

## Concepts

Knife Defense Tactics

Gun Defense Tactics

# Purple-Brown

## Punching

Center Knuckle Punch

First Knuckle Punch

## Striking

Upset Ridge Hand Strike

## Kicking

Twist Kick

### *Spin*

Round house kick

Hook Kick

Axe Kick

### *Jump*

Hook Kick

Twist Kick

### *Jump Spin*

Side Kick

Outer Crescent kick

Inner Crescent kick (Tornado)

Hook Kick

Heel Kick (Wheel)

### *Supported*

Side Kick

Hook Kick

Heel Kick (Wheel)

## Jointlocks

### *Initiating*

Neck Twisting Lock

Twisting Comealong

### *Two Handed Grab*

Twist Throw

Twisting Comealong

Twisting Fingerbar Throw

Twisting Forearm Throw

Trapped Foot Throw

Cross Arm Shoulder Throw

Double Armlock Throw

Outside Regrabs Knee Strike to fingers  
spinning scoop kick takedown

Outside Regrabs Knee Strike

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## Jointlocks

### ***Double Hand Grab***

Spinning Armbar #1

Regrab Takedown

Wrist Takedown

Advanced Shoulder Throw

Advanced Pulling Throw

### ***Wrist Grab***

Twisting Comealong

Twisting Fingerbar Throw

Twisting Forearm Throw

Blind Wrist Throw

Upward Pressure Twisting Lock

Palm Twist Throw

### ***Escort Position***

Neck Twisting Lock

### ***Inside Punch Defense***

Neck Pulling Throw

### ***Knife Stab Defense***

Armbar #1

Armbar #2

Upset Vertical Wristlock

Wrist Throw

Step Under Twisting Lock

Twist Throw

Pullover Takedown

Hammerlock

Step Under Arm Drag

Step Under Reverse Stab

Advanced Shoulder Throw

Inside Armthrow

Elbow Extension Break

### ***Knife Overhead Stab Defense***

Wrist Throw

Pushover Takedown

Step Under Twisting Lock

Reverse Armbar

Neck Twisting Lock

High Block Figure 4 takedown

### ***Knife Side Stab Defense***

Reverse Armbar

Reverse Wrist Lock

Figure 4 takedown

# Purple-Brown

## Jointlocks

### *Knife Side Stab Reverse Grip Defense*

Armbar #1

Armbar #2

Wrist Throw

Pushover Takedown

### *Stick Swing Defense*

Armbar #1

Pushover Takedown

Reverse Armbar

Neck Pulling Throw

### *Stick Downward Defense*

Wrist Throw

Pushover Takedown

Reverse Wrist Lock

Neck Twisting Lock

### *Jointlock Reversal*

Wrist Throw: Regrab Spinning Armbar #1

Armbar #1: Grab and Bend Fingers Armbar #1

Step Under Twisting Lock: Grab Inside hand, Armbar #2

Armbar #1: Grab Hand and Rotate Upset Vertical Wristlock

Wrist Throw: Regrab Wrist Throw

Twist Throw: Turn elbow away, hand on top of theirs Step Under Twisting Lock

Twist Throw: Turn elbow away, hand on top of theirs, Pullover Takedown

Comealong: Hand on top of the lock, Push down Standing Straight Arm-Lock

GooseNeck Comealong: Hand on top of the lock, Push down Standing Straight Arm-Lock

Regrab Takedown: Trap Regrab Takedown

Armbar #2: Grab Ankle, Shin Into calf takedown

Vertical WristLock: Knee Down, Wrist Against Chest, Grab back of leg, Takedown

Platter Takedown: Hook Inside Elbow Rotate

Pull Over Takedown Kneeling Twist Takedown

GooseNeck Comealong: Hand on top of the lock, Push down Hip Throw

Comealong: Hand on top of the lock, Push down Hip Throw

HammerLock: Reach over Neck/Hip Throw

HammerLock: Shoulder Throw

Armbar #1: Grab and Bend Fingers Inside Armthrow

Wing Lock: Forward Roll

HammerLock: Forward Roll

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## Ground Fighting

### *Mount*

X Choke

Knuckle Choke

ForeArm Choke

### *Side Mount*

Knee On Stomach Ground Leg Bar

### *Guard*

X Choke

### *Top Guard*

Achillies Lock

Heel Hook

Toe Hold

Ground Leg Bar

### *Half Guard*

Whip Up Calf Crank

### *Butterfly Guard*

Heel Hook

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## Jointlocks (By Technique)

### **Armbar #1**

Double Hand Grab Spinning

Knife Stab Defense

Knife Side Stab Reverse Grip Defense

Stick Swing Defense

Jointlock Reversal Wrist Throw: Regrab Spinning

Jointlock Reversal Armbar #1: Grab and Bend Fingers

### **Armbar #2**

Knife Stab Defense

Knife Side Stab Reverse Grip Defense

Jointlock Reversal Step Under Twisting Lock: Grab Inside hand,

### **Vertical Wristlock**

Knife Stab Defense Upset

Jointlock Reversal Armbar #1: Grab Hand and Rotate Upset

### **Wrist Throw**

Knife Stab Defense

Knife Overhead Stab Defense

Knife Side Stab Reverse Grip Defense

Stick Downward Defense

Jointlock Reversal Wrist Throw: Regrab

### **Pushover Takedown**

Knife Overhead Stab Defense

Knife Side Stab Reverse Grip Defense

Stick Swing Defense

Stick Downward Defense

### **Step Under Twisting Lock**

Knife Stab Defense

Knife Overhead Stab Defense

Jointlock Reversal Twist Throw: Turn elbow away, hand on top of theirs

### **Twist Throw**

Two Handed Grab

Knife Stab Defense

### **Pullover Takedown**

Knife Stab Defense

Jointlock Reversal Twist Throw: Turn elbow away, hand on top of theirs,

### **Hammerlock**

Knife Stab Defense

### **Standing Straight Arm-Lock**

Jointlock Reversal GooseNeck Comealong: Hand on top of the lock, Push down

Jointlock Reversal Comealong: Hand on top of the lock, Push down

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## Jointlocks (By Technique)

### ***Reverse Armbar***

Knife Overhead Stab Defense

Knife Side Stab Defense

Stick Swing Defense

### ***Step Under Arm Drag***

Knife Stab Defense

### ***Reverse Wrist Lock***

Knife Side Stab Defense

Stick Downward Defense

### ***Regrab Takedown***

Double Hand Grab

Jointlock Reversal Regrab Takedown: Trap

### ***Wrist Takedown***

Double Hand Grab

### ***Neck Twisting Lock***

Initiating

Escort Position

Knife Overhead Stab Defense

Stick Downward Defense

### ***Twisting Comealong***

Initiating

Two Handed Grab

Wrist Grab

### ***Twisting Fingerbar Throw***

Two Handed Grab

Wrist Grab

### ***Twisting Forearm Throw***

Two Handed Grab

Wrist Grab

### ***Blind Wrist Throw***

Wrist Grab

### ***Upward Pressure Twisting Lock***

Wrist Grab

### ***Palm Twist Throw***

Wrist Grab

### ***Figure 4 takedown***

Knife Overhead Stab Defense High Block

Knife Side Stab Defense

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## Jointlocks (By Technique)

### ***Step Under Reverse Stab***

Knife Stab Defense

### ***Grab Ankle, Shin Into calf takedown***

Jointlock Reversal Armbar #2:

### ***Knee Down, Wrist Against Chest, Grab back of leg, Takedown***

Jointlock Reversal Vertical WristLock:

### ***Hook Inside Elbow Rotate***

Jointlock Reversal Platter Takedown:

### ***Kneeling Twist Takedown***

Jointlock Reversal Pull Over Takedown

### ***Hip Throw***

Jointlock Reversal GooseNeck Comealong:  
Hand on top of the lock, Push down

Jointlock Reversal Comealong: Hand on top  
of the lock, Push down

### ***Neck/Hip Throw***

Jointlock Reversal HammerLock: Reach over

### ***Shoulder Throw***

Jointlock Reversal HammerLock:

### ***Advanced Shoulder Throw***

Double Hand Grab

Knife Stab Defense

### ***Inside Armthrow***

Knife Stab Defense

Jointlock Reversal Armbar #1: Grab and  
Bend Fingers

### ***Advanced Pulling Throw***

Double Hand Grab

### ***Neck Pulling Throw***

Inside Punch Defense

Stick Swing Defense

### ***Trapped Foot Throw***

Two Handed Grab

### ***Cross Arm Shoulder Throw***

Two Handed Grab

# Purple-Brown

## Jointlocks (By Technique)

### *Double Armlock Throw*

Two Handed Grab

### *Elbow Extension Break*

Knife Stab Defense

### *Forward Roll*

Jointlock Reversal Wing Lock:

Jointlock Reversal HammerLock:

### *Knee Strike*

Two Handed Grab Outside Regrabs to fingers spinning scoop kick takedown

Two Handed Grab Outside Regrabs

## Ground Fighting (By Technique)

### *X Choke*

Mount

Guard

### *Knuckle Choke*

Mount

### *ForeArm Choke*

Mount

### *Achillies Lock*

Top Guard

### *Heel Hook*

Top Guard

Butterfly Guard

### *Toe Hold*

Top Guard

### *Ground Leg Bar*

Side Mount Knee On Stomach

Top Guard

### *Calf Crank*

Half Guard Whip Up

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### Transitions

#### Starting Technique

#### Transition To

Twist Throw	-->	Blind Wrist Throw
Reverse Armbar	-->	Figure 4 takedown
Achillies Lock	-->	Heel Hook
Leg Bar	-->	Toe Hold