

# TECHNICAL PROGRESSION SCHEME

## BROWN GRADE

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### STRIKING

### STRIKING COMBINATIONS AND STRATEGIES



1 FLYING KNEE



2 SPINNING JUMP KICK

TO DEMONSTRATE AND EXPLAIN FIVE DIFFERENT FEINTS AND FAKES

3. 4. 5. 6. 7.

### TAKEDOWNS

To demonstrate understanding of the best opportunity for a takedown



8 ARCH THROW



9 ARCH THROW



10 ARCH THROW



11 DUCKUNDER LIFT THROW

### TRANSITIONS: STRIKING - TAKEDOWN

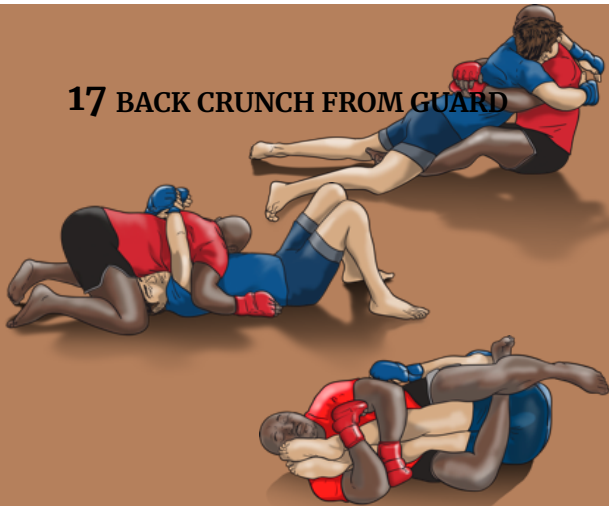
TO DEMONSTRATE FIVE COMBINATIONS STARTING WITH A STRIKING SERIES INTO THE CLINCH AND THE TAKEDOWN

12.13. 14. 15. 16

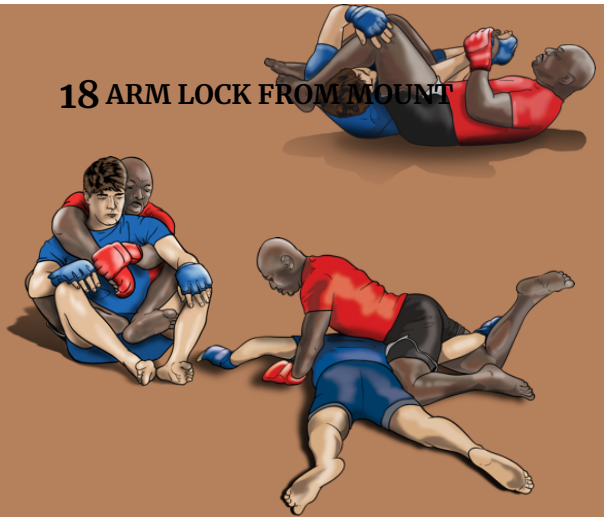
### GROUNDWORK: DIRECT ATTACKS



**17 BACK CRUNCH FROM GUARD**



**18 ARM LOCK FROM MOUNT**



**19 DOUBLE KNEE LOCK FROM NORTH-SOUTH HEAD CONTROL "LEAP FROG"**



**20 REVERSAL ARM LOCK WITH LEG LOCK FROM BACK CONTROL "BELLY ARM CRANCK"**



**21 CALF CRANCK FROM TURTLE CONTROL**



**22 ARM LOCK FROM TURTLE DEFENCE WITH "SHOULDER ROLL"**



**23 TRIANGLE CHOKE FROM TURTLE DEFENCE WITH "SHOULDER ROLL"**

**GROUNDWORK: ESCAPES AND DEFENCES**



**25 RNC DEFENCE WITH ARM LOCK**

