

TECHNICAL PROGRESSION SCHEME

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ORANGE GRADE

STRIKING

Learning fundamentals of the punches and kicks:
posture, balance, breathing and footwork



1. UPPERCUT



4. SIDE KICK



5. FRONT KICK



2. STEP BACK



3. PULL AWAY



6. HIGH KICK BLOCK



8. OVERHEAD



9. HIGH KICK

COMBINATIONS

Three punching combinations with a strong finish with kicks. Three kicking combinations with a strong punching finish

CLINCHES - TAKEDOWNS - DEFENCES

To demonstrate understanding of the best opportunity for a takedown



10. BACK TAKE



11. OUTER WINDING THROW VS BACK TAKE



12. HEAD PUSH DEFENCE

13. SPRAWL

14. HIP THROW FROM SINGLE UNDERHOOK

GROUNDWORK: DIRECT ATTACKS



15. KIMURA FROM HALF-GUARD



16. AMERICANA FROM SIDE CONTROL



17. WRIST CHOKE FROM MOUNT



18. ARM LOCK FROM GUARD



19. ARM LOCK FROM GUARD (OMOPLATA)



20. KNEE LOCK FROM HALF-GUARD



21. HEAD-AND-ARM CHOKE FROM MOUNT



22. HEAD-AND-ARM CHOKE FROM NORTH-SOUTH

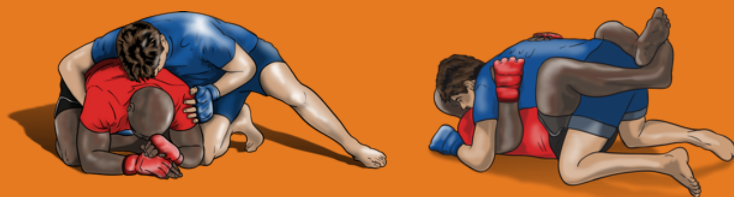
GROUNDWORK: REVERSALS



23. SIDE CONTROL DEFENCE INTO HALF-GUARD INTO FULL GUARD INTO BUTTERFLY GUARD



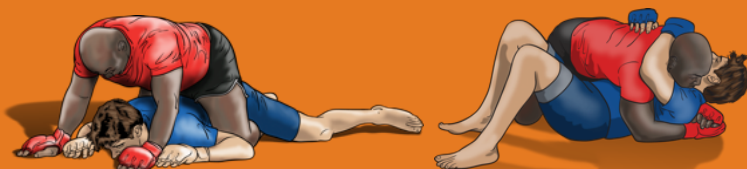
24. BACK MOUNT TO MOUNT



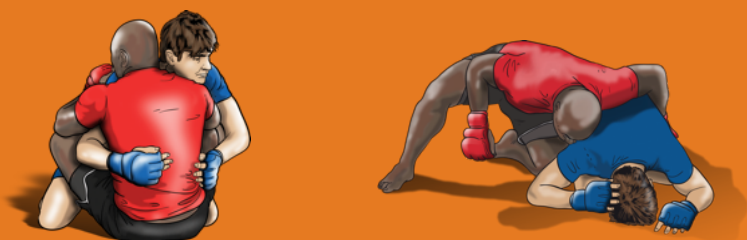
25. TURTLE BACK CONTROL DEFENCE INTO GUARD



26. TURTLE HEAD CONTROL DEFENCE INTO TURTLE BACK CONTROL



27. BACK MOUNT INTO SIDE CONTROL WITH THE LEG HOOK



28. BUTTERFLY GUARD INTO TURTLE BACK CONTROL

GROUNDWORK: ESCAPES AND DEFENCES



29. NORTH-SOUTH ESCAPE WITH A "RIGHT-LEFT" TWITCH



30.KNEE CONTROL ESCAPE WITH THE LEG HOOK



31.HALF-GUARD "ROLL"ESCAPE INTO THE HALF-GUARD



32.SIDE CONTROL "TWIST-OUT" INTO TURTLE HEAD CONTROL



33.SCARF CONTROL ESCAPE INTO TURTLE BACK CONTROL



.34.TURTLE HEAD CONTROL SIT-OUT ESCAPE INTO REVERSAL ARM LOCK