

# TECHNICAL PROGRESSION SCHEME

◀ Return to Homepage

## ORANGE GRADE

### STRIKING

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



1.UPPERCUT



2.STEP BACK



3.PULL AWAY



4.SIDE KICK



5.FRONT KICK



6.HIGH KICK BLOCK



7.SLIDING



8.OVERHEAD



9.HIGH KICK

### COMBINATIONS

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

### CLINCH ES-TAKEDOWNS-DEFENCES

To demonstrate understanding of the best opportunity for a takedown



10.BACK TAKE



11.OUTER WINDING THROW VS BACK TAKE





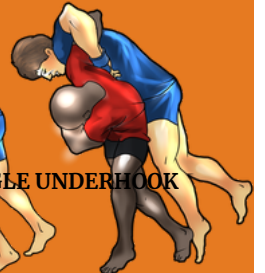
12. HEAD PUSH DEFENCE



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