

TECHNICAL PROGRESSION SCHEME

BLUE GRADE

[Return to Homepage](#)

STRIKING



1 UPPERCUT ELBOW



2 SPINNING KICK



3 ELBOW HOOK

STRIKING COMBINATIONS

4. TO DEMONSTRATE FOUR COMBINATIONS INCLUDING DEFENCE: TWO AGAINST RIGHT-HANDER AND TWO AGAINST LEFT-HANDER

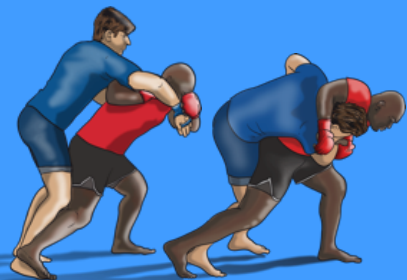
TAKEDOWNS



5 REAR WAIST DRAG



6 INSIDE LEG SWEEP



7 FRONT LEG TRIP

GROUNDWORK: DIRECT ATTACKS



8 REVERSE ARM LOCK FROM
SIDE CONTROL



9 "SPIN ENTRY" FROM KNEE CONTROL INTO MOUNT



10 BACK CRUNCH FROM BUTTERFLY GUARD



11 TRIANGLE CHOKE VIA "SPIN ENTRY" FROM (9) KNEE CONTROL



11 REVERSAL ARM LOCK FROM GUARD



12 TRIANGLE CHOKE ENTRY FROM MOUNT



13 GUILLOTINE CHOKE FROM BUTTERFLY GUARD



14 D'ARCE CHOKE FROM KESA CONTROL

GROUNDWORK: REVERSALS



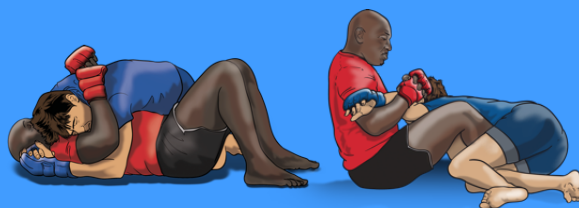
15 GUARD INTO BUTTERFLY GUARD WITH LEG SCISSORS



16 HALF-GUARD INTO TURTLE BACK CONTROL



GROUNDWORK: ESCAPES AND DEFENCES



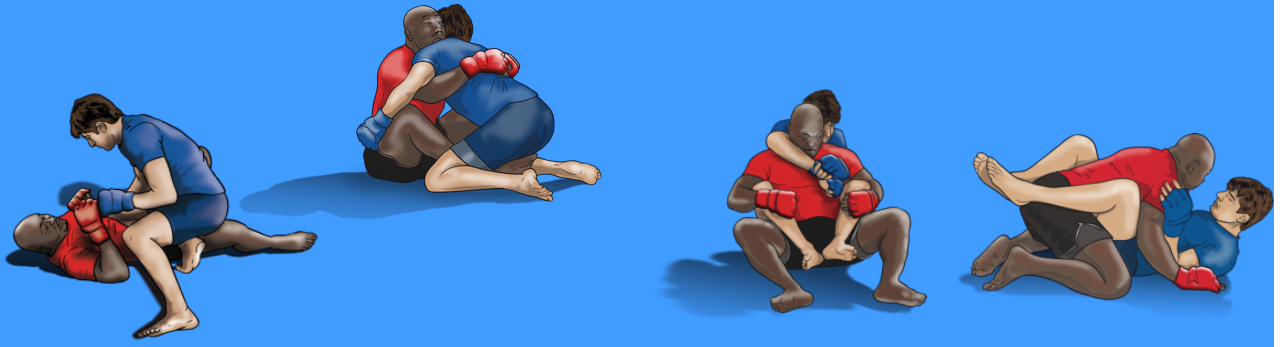
17 SIDE CONTROL DEFENCE WITH "KIMURA" FROM BENEATH



18 REVERSAL ARM LOCK FROM SIDE DEFENCE



19 MOUNT DEFENCE WITH LEG-HOOK SWEEP INTO MOUNT



20 KNEE CONTROL ESCAPE INTO BUTTERFLY GUARD

21 BACK CONTROL ESCAPE INTO GUARD

