goal: Clear the knee line, disengage, counter-attack, or pass.

LEG ENTANGLEMENT / ASHI GARAMI

WHERE DOES THIS POSITION USUALLY GO NEXT?

OVERALL OUTCOME SPLIT



Percentages are shares of all exits from this position. All role categories together = 100%.

Source anchors: [3][5]

Sources & Citations

The diagrams preserve the outcome percentages and source anchors from the validated Volume 2 material. Where public research does not isolate a specific position, the roadmap presents the supplied evidence-constrained coaching estimate without adding unsupported precision.

- [1]** Lamas, L., et al. (2024). No-gi Brazilian jiu-jitsu: A Markovian analysis of elite-level combat dynamics. *International Journal of Sports Science & Coaching*, 19(4), 1767-1775. doi:10.1177/17479541231210979
- [2]** BJJ Heroes (2022). ADCC 2022 After-Math, Data Compilation and Analysis.
- [3]** BJJ Heroes (2024). ADCC 2024 After Math, Data Compilation and Analysis.
- [4]** BJJ Heroes. Wrestling, The Key to ADCC Success?
- [5]** BJJ Heroes. Are Heel Hooks Over Rated? A Grappling Study.
- [6]** BJJ Heroes (2023). ADCC Female Division Stats and Analysis.
- [7]** BJJ Heroes (2020). Modern Day Guard Passing By The Numbers.
- [8]** BJJ Heroes (2026). ADCC 2026 After Math.
- [9]** Grapplearts. North-South to Mount Transition; The Butterfly Sweep from Half Guard; The North South Kimura Armlock.
- [10]** Kesting, S. A Roadmap for Brazilian Jiu-Jitsu. Grapplearts. Position hierarchy and transition logic (qualitative).