

TECHNICAL PROGRESSION SCHEME

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PURPLE GRADE

STRIKING



1 BACK FIST



2 SPINNING BACK FIST



3 SUPERMAN PUNCH

STRIKING COMBINATIONS AND STRATEGIES

FOUR STRIKING SERIES WITH THE CHANGE OF ANGLE AND RYTHM:
TWO AGAINST LEFT-HANDER AND TWO AGAINST RIGHT-HANDER.

TAKEDOWNS



5 INNER THIGH REAP



6 LARGE WHEEL
THROW



7 TRIPS FROM NECK TIE



8 SACRIFICE THROW



9 FIREMAN'S CARRY
FROM "BARZIGAR"



10 LARGE OUTER TRIP

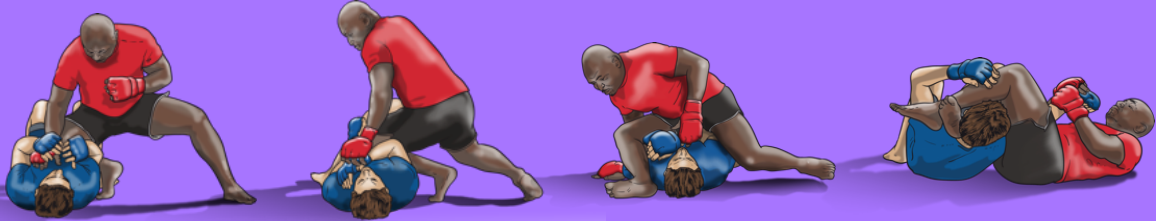
GROUNDWORK: DIRECT ATTACKS



11 ARM LOCK FROM SIDE CONTROL



12 GUILLOTINE CHOKE FROM MOUNT



13 ARM LOCK FROM KNEE CONTROL VIA SPIN



14 INVERTED TRIANGLE FROM BACK CONTROL



15 INVERTED TRIANGLE FROM TURTLE HEAD CONTROL



16 REVERSAL ARM LOCK FROM BACK CONTROL DEFENCE



17 "HELICOPTER" ENTRY INTO ARM LOCK FROM MOUNT



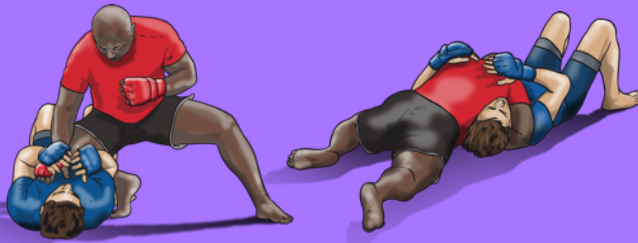
18 D'ARCE CHOKE FROM SIDE CONTROL



19 ARM LOCK FROM TURTLE BACK CONTROL

20 BELLY ARM CRUNK FROM TURTLE HEAD CONTROL





21 KNEE CONTROL INTO NORTH-SOUTH HEAD CONTROL

GROUNDWORK: ESCAPES AND DEFENCES



22. BACK MOUNT DEFENCE INTO HALF-GUARD AND FULL GUARD DEFENCE



23 KESA CONTROL ESCAPE INTO TURTLE BACK CONTROL



24 MOUNT DEFENCE ESCAPE INTO BUTTERFLY GUARD

