



# IMMAF

INTERNATIONAL MIXED MARTIAL ARTS FEDERATION

# TECHNICAL PROGRESSION

# MMA

## Kicks and Punches

	White	Yellow	Orange	Green	Blue	Purple	Brown
<b>Punches</b>							
Jab	1	1					
Low Jab	1	1					
Cross	1	1					
Low Cross	1	1					
Left Hook		1					
Right Hook		1					
Left Body Hook			1				
Right Body Hook			1				
Left Uppercut				1			
Right Uppercut				1			
Overhand				1			
Hook Elbow				1			
Uppercut Elbow					1		
Back Fist						1	
Superman Punch						1	
Spinning Back Fist						1	
<b>Punches Defense</b>							
Slipping	1	1					
Blocking	1	1					
Pull Away	1	1					
Rolling		1					
Down Parry		1					
Side Parry		1					
<b>Kicks</b>							
Low Kick	1	1					
Front Kick	1	1					
Middle Kick		1					
Knee							
High Kick			1				
Side Kick				1			
Spinning Back Kick					1		
Jumping Spinning Back Kick							1
<b>Kicks Defense</b>							
Low Kick Block	1	1					
Back Step		1					
Pull Away		1					
Middle Kick Block			1				
Leg Grab			1				
High Kick Block				1			

## TakeDowns

	White	Yellow	Orange	Green	Blue	Purple	Brown
<b>Single Leg</b>							
Single Leg	1	1					
<b>Double Leg</b>							
Double Leg	1	1					
<b>Knee Pick</b>							
Knee Pick		1					
<b>Large Inner Reap/Throw/ O Uchi Gari Maki Komi</b>							
Large Inner Reap/ O Uchi Gari Maki Komi		1					
<b>Hip Toss/ O Goshi</b>							
Hip Toss/ O Goshi			1				
<b>Large Inner Reap/ O Uchi Gari</b>							
Large Inner Reap/ O Uchi Gari			1				
<b>Shoulder Throw/ Ippon Seoi Nage</b>							
Shoulder Throw/ Ippon Seoi Nage				1			
<b>Hip Wheel/ Koshi Guruma</b>							
Hip Wheel/ Koshi Guruma				1			
<b>Small Outer Reap/ Ko Soto Gake</b>							
Small Outer Reap/ Ko Soto Gake				1			
<b>Foot Leg Sweep/ De Ashi Barai</b>							
Foot Leg Sweep/ De Ashi Barai					1		
<b>Front Leg Trip/ Tai Otoshi</b>							
Front Leg Trip/ Tai Otoshi					1		
<b>Head Control Leg Trip/ Kubi Nage</b>							
Head Control Leg Trip/ Kubi Nage					1		
<b>Rear Waist Drag/ Tani Otoshi</b>							
Rear Waist Drag/ Tani Otoshi						1	
<b>Inside Leg Sweep/ Ko Uchi Gari</b>							
Inside Leg Sweep/ Ko Uchi Gari						1	
<b>Fireman's Carry/ Kata guruma</b>							
Fireman's Carry/ Kata guruma						1	
<b>Large Outer Reap/ O Soto Otoshi</b>							
Large Outer Reap/ O Soto Otoshi						1	
<b>Corner Throw/ Sumi Gaeshi</b>							
Corner Throw/ Sumi Gaeshi						1	
<b>Side Foot Sweep/ Okuri Ashi Barai</b>							
Side Foot Sweep/ Okuri Ashi Barai						1	
<b>Side Leg Trip/ Hiza Guruma</b>							
Side Leg Trip/ Hiza Guruma						1	
<b>Back Arch, Suplex/ Ura Nage</b>							
Back Arch, Suplex/ Ura Nage						1	
<b>Hand Wheel/ Te Guruma</b>							
Hand Wheel/ Te Guruma						1	
<b>Hip Sweep/ Harai Goshi</b>							
Hip Sweep/ Harai Goshi						1	
<b>Lift Pool Foot Sweep/ Sasae Tsuri Komi Ashi</b>							
Lift Pool Foot Sweep/ Sasae Tsuri Komi Ashi						1	
<b>Small Inner Reap/ Throw/ Ko Uchi Maki Komi</b>							
Small Inner Reap/ Throw/ Ko Uchi Maki Komi						1	
<b>Inner Tight Reaping Throw/ Uchi Mata</b>							
Inner Tight Reaping Throw/ Uchi Mata						1	

## Ground Work

	White	Yellow	Orange	Green	Blue	Purple	Brown
<b>Inside Guard</b>							
Leg lock			1				
To Mount Position			1				
To Side Position ( 2 arms under)	1	1					
To Side Control	1	1					
<b>Guard Defense</b>							
Armbar				1			
To Butterfly Guard				1			
Oneplata				1			
Triangle				1			
Guillotine					1		
To Side Control					1		
To X Guard					1		
Reversal Armbar						1	
Scissors Sweep						1	
Helicopter						1	
Back Crank						1	
<b>Half Guard</b>							
To Side Control	1	1					
Knee Bar				1			
Kimura				1			
Americana				1			
Head & Arm Choke					1		
Reversal Armbar					1		
<b>Half Guard Defense</b>							
To Guard Defense Position	1	1					
To Butterfly Guard	1	1					
Sweep With Arm Control				1			
Right Sweep With Hook				1			
Left Sweep with Leg control					1		
To Back Control						1	
<b>Side Control</b>							
To Mount Position				1			
Wrist Choke	1	1					
Kimura				1			
Americana				1			
Arm Crutch				1			
Knee Bar					1		
Reversal Armbar					1		
Armbar						1	
D'arce Choke						1	
<b>Side Control Defense</b>							
To Half Guard Defense Position	1	1					
To Guard Defense Position	1	1					
To Butterfly Guard	1	1					
Arm Escape				1			
Shin Control Right Sweep					1		
Shin Control Left Sweep					1		
Kimura						1	
Reversal Armbar						1	
Armbar						1	
Americana						1	
Wrist Choke	1	1					
Head & Arm Choke				1			
Reversal Armbar					1		
Triangle					1		
Guillotine						1	
Armbar						1	
<b>Mount Position</b>							
Americana				1			
Wrist Choke	1	1					
Head & Arm Choke				1			
Reversal Armbar					1		
Triangle					1		
Guillotine						1	
Armbar						1	
<b>Mount Position Defense</b>							
To Half Guard Defense Position	1	1					
Sweep To Guard	1	1					
Leg Hook Sweep				1			
To Butterfly Guard	1	1					
<b>North South</b>							
North South Choke				1			
Leapfrog Kneebar					1		
<b>North South Defense</b>							
Sweep				1			
<b>Knee On Belly</b>							
To Mount Position	1	1					
To Side Control	1	1					
Armbar				1			
Triangle via Spinning Knee on Belly					1		
Armbar via Spinning Knee on Belly						1	
To North South Choke						1	
<b>Knee On Belly Defense</b>							
To Half Guard Defense Position	1	1					
To Guard Defense Position	1	1					
To Leg Hook				1			
Hip pump				1			
To Butterfly Guard	1	1					
<b>Back Control Lay On Belly</b>							
Rear Naked Choke	1	1					
To Mount Position				1			
To Side Control				1			
Head & Arm Choke					1		
<b>Back Control Lay On Belly Defense</b>							
To Half Guard Defense Position	1	1					
To Guard Defense Position	1	1					
<b>Back Control</b>							
Rear Naked Choke	1	1					
To Mount Position				1			
Armbar					1		
Inverted Triangle						1	
Belly Arm Crank						1	
<b>Back Control Defense</b>							
Leg lock				1			
To Guard				1			
Reversal Armbar					1		
<b>Scarf Hold</b>							
Reversal Armbar	1	1					
Head & Arm Choke				1			
<b>Scarf Hold Defense</b>							
Bridge Sweep				1			
To Back Control					1		
<b>Kesa Gatame</b>							
To Side Control	1	1					
To North South Choke				1			
Kimura	1	1					
Armbar				1			
Wrist Lock					1		
D'arce Choke						1	
<b>Kesa Gatame Defense</b>							
To Half Guard Defense Position	1	1					
Kimura				1			
To Guard Defense				1			
To Back Control					1		
<b>Back Control From Turtle Position</b>							
To Back Control					1		
Armbar					1		
Calf Crutch						1	
<b>Back Control From Turtle Position Defense</b>							
Peterson Roll				1			
To Guard Defense Position				1			
To Half Guard Defense Position				1			
To Guard Defense Position with Shoulder Roll				1			
Triangle					1		
Armbar						1	
<b>Turtle North South Position</b>							
To Back Control From Turtle Position				1			
Reversal Triangle					1		
American Choke						1	
Belly Arm Crank						1	
<b>Turtle North South Position Defense</b>							
To Back Control					1		
Reversal Armbar					1		
<b>Butterfly Guard</b>							
Sweep	1	1					
To Back Control				1			
Back Crank					1		
Guillotine						1	