

# TECHNICAL PROGRESSION SCHEME

## GREEN GRADE

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### STRIKING

Learning fundamentals of the elbows and knee strikes:  
posture, balance, breathing and footwork



1. ELBOW HOOK



2. ELBOW UPPERCUT

Defensive techniques with the shoulders roll off the  
strike while keeping your hands free for attack



5. ROLLING IN



6. ROLLING OUT



3. BACK FIST



4. KNEE

### CLINCHES



7. MUAY THAI CLINCH



8. DIRTY BOXING

### COMBINATIONS

To demonstrate three striking combinations with changing levels and angles

### TAKEDOWNS

To understand the best opportunity for a takedown



9. TOPPLE



10. FOOT SWEEP



11. HIP WHEEL



12. SHOULDER DROP

### GROUNDWORK: DIRECT ATTACKS



13. HEAD-AND-ARM CHOKE FROM HALF-GUARD



14. SHOULDER CRUNCH FROM SIDE CONTROL



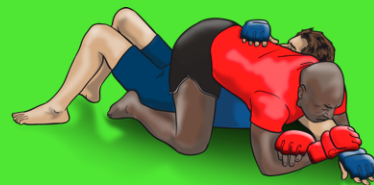
15. GUILLOTINE CHOKE FROM FULL-GUARD



16. TRIANGLE CHOKE FROM GUARD



17. REVERSE ARM LOCK FROM SIDE CONTROL



18. REVERSE ARM LOCK FROM MOUNT



19. ANKLE LOCK FROM SIDE CONTROL



20. FOOT LOCK FROM BACK CONTROL



21. ARM LOCK FROM KNEE CONTROL



22. "KIMURA" ARM LOCK FROM KESA CONTROL



23. WRIST-LOCK FROM KESA CONTROL

## GROUNDWORK: REVERSALS



24. GUARD INTO SIDE CONTROL WITH ARM SWING

25. GUARD INTO SIDE CONTROL WITH THE FOOT PUSH

**GROUNDWORK: ESCAPES AND DEFENCES**



26. SIDE CONTROL DEFENCE INTO SIDE CONTROL WITH THE FOOT PUSH



27. "HIP PUMP" FROM KNEE CONTROL DEFENCE INTO SIDE CONTROL



28. DEFENCE FROM KESA CONTROL WITH "KIMURA"



29. ESCAPE FROM TURTLE BACK CONTROL WITH THE SHOULDER ROLL INTO GUARD