

TECHNICAL PROGRESSION SCHEME

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YELLOW GRADE

STRIKING

Fundamentals of the basic punches and kicks: posture, balance, breathing and footwork



1. JAB



2. CROSS



3. HOOK



4. BODY HOOK



5. MIDDLE KICK



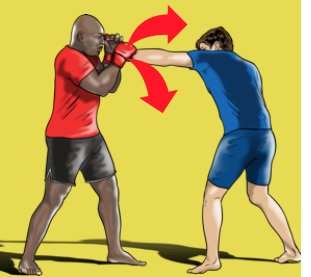
6. LOW KICK

DEFENCES

Blocking (covering the head or body) and parrying (deflecting away the strike with your hand)



7. BLOCK



8. DOWN PARRY SIDE PARRY



9. LOW KICK BLOCK

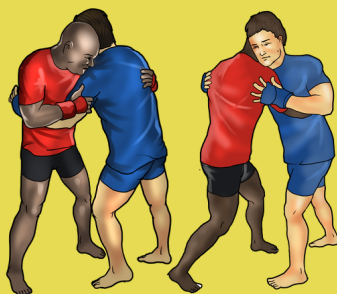


10. MIDDLE KICK BLOCK WITH THE LEG GRAB

STRIKING COMBINATIONS

Three striking combinations with switching right-left.

CLINCHES



11. POMMELING



12. OVERHOOK



13. UNDERHOOK



14. BEAR HUG

TAKEDOWNS

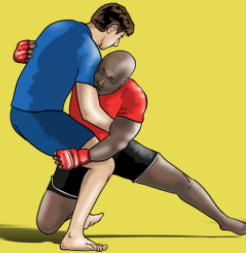
To demonstrate understanding of the best opportunity for a takedown (best clinch - best movement - action/reaction principle)



15. SINGLE LEG



16. DOUBLE LEG



17. LARGE INNER REAP

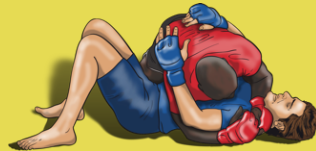


18. KNEE PICK

GROUNDWORK: DIRECT ATTACKS



19. REAR NAKED CHOKE (RNC) FROM BACK MOUNT



20. WRIST CHOKE FROM SIDE CONTROL



21. AMERICANA FROM MOUNT AND HALF-GUARD



22. HEAD 'N' ARM CHOKE FROM SCARF CONTROL



23. REAR NAKED CHOKE (RNC) FROM BACK CONTROL



24. REVERSAL ARM-LOCK FROM KESA CONTROL



25. ANKLE-LOCK FROM GUARD

GROUNDWORK: REVERSALS



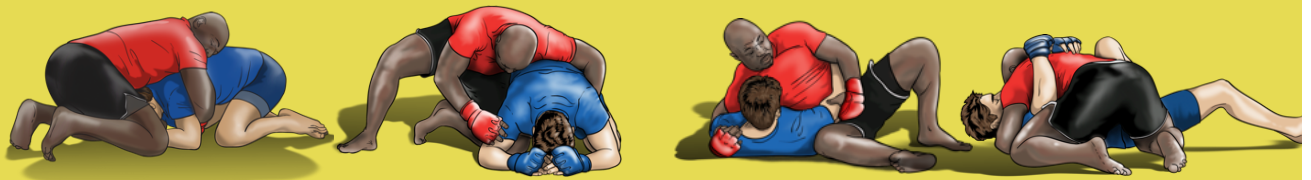
26. GUARD INTO SIDE CONTROL

27. GUARD PASS INTO MOUNT

28. HALF-GUARD INTO SIDE CONTROL

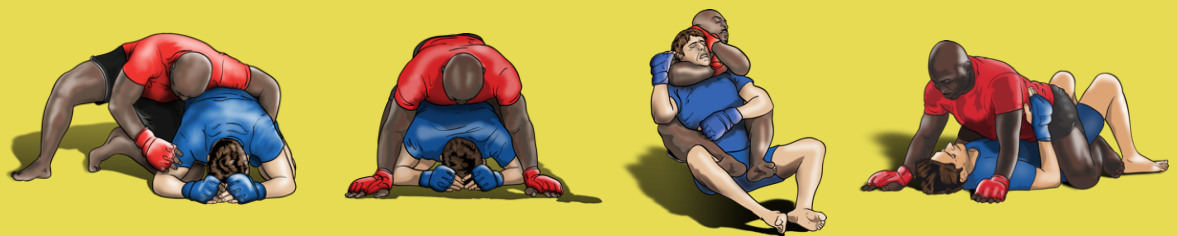


29. KNEE CONTROL INTO SIDE CONTROL INTO MOUNT



30. TURTLE HEAD CONTROL INTO TURTLE SIDE CONTROL

31. KESA CONTROL INTO SIDE CONTROL



32. TURTLE BACK CONTROL INTO BACK MOUNT INTO SITTING BACK CONTROL INTO MOUNT

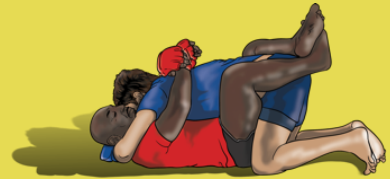
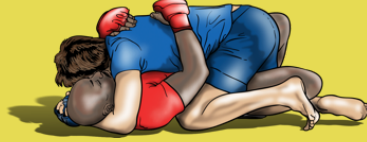


33. BUTTERFLY GUARD SWEEP INTO SIDE CONTROL

GROUNDWORK: ESCAPES AND DEFENCES



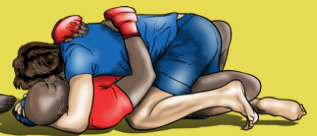
34. 'PETERSON ROLL' INTO TURTLE BACK CONTROL



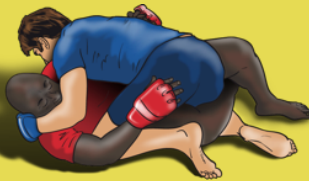
35. SIDE CONTROL DEFENCE INTO HALF-GUARD DEFENCE INTO FULL GUARD DEFENCE



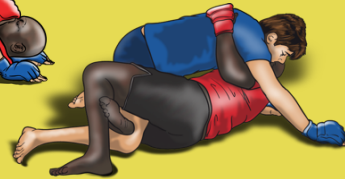
36. MOUNT DEFENCE INTO FULL GUARD



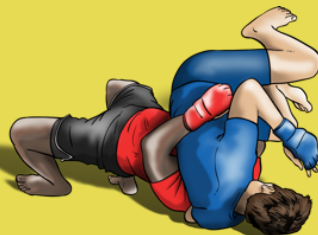
37. KNEE CONTROL DEFENCE INTO HALF-GUARD DEFENCE



38. KESA CONTROL DEFENCE INTO HALF-GUARD DEFENCE



39. MOUNT DEFENCE INTO HALF-GUARD DEFENCE



40. "ARCH" ESCAPE FROM SCARF DEFENCE INTO SCARF CONTROL

