

Your Grading is dependant on the following Criteria

1. Your technique SHEET (To be kept at DOJO) you may ask for a photo copy any time
2. The number of times you have trained since your last Grading
3. Your Attitude in and out of class
4. Your ability for your age
5. Any physical or Mental Limitations you have
6. How well you put your technique together in your sparring
7. Finally it is up to Your Instructors Discretion

1. Your Technique Sheet

To be filled out by a senior student or Instructor

1- 3 = Beginner Level - to demonstrated the techniques with no more than 2 prompts

4 - 6 = Intermediate Level - to demonstrate with fair Form & be able to teach it to someone else

7- 9 = Advanced Level - to demonstrate techniques with form , speed , power & correct timing

For Yellow Belt , Orange Belt and Green Belt -

You must have " 1 - 3 " in the first column "**Beginner**" for all your **required** techniques .

For Green Belt 1 Stripe , Blue Belt and Blue Belt 1 Stripe -

You must have " 1 - 3 " in the first column "**Beginner**" for all your **required** techniques

You must also " 4 - 6 " in the second column "**Intermediate**" for all Techniques to your current Belt

For Brown Belts

You must have " 1 - 3 " in the first column "**Beginner**" for all your **required** techniques

You must also " 4 - 6 " in the second column "**Intermediate**" for all Techniques to your current Belt

You must also have " 7 - 9 " in the third column "**Advanced**" for all Belts up to Green Belt

For Black Belt -

You must have "8 - 9 " for all Techniques

GRADE	Yellow	Orange	Green	Green 1
Sessions - Time	15 - 2 Months	15 - 2 Months	15 - 2 Months	20 - 2 Months
STAND UP	STAND UP	STAND UP	STAND UP	STAND UP
Footwork	Step Drag		Mirror , Weak Side , Centreline	
Kicking	Grion,Front,Round,Back	Side Kick & 3 for 3	Front Leg	Extending
Kickbox Loop Drills & Mitts	8 Loop Drill	Jab Parry Jab	Random 3 Hands	Cover Drill
Mitts Holding & Hitting	Signal Bob & Weave	C & L Shapes	Kicks & Defense	Knees & Elbows Defense
	Evasion Drill 1	4 Punch Signal	Bob & Weave & Hit	Body Uppercut & Evade 1-4
Thai Pads & Body Armour				
Muay Thai		Shin Blocks		
Savate				
GRAPPLING	GRAPPLING	GRAPPLING	GRAPPLING	GRAPPLING
Falling		Forward Roll	Sideways	Backward Roll
Take Downs	Gracie Lower Back	Drop to Guard	Hip & Valley Drop	Leg Takedowns
Starts Kneeling	Drop back to Guard		Counter Guard Push to Mount	
Positional Control & Escapes	Mount , Closed Guard	Side Control	Hip Switching	Knee Ride
Rolling Control	Spin on Chest	Knee Ride	Pass Under or Over	Spin on Back
Passing	Posture	Open Legs x 1	Secure their Hips	Pass over under or around
Submissions & Defence		Fig 4	Arm Bar's	Gi Chokes
Sweeps		Postured	Down Tight	One Leg
Wrestling Principals	How to Start	1. Space	3. Good Position	5. Move their weight
Theory	Pull or Push	2. Weight	4. Bad Position	
NO RULES	NO RULES	NO RULES	NO RULES	NO RULES
Entries	Standing Safe Front off hook	Off Kicks Defense	Get To Legs	Get to Back & Side
Techniques	How To Stand	Butterfly Guard	Kick Standing Opponent	
Defend & Strikes - Position	Mount , Closed Guard	Side Control	Defense Standing Opponent	Knee Ride
ROUTINES	ROUTINES	ROUTINES	ROUTINES	ROUTINES
Combat				
Locking Sequence (See Your Book)	From Your CD Book	1 x Arm, Leg, Head		3 x Arm, Leg, Head
Knife Defense	Knife Vs Knife Posture		Block Force to Force	
Arnis				
SPARRING	SPARRING	SPARRING	SPARRING	SPARRING
Knife	1	1	2	2
Wrestling		1	1	2
Boxing			1	1
Kick Boxing				1

<u>Stick</u>				
<u>Multiple Opponents</u>				
<u>Shoot Fighting</u>				
OPTIONAL	OPTIONAL	OPTIONAL	OPTIONAL	OPTIONAL
<u>GIO 1- 7</u>				
<u>KARATE KATA x 2</u>				
<u>WEAPONS KATA x 3</u>				
<u>ARNIS to Blue Belt</u>				
<u>BJJ to Blue Belt</u>				

GRADE	Blue	Blue 1	Brown 1	Brown 2
Sessions - Time	20 - 2 Months	20 - 2 Months	30 - 3 Months	40 - 4 Months
STAND UP	STAND UP	STAND UP	STAND UP	STAND UP
Footwork	Angle of Attack	Shuffle		
Kicking	Stepping	Leaping	Hopping	Spinning
Kickbox Loop Drills & Mitts	Destructions Passive & Act	Hand & Feet Loops - You Make	Random 3 Hands & Feet	
Mitts Holding & Hitting	No Rules Hook Hook Cover Cover			
Thai Pads & Body Armour			Kicks & Punch's	Knees & Elbows
Muay Thai	3 Beat Movement	Basic Neck Holds	Swimming & Breaks	Knees & Elbows
Savate		Savate Combo 1		Savate Combo 2
GRAPPLING	GRAPPLING	GRAPPLING	GRAPPLING	GRAPPLING
Falling		Back Static		
Take Downs	Sprawl	Counter Takedowns	Foot Throws x 4 Types	Shoulder Throw
Starts Kneeling	Valley Drop		Neck Throw to SJHL	Drop off Arm Bar
Positional Control & Escapes	On Their Back	Head Control	Side Judo Head Lock	1/2 Guard
Rolling Control	On Bum	Forward Roll over Side Control	Roll to Guard	On Your Back
Passing	Open Legs x 2	Open Legs x 3	Control their legs	1/2 Guard Pass
Submissions & Defence	Hinge Chokes	Triangle	Leg Locks	Other Locks
Sweeps	2 Legs with Collar	2 Legs no Collar	Seated & Half Guard	2 of Each
Wrestling Principals	6. Types of Escapes Momentum , Base , Balance	7 Passing Closed Guard	8. Closed Guard	9. Open Guard
Theory				
NO RULES	NO RULES	NO RULES	NO RULES	NO RULES
Entries	Offensive Hands	Offensive Feet	Combined with Takedowns	
Techniques	Under hooks Sprawl etc	Counter Takedowns		
Defend & Strikes - Position	On Their Back	Head Control	Side Judo Head Lock	1/2 Guard
ROUTINES	ROUTINES	ROUTINES	ROUTINES	ROUTINES
Combat	3 Strikes	Street Throws	Counter Locks	
Locking Sequence (See Your Book)		6 x Arm, Leg, Head		10 x Arm, Leg, Head
Knife Defense	3 Block Systems	Knife Counter	Weapons Vs Knife	All Principals
Arnis	6 Basic Strikes	Blocks	Catching	Counters
SPARRING	SPARRING	SPARRING	SPARRING	SPARRING
Knife	2	2	2	2
Wrestling	2	2	2	2
Boxing	2	2	2	2
Kick Boxing	1	2	2	2
Stick	1	1	2	2
Multiple Opponents				1

Shoot Fighting				
OPTIONAL	OPTIONAL	OPTIONAL	OPTIONAL	OPTIONAL
GIO 1-7				1 Off
KARATE KATA x 2				
WEAPONS KATA x 3				
ARNIS to Blue Belt				
BJJ to Blue Belt				

GRADE	Brown 3	Black 1st Dan
Sessions - Time	50 - 5 Months	60 - 6 Months
STAND UP	STAND UP	STAND UP
Footwork		
Kicking	Multi x 10 & Axe Kick	Flying , Crescent & Reverse
Kickbox Loop Drills & Mitts		
Mitts Holding & Hitting		Savate
Thai Pads & Body Armour	Combos	No Rules
Muay Thai	Combos & Loops	
Savate		Savate Combo 3
GRAPPLING	GRAPPLING	GRAPPLING
Falling		
Take Downs	Sacrifice Throw	Hand Throws
Starts Kneeling	Counter Drop off arm bar	
Positional Control & Escapes	Open Guards	
Rolling Control	Leg Drill	Free Rolling
Passing	Passing Open Guards	
Submissions & Defence	Open Guard Sequence	
Sweeps	3 of each	4 of each
Wrestling Principals	10. Passing around to your side	11. Sweeps Principals
Theory		
NO RULES	NO RULES	NO RULES
Entries		
Techniques		
Defend & Strikes - Position	Open Guards	
ROUTINES	ROUTINES	ROUTINES
Combat		Full Routine
Locking Sequence (See Your Book)		44 Locking Drill
Knife Defense		
Arnis	Disarming	Empty Hand
SPARRING	SPARRING	SPARRING
Knife	3	4
Wrestling	3	4
Boxing	3	4
Kick Boxing	3	4
Stick	3	4
Multiple Opponents	2	2
Shoot Fighting		1

OPTIONAL	OPTIONAL	OPTIONAL
GIO 1-7	2 off	3 off
<u>KARATE KATA x 2</u>		Must be Government
<u>WEAPONS KATA x 3</u>		Accredited
<u>ARNIS to Blue Belt</u>		First Aid Certificate
<u>BJJ to Blue Belt</u>		

Lead Kick

Diagonal Shin or Kick Standing Leg

7 Hand & Loop Drills

Make your own Loop Drills

8 Give & Take 3 Random Punch's or Kicks

MITT WORK

Principals	Hold Neutral Mostly, Strike diagonal Opposite Target	Targets Close to yourself, Return faster then out	Push Mitt or Not, Impact 90 Deg,	Think Fight in Reverse, Bones in Line	Even between Attack & Defence, Think Defence when Striking
Signals can be	Verbal	Hand			
Footwork	Step drag	Shuffle	Mirror		
Hands	Jab	Cross	Hooks	Uppercut	Shovel Punch Machete
Defence Hands	8 loop - Parry & Covers	Destructions Passive		Destructions Active	
Hand Combos	C Shape	L Shape	4 punches	Unnatural Hooks	Body Uppercut Hook Hook Cover Duck Combo
Kicks Basic	Groin	Front	Side	Round	Spin Axe Cres & Reverse
Kick Methods of Delivery	Extend	Step Over	Leaping	Hopping	Front Leg
Kicks Defence	Passive	Active			
Elbows	Straights	45 Deg Up or Down	Inwards	Outwards	Up Down Defence
Knees	Straight	Slide to Ribs	Round to Ribs	Up to Body	Up to Head Defence
Evasion	Bob & Weave	Slips	Rock Back	Drop	Defence
Entries	Front	Side	Back	Legs	Neck Holds Defence
Take downs	Gracie Back Bend	Resist to Guard	Valley Drop	Leg Takedown	Any Other Throw Defence
All Changing of Positions & Submissions Verbally					
Mount Top	Straights	Hooks	Includes Passing Guard	Body Shot on Side	Defence - Locked & Covers Defence - Locked & Covers
Bottom		Hooks			Defence - Locked & Covers
Inside Guard	Straights	Hooks	Elbows	Kicks down	Defence - Locked & Covers
Guard Closed & Butterfly	Straights	Hooks	Elbows	Kicks Low & High	Defence - Locked & Covers
Knee Ride Top	Straights	Hooks	Elbows	Knees	Defence - Covers
Bottom	Straights	Hooks		Knees	Defence - Locked & Covers
Side Control Top	Control Targets only	Freestyle			Defence - Locked
Bottom	Nil				Defence - Locked & Covers
Head Control & Back	Control Targets only	Freestyle			Defence - Locked & Covers
Bottom	Nil				Defence - Locked & Covers
Extras	Monitor	Fakes	Mirror Shoulders	Distance & Angling	

SAVATE COMBOS

	Mitt Holder	Student	Part
1	Mitt Holder		1
1			1
1	Parry	Jab	1
1	Parry	Jab	1
1	Parry	Cross	1
1	Target	Inner Thigh	1
1	Target	Outer Thigh	1
1	Target	High Round House Kick	1
1	Scoop Block	Front Kick	1
1		LINKED to Above Combo	1
1	Front Kick	Scoop Block	2
1	Slide Foot	Sweep	2
1	Double Block	High Round House Kick	2
1	Target	Stomp	2
1			2
2	Jab	Parry	1
2	Low Body Cross	Target	1
2	Hook	Salute	1
2	Inner Thigh	Target	1
2	Front Kick	Target	1
2		LINKED to Above Combo	1
2	Move Back Block	Front Kick	2
2	Cross	Target	2
2	Sweep	Target	2
2	High Round House Kick	Target	2
2		LINKED to Above Combo	2
2	Block	High Round House Kick	3
2	Out Thigh	Target	3
2	Inner Thigh	Target	3
2	Cross	Target	3
2	High Round House Kick	Target	3
2			3

HIP THROWS

- hip throw O-goshi
- half hip throw Uki-goshi
- neck Koshi garuma
- outside belt Obi goshi
- inside belt Tsuru goshi
- armpit Tsurikomi goshi

- reverse neck
 - flip
- rear lift Ushiro goshi

Foot variations

- loin wheel Tai otoshi
- spring hip Hane goshi
- sweep Harai goshi
- inner thigh Uchi mata

SHOULDER THROWS

- shoulder throw Seoi nage
- reverse shoulder throw Hidari s/n
- shoulder wind (var.) Seoi nage
 - drop shoulder throw
 - katagaruma
 - leg lift

HAND THROWS

- lift and pull Uki otoshi
 - tackle
 - wrist twist
 - figure 4
 - one leg
 - arm flip

FOOT THROWS

- reap O soto gari
- sweep De ashi harai
- trip Sasai tsurikomi ashi
- stamp Hiza garuma

SACRIFICE THROWS

- stomach Tomoe nage
- side stomach Sumigaeshi
- drop wind Soto makikomi
- wind and reap Hane makikomi
 - side trip Yoko otoshi
 - reap and fall
- rice bale Tawara gaeshi
- hand scissors Sukui nage
- drop back Tani otoshi

DDT

- Knee Drop
- Head Twist

Starting Kneeling for GRADING

- 1 Fall back knees together to Guard
- 2 Push Legs Down go to Mount
- 3 Neck throw to SJHL
- 4 Valley Drop roll to Mount
- 5 Drop back 90deg knee up arm bar (drop off arm bar)
- 6 Counter Push leg across go to Knee Ride Armbar
- 7 Drop Back Fake Guard Sweep to Mount
- 8 Pull though go to back
- 9 Pop up upper block look to sky to wing lock
- 10 Muay Thai Neck
- 11 Diagonal Valley drop
- 12 Loop around neck Gi Choke
- 13 Clear arms Bear Hug push back fist in back to mount (Beware Knees to groin)
- 14 Pull down spin on his back
- 15 Push arm up circle to back
- 16 Bear hug push back fists in back
- 17 Rice Bale onto your knees if he resists wedgy or belt pull
- 18 Counter to Push down 1. Push up grab legs tackle
- 19 Counter to Push down 2. Grab Ankle pull through

Standing Start

- 1 Fall back to Guard or Far Guard
- 2 Neck throw to SJHL
- 3 Pop up upper block look to sky to wing lock
- 4 Valley Drop roll to Mount if he resists go to far guard
- 5 Rice bale
- 6 Drop back 90deg knee up arm bar (drop off arm bar)
Hold back of his neck drop down pull him onto your knees stomach throw to mount or Far
- 7 Guard
- 8 From back waist hold spin to mount
- 9 Use No 5 to Counter Muay Thai neck grab or neck pull down
- 10 Pull though
- 11 Muay Thai neck
- 12 Pull down spin on his back
- 13 Bear hug push back fists in back
- 14 Whizzer
- 15 Push arm up circle to back

ENTRIES

STRIKER

- 1 Strike Moving away
- 2 Sprawl counter to duck Dive (Counter to sprawl outer Reap Throw)
- 3 Circle to the blind side
- 4 Reap & Tackle fig 4 leg Bar (push Away)

GRAPPLER

- 1 Short Medium or Long Range - Inside or Outside - Front or Back
- 2 Mass attack
- 3 Parry guard across body
- 4 Cover Kickboxing & enter
- 5 Dive low grab ankles & pull over
- 6 Fake kick (Duck Dive underarm's you must come up or you are
- 7 vulnerable to a front choke)
- 8 If they step backwards do one leg take Down

STANDING SAFE POSITION

One leg between there legs ,control there arms preferably circled under,
keep your head hard against there chest or head to prevent them head butting you.
Over arm under elbow - Cant hit you but he can Head butt
Over arm around waist - He can't hit but he can grab your groin
Under arm - He can hit the side of your head but you can lift and throw him
Pull on lower back push with your shoulders walk over to mount

Defensive Postures For Grading

Mount - Protect your throat keep elbows inside their knees

Guard - 2 Hands punch their Gi , hips forward & Up not on ankles

Side Control - Arms together protect your throat , Knee up to stop Mount

Far Guard - Drop weight bend legs one leg back with hands make a Tripod one hand on knee

Knee Ride - Knee up to prevent mount , turn on side to face opponent trap knees with your hands keeping your arms low to prevent arm bars

Head Control - Turn your face to the side & get your head out to one side

SJHL - Frame under chin get to your side and face them

Opponent On Back - You Face Up - Protect your throat spin to face opponent

Opponent On Back - You Face Down - Hold leg or Arm depending on which way you are facing

Holding Mount -

1. Knees under armpits chest on chest head next to head
2. Grape vine if he gets elbows in
3. Heels together if his legs are too strong
4. Foot against hip knee against head if he tries to hip escape

Closed Guard - 1. Pull in , control head & arms

2. Attack Arms or Throat
3. Sweep

Open Guard- 1. Push (Change Angle x 3 & Sitting Up Catch Arm)

2. Hook
3. Balance
4. Head
5. Arms
6. Pull to sweep or Finish

Side Controls -

1. Box or Old elbows same but feet back (x16 Positions)
2. Face head if elbow in
3. Face legs if knees in
4. He Faces you push like bulldozer hand under his neck & leg to cradle
5. You cant get your hand in place so grab leg & put your same leg back
6. You cant get top leg up so hook top arm under head & far leg is up

Knee Ride

1. Knee on floating Rib
2. Pull up top & Bottom
3. Back Straight

Head Control -

1. Weight on their face
2. Keep their head under your stomach
3. 16 x Variations arms & Leg positions

Side Judo Head Lock - 1. Maintain right angle

2. Weight on their ribs
3. Attack arms & throat

On Their Back

1. Hooks in
2. Arm around throat or under armpit

ESCAPES for GRADING

MOUNT

- 1 Trap leg & arm Raise Hips Escape (Bridge & Roll)
- 2 Elbow Escape - Hip Escape (Note Knee out only will do)
- 3 Bridge push hips Knee in
- 4 Shane Pull body through legs
- 5 Under hook leg as rolling escape to Side Control
- 6 Head twist & Roll
- 7 Push leg straight Roll (when opponent applies choke etc)
- 8 Elbow trap knee Roll push up opposite Hip
- 9 Leigh - Body 45 Elbow to ribs sit up pass guard

PASSING THE GUARD

- 1 Through - Over
- 2 Around - either Side
- 3 Double Knees - Bundle up Go around
- 4 Split
- 5 Boston Crab
- 6 Back out To leg Locks

SIDE CONTROL

- 1 Hip escape out or under to Guard
- 2 Go Under to his legs - Double leg takedown
- 3 Arm between his legs push his head , roll over your face to Mount or Head Control or Side Control
- 4 Pull his head up push his hips away , roll over your hips to Mount or Head Control or Side Control
- 5 Roll up Catch Collar
- 6 Elbow push him down your stomach Situp to Side Control

1/2 GUARD

- 1 Swap hips to opposite side lever leg out with other foot hold there collar
- 2 Go to Knee Ride and lever Leg out

KNEE RIDE

- 1 Elbow Escape
- 2 Reverse Hip under Roll

HEAD CONTROL

- 1 Push his hips spin to Guard
- 2 Move back to Side Control using your elbows in his ribs
Bring your feet on the ground on the opposite side of your opponent to where your head is then roll
- 3 over
- 4 Cross Forearm under chin Pressure and Turn
- 5 If he is on his knees both hands under grab leg pull through
- 6 Both hands to one side roll over to Side Control

SIDE JUDO HEAD LOCK

- 1 Nose or Head push back triangle under chin , arm bar (Move body away Hip escape)
- 2 Bridge & Roll
- 3 Come to Knees Bar over neck
- 4 Roll up Catch Collar
- 5 Come to Knees & over back frame into his jaw Arm Bar
- 6 Come to knee then Roll Backwards
- 7 Trap leg Roll Backwards To Mount

ON YOUR BACK YOU FACE DOWN

- 1 Shoulder Throw to Side Control
- 2 Shoulder Throw to S.J.H.L
- 3 To Mount Receive
- 4 Pull head down trap legs
- 5 (Peter de Been) Forward roll

ON YOUR BACK YOU FACE UP

- 1 Trap crossed feet ankle lock
- 2 Elbow in thigh roll Single leg ankle lock

Sweeps for Grading

Down Tight	<ol style="list-style-type: none">1 Pull Head down Hook2 If He Resist No 1 opposite roll3 Hold Bicep Sweep4 Go to their Back
Sitting Up	<ol style="list-style-type: none">1 Scissors2 Kick Knee Scissors3 Sit on Ankles4 Counter to No 15 Arm Trap sweep
On One Leg	<ol style="list-style-type: none">1 Scissors2 Kick Knee Scissors3 Underhook4 Underhook - he Sits5 Underhook Pull Ankle6 Underhook Pull Ankle - counter
On 2 Legs with Collar Grip	<ol style="list-style-type: none">1 One leg Back2 One Leg Forward3 Knees Together Cross Arms4 Underhook Leg Arch
On 2 Legs without Collar Grip	<ol style="list-style-type: none">1 2 Ankles2 Stomach Throw3 Leg Lock4 Omplat sweep
Half Guard	<ol style="list-style-type: none">1 Hook Ankle2 Swim to Back3 Grab leg and Roll4 Grab arm and Roll
Seated Guard	<ol style="list-style-type: none">1 Side Sweep 12 Counter 1 Swap Side3 Lift Knees to Knee Ride4 He Stands - Single leg takedown5 He Stands - Double leg takedown

GUARDS for Grading

Closed Guards

- 1. Closed Guard (Feet crossed behind their back)
- 2. Half Guard (Legs wrapped around one of their Legs)

Open Guards Sequence

- Far Guard (Hold Sleeve & Collar , feet on Hip & Bicep)
- Ankle Guard (Gordinho) (Hold Sleeve & Ankle , feet on Hip & Bicep)
- Spider Guard (Hold Sleeve & Ankle , feet on Hip & Wrapped around leg)
- Ankle Guard (Gordinho) (Hold Sleeve & Ankle , feet on Hip & Bicep)
- Far Guard (Hold Sleeve & Collar , feet on Hip & Bicep)
- Butterfly or - Transition Guard (Hold wrist's , Feet on Hips , shins on Biceps)
- 2 Hook Guard (Under Hook arms & hooks behind their Knees)
- Reverse Far Guard (Hold Sleeve & Collar , feet on Hip & Bicep)
- Reverse Ankle Guard (Hold Sleeve & Ankle , feet on Hip & Bicep)
- Reverse Spider Guard (Hold Sleeve & Ankle , feet on Hip & Wrapped around leg)

Odd Open Guards

- Half Butterfly leg over Back Guard (One foot on hip , knee on bicep, other leg over back)
- 1 Hook & Over Back Guard (One Hook in other leg over their Back)
- 1 Hook & 1/2 Butterfly Guard (One Hook in , other leg shin on Bicep)
- Seated Guard (One foot between there's & head low , hold legs)
- Standing Guard (Arm crossed one foot on hip & other behind Knee)

BJJ PRINCIPALS

- 1. Space** - Inferior Position = Posture and Create space by (Bridging , Elbows & Knees , Turn to side or back , Breathe in & out to slip hands in , Toque Body or Push
Superior Position = Close space
- 2. Weight** - Inferior Position = Get weight of centre & dump to the side of your body
Superior Position = Keep weight on the centre of the upper body
- 3. Good Position** -
1. Close Space
 2. Keep Your Weight centred on their upper body
 3. Attack
- 4.Bad Position** -
1. Posture
 2. Create Space - Move them or You
 3. Move their weight off centre x 5
 4. Escape x 3
- 5.Move their weight** - of centre x 5
1. To your left
 2. To your Right
 3. To your Feet
 4. Over your Head
 5. Upwards
- 6. Types of Escape x 3** -
1. Momentum
 2. Move their Base
 3. Balance
- 7. Passing Closed Guard** -
1. Base & Posture x 2 (Up or Down)
 2. Uncross ankles x 3 (Pressure , Leverage or Standing)
 3. Secure & control their hips x 3
(both hands over , both hands under or 1 over 1 under)
 4. Pass over or under - left or right or Back out
 5. Gain controlling Position
- 8. Closed Guard** -
1. Pull in , control head & arms
 2. Attack Arms or Throat
 3. Sweep

9 . Being Passed Your legs open-

1. Push (Change Angle x 3 & Sitting Up Catch Arm)
2. Hook
3. Balance
4. Head
5. Arms
6. Pull to sweep or Finish

10 . Being Passed around your legs

1. Face Them
2. Back to Guard (if no leg Control)
3. Go Under (if no Shoulder control)to your knees
4. Roll Them x 2 (Head up or Down)

11. Sweeps

1. Move Top
2. Move Base
- 3 . Move Top & Base

1. Describe how to stand in a Knife Vs Knife fight

- a) Feet reverse of boxing
- b) Point your knife at your opponent
- c) Keep your knife hand close to your body
- d) Keep your other hand over your throat

2. Wrestling Principal No 1

Space Inferior Position - Posture & Create Space

Space Superior Position - Close Space

3. Wrestling Principal No 2

Weight Inferior Position - Get their weight of the centre of your upper Body

Weight Superior Position - Keep your weight on the centre of their upper Body

4. Which are your opponents weak side his "Lead hand side" or his "Rear hand side"

- a) Their lead hand side

5. Wrestling Principal No 3

Good Position

- a) Close Space
- b) Keep your weight on the centre of their upper Body
- c) Attack

Bad Position

- a) Posture
- b) Create Space
- c) Move their weight
- d) Escape

6. Weapons Theory Distance

- a) Always Maintain the Distance of "YOUR" Weapon

7. Wrestling Principal No 5

5 Directions for moving your opponent

- a) Left
- b) Right
- c) Turn your Feet
- d) Over your Head
- e) Upwards

8. 2 Principals of Locking

- a) Take any joint in the reverse of its normal movement
- b) Take any joint past its normal range of movement

9. Wrestling Principal No 6

3 Types of Escape

- a) Momentum
- b) Move their base
- c) Balance

10. Wrestling Principal No 7

5 Steps to Passing the Guard

- a) Posture & Base
- b) Uncross ankles using pressure, leverage or weight
- c) Control hips - both hands over or under or one over one under
- d) Pass over or under - left or right or back out
- e) Gain a controlling position

11. Wrestling Principal No 8

What you should do in closed Guard

- a) Pull in control their head & Arms
- b) Attack their arms & Throat
- c) Sweep

12. Wrestling Principal No 9

What you should do when your become uncrossed in Guard

- a) Push
- b) Hook
- c) Feel their Balance
- d) Manipulate their head
- e) Cross their arms
- f) Pull to sweep or Finish

13. What is the difference between cutting and impacting strikes

- a) Impacting strikes should hit at 90 degrees cutting strikes should be drawn along the target

14. Wrestling Principal No 10

What you should do when being passed around your legs

- a) Face your opponent
- b) Go back to Guard if they don't control your near leg
- c) Go under them if they don't control your far Shoulder
- d) Roll them if they control your leg & shoulder

15. What is the difference between speed or mass weapons

- a) Speed weapons are generally lighter so they can be swung fast and mass weapons are heavier

16. Wrestling Principal No 11

What are the 3 principals of sweeping

- a) Move their top
- b) Move their base
- c) Move their top & base

17. What is the difference between rigid or flexible weapons

- a) Rigid weapons are easier to control flexible weapons are harder to block

STRIKING AND DEFENDING FROM POSITIONS

MOUNT	MOUNT	MOUNT
Top	Top	Top

Arm Traps

Shin on bicep pull other arm up
 Push elbow across trap wrist behind neck
 Single arm wrap punch ribs - all top Positions

Strikes

Punch down head
 hooks to head and ribs
 elbow down head
 side elbows to head
 down elbow to top head

Bottom	Bottom	Bottom
--------	--------	--------

Cover
 forearms into elbow joint
 arm wraps
 Bridge knee up bum

Slaps and fingers
 Lock 2 to 1 strike
 Escape

CLOSED GUARD	CLOSED GUARD	CLOSED GUARD
Top	Top	Top

Arm Traps

Hold Biceps
 Cross Arms
 Fig 4 up Back

Bundle

to hit head

Strikes

Elbow thighs
 Hooks to Ribs
 Hooks to Head (Difficult)

Bottom	Bottom	Bottom
--------	--------	--------

Cover
 Pull with legs go to Back of a punch
 forearms into elbow joint
 arm wraps

Trap 2 on one Punch
 Heel Kidneys

Neck & Underhook - Strike & transition to open guard

OPEN GUARDS	OPEN GUARDS	OPEN GUARDS
Top	Top	Top

Break Grips & hooks		
Move out of range		Kick to legs
Rotate Hips to Pass - combined with transition & strike		

Bottom	Bottom	Bottom
--------	--------	--------

Foot on hips to keep them coming in		
Try to Grab arm or Leg - eg Butterfly trap		Kick & punch
Use your Hooks		
Punch if you have Control		Thighs
Kick if no Control		RHK to Head
		Drive Heel Kick Up & Out

SIDE CONTROL	SIDE CONTROL	SIDE CONTROL
Top	Top	Top

Elbows		Head , Body & Legs
Knees		Head , Body & Legs
Punching		Body , legs & Groin
Arm Traps		
Roll them up		
Hip Switch		

Bottom	Bottom	Bottom
--------	--------	--------

Head Tight to Armpit , Cup their Tricep Opp Arm		
One knee control Opp leg , Forearm control near leg		

KNEE RIDE	KNEE RIDE	KNEE RIDE
Top	Top	Top

Anything		
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Bottom	Bottom	Bottom
--------	--------	--------

Cover		
Knees in		
Catch & Hook to escape		

BACK CONTROL	BACK CONTROL	BACK CONTROL
Top	Top	Top

Arm Traps & Pull		
Heel Kicks		

Bottom	Bottom	Bottom
--------	--------	--------

Trap their arms escape
Backwards Headbutt

HEAD CONTROL	HEAD CONTROL	HEAD CONTROL
Top	Top	Top

Punch Ribs
Elbows
Knees
Arm Traps

Bottom	Bottom	Bottom
--------	--------	--------

Thumbs into neck clear Knees to top of head
Both knees up under their biceps
Catch & roll over

SJHL	SJHL	SJHL
Top	Top	Top

Head Butt
All punch's
Trap arm with head
Trap arm with Leg

Bottom	Bottom	Bottom
--------	--------	--------

Posture - Knee to back of head or Kidneys

HALF GUARD	HALF GUARD	HALF GUARD
Top	Top	Top

Generic strikes
Reverse Knee ride
Arm pull trap Elbow

Bottom	Bottom	Bottom
--------	--------	--------

Get to posture easier if top is striking
Sweep

STANDING OPP	STANDING OPPONENT	STANDING OPP
Top	Top	Top

Avoid Hooks - Kick Legs
Control their legs before bringing your head in range

Bottom	Bottom	Bottom
--------	--------	--------

Keep elbows & knees touching
Look to catch with Hooks
Or Stand

ARM LOCKS

- | | |
|------------------------|-------------------------|
| 1. Z Lock | 10. Finger Crush |
| 2. Wrist Lock Up | 11. Rising Elbow Bar |
| 3. Wrist Lock Down | 12. Rolling Elbow Lock |
| 4. Twisting Wrist Lock | 13. Rolling Wing Lock |
| 5. Inside Arm Twist | 14. Lowering Elbow Lock |
| 6. Outside Arm Twist | 15. Shoulder Bar _____ |
| 7. Thumb Break | 16. Hammer Lock |
| 8. Finger Break | 17. Figure 4 Lock |
| 9. Thumb Crush | |

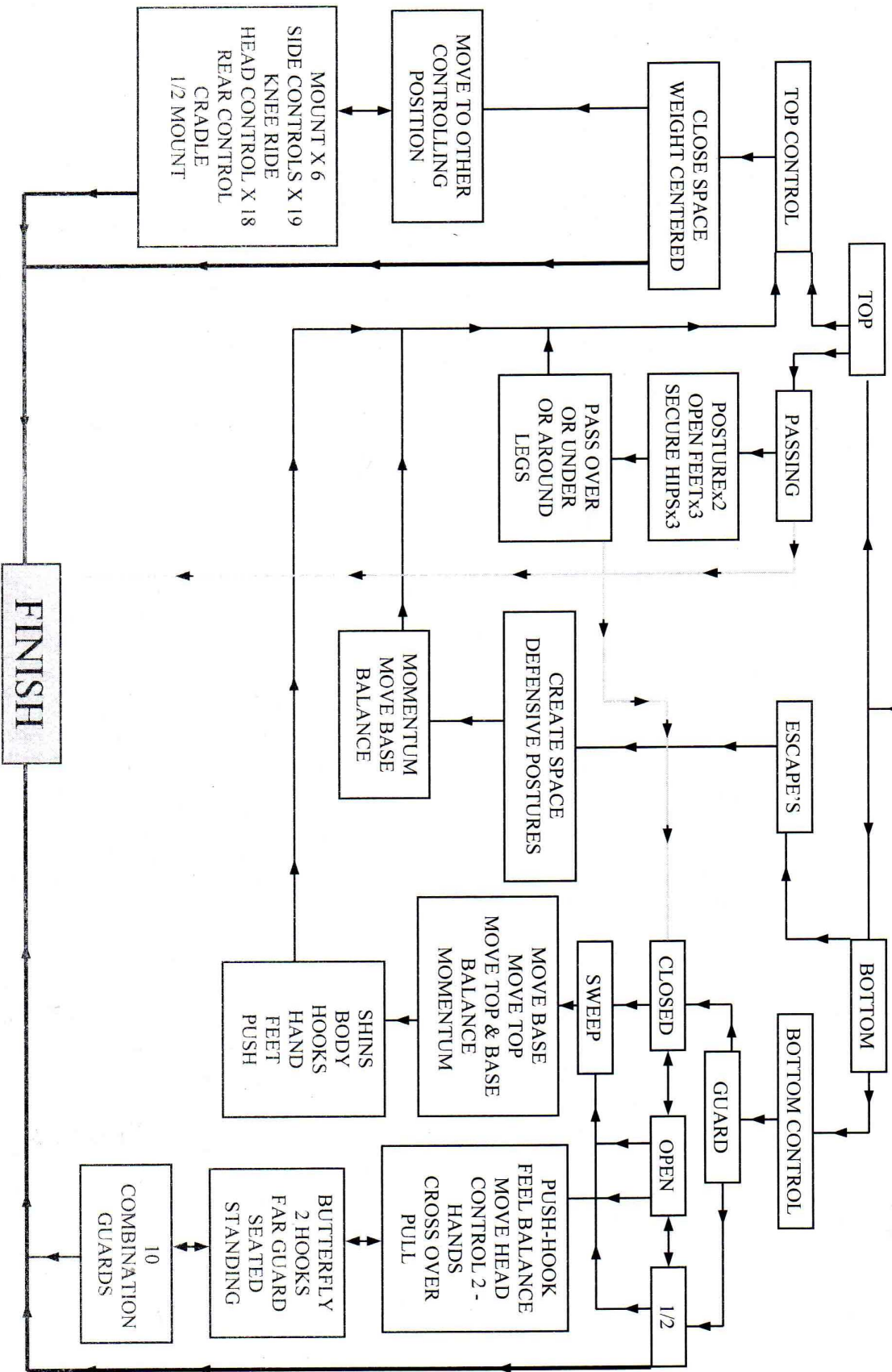
HEAD LOCK

- | | |
|-----------------------|------------------------|
| 1. Larynx Crush | 7. Sleeper Choke |
| 2. Head Twist | 8. Bar Choke |
| 3. Forward Neck Crank | 9. Bar Jaw |
| 4. Wing Choke | 10. Bar Nose |
| 5. Half Nelson | 11. Eye Pressure |
| 6. Full Nelson | 12. Reverse Neck Crank |

LEG LOCKS

- | | |
|------------------------|------------------------|
| 1. Foot Split | 9. Double Ankle Lift |
| 2. Side Split | 10. Boston Crab |
| 3. Toe Wrench | 11. Self Lock Figure 4 |
| 4. Outer Step-Over | 12. Figure 4 Lock |
| Toe Hold | |
| 5. Inside Step-Over | 13. Calf Pressure |
| Toe Hold | |
| 6. Knee Bar | 14. Ankle Lock |
| 7. Patella Dislocation | 15. Heel Lock |
| 8. Single Ankle Lift | |

BJJ WRESTLING



WRESTLING DRILLS FOR GRADING

- 1 Mount -Trap & Roll - Stand Guard Pass - Mount
- 2 Side Control - Hip Escape - Knees - Double Leg - Side Control
- 3 Knee Ride - Hip Escape - Knees - Double Leg - Side Control - Knee Ride
- 4 Side Control - Hip Escape - Knees - Spin to Back - Choke Counter - Side Control
Triangle - Can opener Pass - SC - Escape Knees Double Leg - Escape to Guard -
- 5 Triangle
- 6 Arm Bar - Escape to Side Control - Mount - Arm Bar
- 7 Sequence - Sweep , Kimura , Choke , Arm Bar or Triangle or Omplat
- 8 Shin Stop the pass Hip escape back to Guard
- 9 Double Leg - Knee Ride - Neck Crank - Arm Bar
- 10 Side Judo Lock Escapes & Locking Sequences
- 11 Eric Paulson 5 x Far Guard Drill
- 10 Leg Lock Drills
- 11 Ankle Lock Drills