

Green-Blue

Concepts

Flow Drill

Punch Defenses

Kick Defenses

Green-Blue

Falling

Forward Roll Over Obstacle

Blocking

Twin Knife hand block

Knife hand block

Leg cover block

Upward X Block

Downward X Block

Punching

Upset Punch

Four-knuckle Punch

Mount

Jab/Front Punch

Striking

Upset Knife hand strike

Upset Hammer-fist strike

Web hand Strike

Ridge Hand Strike

Mount

Elbow Strike

Side Mount

Elbow Strike

Kicking

Stomp Kick

Pressing Kick

Hook Kick

Axe Kick

Heel Kick

Spin

Side Kick

Outer Crescent kick

Heel Kick (Wheel)

Jump

Side Kick

Front thrust kick

Round house kick

Outer Crescent kick

Inner Crescent kick

Green-Blue

Kicking

Side Mount

Knee Strike

Jointlocks

Initiating

Standing Straight Arm-Lock

Step Under Arm Drag

Platter Takedown

Upward Twistinglock

GooseNeck Comealong

Bicep Armbar

Bent Armlock Throw

Advanced Shoulder Throw

Advanced Pulling Throw

Elbow Extension Break

Reverse Armbar

Reverse Wrist Lock

Straight Elbow Lock

Wrist Takedown

Comealong

Rear Naked Choke

Advanced Hip Throw

Inside Armthrow

Head Twisting Throw

Inside Sleeve Grab

Straight Elbow Lock

Advanced Shoulder Throw

Elbow Extension Break

Advanced Hip Throw

Inside Armthrow

Shoulder Grab

Standing Straight Arm-Lock

Shoulder Grab from behind

Head Twisting Throw

Behind the Neck Grab

Standing Straight Arm-Lock

Inverted Chest Grab

Comealong

Twisting Chest Grab

Head Twisting Throw

Green-Blue

Jointlocks

Bear Hug Under Arms Behind

Bend Fingers Comealong

Double Hand Inverted Grab

Vertical Wristlock

Forward Thumb Takedown

Flow Drill Outside Wrist Grab

Armbar #1 From In to Out

Vertical Wristlock From In to Out

Twist Throw From Out to In

Finger Lock Pullover Takedown From Push

Hammerlock From Pull

Flow Drill Inside Wrist Grab

Armbar #1 From Push

Wrist Throw From In to Out

Pullover Takedown From Push

Hammerlock From Pull

Regrab Takedown From Out to In

Escort Position

Armbar #1

Pushover Takedown

Wing Lock

Standing Straight Arm-Lock

GooseNeck Comealong

Outside Punch Defense

Spinning Armbar #1

Armbar #2

Upset Vertical Wristlock

Wrist Throw

Pushover Takedown

Step Under Twisting Lock

Hammerlock

Wing Lock

Standing Straight Arm-Lock

Step Under Arm Drag

Platter Takedown

Upward Twistinglock

Comealong

Bicycle Throw

Advanced Hip Throw

Advanced Shoulder Throw

Advanced Pulling Throw

Jointlocks

Inside Punch Defense

Armbar #1	Armbar #2
Vertical Wristlock	Wrist Throw
Step Under Twisting Lock	Twist Throw
Pullover Takedown	Step Under Arm Drag
Platter Takedown	Comealong
Underelbow Takedown	Hip Throw
Neck/Hip Throw	Shoulder Throw
Bicycle Throw	Inside Armthrow
Advanced Pulling Throw	Elbow Extension Break

Front Kick Defense

Push Block Knee to Solar Plexus Head Twisting Throw	Cover Block Inside, Crescent Kick - Leg Bar
Cover Block Inside Leg Lifting Trip Takedown	Cover Block Outside Base Foot Trip

Roundhouse Kick Defense

Cover Block Inside, Spinning Leg Bar	Cover Block Inside Leg Lifting Trip Takedown
Cover Block Inside Elbow to Thigh, Web/Knifehand Strike to Throat, Trip Supporting Leg	Twin Knifehand Block Low Roundhouse/Side Kick to supporting leg, Spin Crescent/Hook Kick to Head

Side Kick Defense

Low Wrapping X-Block Kick Over Bent Knee Takedown	Low Wrapping X-Block Axe Kick to Leg, Scoop Kick behind knee, Shoulder Grab Takedown
Low Wrapping X-Block, Kick to Thigh Throw Down Leg, Spin Low Sweeping Hook Kick, Axe Kick from Ground	Wrap Under Circular Ankle Twist Throw

Green-Blue

Ground Fighting

Mount

Triangle Choke

Straight Armlock

Side Mount

Knee on Stomach to Mount

Hammerlock (Kimura)

Straight Armlock

Straight Armlock with Legs

Arm Triangle Choke

Guard

Hammerlock (Kimura)

Leg Shoulderlock (OmoPlata)

Guillotine Choke

Butterfly Guard

Elevator to Mount

Elevator to Ground Armbar

Triangle Choke

Back Mount

Rear Naked Choke

Ground Armbar

Jointlocks (By Technique)

Armbar #1

Flow Drill Outside Wrist Grab From In to Out
Escort Position
Inside Punch Defense

Flow Drill Inside Wrist Grab From Push
Outside Punch Defense Spinning

Armbar #2

Outside Punch Defense

Inside Punch Defense

Vertical Wristlock

Double Hand Inverted Grab
Outside Punch Defense Upset

Flow Drill Outside Wrist Grab From In to Out
Inside Punch Defense

Wrist Throw

Flow Drill Inside Wrist Grab From In to Out
Inside Punch Defense

Outside Punch Defense

Pushover Takedown

Escort Position

Outside Punch Defense

Step Under Twisting Lock

Outside Punch Defense

Inside Punch Defense

Twist Throw

Flow Drill Outside Wrist Grab From Out to In

Inside Punch Defense

Pullover Takedown

Flow Drill Outside Wrist Grab Finger Lock
From Push
Inside Punch Defense

Flow Drill Inside Wrist Grab From Push

Hammerlock

Flow Drill Outside Wrist Grab From Pull
Outside Punch Defense

Flow Drill Inside Wrist Grab From Pull

Wing Lock

Escort Position

Outside Punch Defense

Standing Straight Arm-Lock

Initiating
Behind the Neck Grab
Outside Punch Defense

Shoulder Grab
Escort Position

Green-Blue

Jointlocks (By Technique)

Reverse Armbar

Initiating

Step Under Arm Drag

Initiating

Outside Punch Defense

Inside Punch Defense

Reverse Wrist Lock

Initiating

Platter Takedown

Initiating

Outside Punch Defense

Inside Punch Defense

Regrab Takedown

Flow Drill Inside Wrist Grab From Out to In

Straight Elbow Lock

Initiating

Inside Sleeve Grab

Upward Twistinglock

Initiating

Outside Punch Defense

Wrist Takedown

Initiating

GooseNeck Comealong

Initiating

Escort Position

Comealong

Initiating

Inverted Chest Grab

Bear Hug Under Arms Behind Bend Fingers

Outside Punch Defense

Inside Punch Defense

Bicep Armbar

Initiating

Forward Thumb Takedown

Double Hand Inverted Grab

Underelbow Takedown

Inside Punch Defense

Green-Blue

Jointlocks (By Technique)

Rear Naked Choke

Initiating

Hip Throw

Inside Punch Defense

Neck/Hip Throw

Inside Punch Defense

Shoulder Throw

Inside Punch Defense

Bicycle Throw

Outside Punch Defense

Inside Punch Defense

Bent Armlock Throw

Initiating

Advanced Hip Throw

Initiating

Inside Sleeve Grab

Outside Punch Defense

Advanced Shoulder Throw

Initiating

Inside Sleeve Grab

Outside Punch Defense

Inside Armthrow

Initiating

Inside Sleeve Grab

Inside Punch Defense

Advanced Pulling Throw

Initiating

Outside Punch Defense

Inside Punch Defense

Head Twisting Throw

Initiating

Shoulder Grab from behind

Twisting Chest Grab

Front Kick Defense Push Block Knee to Solar Plexus

Elbow Extension Break

Initiating

Inside Sleeve Grab

Inside Punch Defense

Jointlocks (By Technique)

Leg Bar

Front Kick Defense Cover Block Inside,
Crescent Kick -

Roundhouse Kick Defense Cover Block
Inside, Spinning

Leg Lifting Trip Takedown

Front Kick Defense Cover Block Inside

Roundhouse Kick Defense Cover Block
Inside

Kick Over Bent Knee Takedown

Side Kick Defense Low Wrapping X-Block

Base Foot Trip

Front Kick Defense Cover Block Outside

Elbow to Thigh, Web/Knifehand Strike to Throat, Trip Supporting Leg

Roundhouse Kick Defense Cover Block
Inside

Low Roundhouse/Side Kick to supporting leg, Spin Crescent/Hook Kick to Head

Roundhouse Kick Defense Twin Knifehand
Block

Axe Kick to Leg, Scoop Kick behind knee, Shoulder Grab Takedown

Side Kick Defense Low Wrapping X-Block

Throw Down Leg, Spin Low Sweeping Hook Kick, Axe Kick from Ground

Side Kick Defense Low Wrapping X-Block,
Kick to Thigh

Circular Ankle Twist Throw

Side Kick Defense Wrap Under

Green-Blue

Ground Fighting (By Technique)

Elevator to Mount

Butterfly Guard

Knee on Stomach to Mount

Side Mount

Rear Naked Choke

Back Mount

Ground Armbar

Butterfly Guard Elevator to

Back Mount

Triangle Choke

Mount

Butterfly Guard

Straight Armlock

Mount

Side Mount

Straight Armlock with Legs

Side Mount

Leg Shoulderlock

Guard (OmoPlata)

Guillotine Choke

Guard

Arm Triangle Choke

Side Mount

Green-Blue

Transitions

Starting Technique		Transition To
Armbar #1	-->	Regrab Takedown
Wrist Throw	-->	Wrist Takedown
Wrist Throw	-->	Bent Armlock Throw
Step Under Twisting Lock	-->	Upward Twistinglock
Step Under Twisting Lock	-->	Bicycle Throw
Twist Throw	-->	Twisting Comealong
Hammerlock	-->	GooseNeck Comealong
Inside Armthrow	-->	Reverse Armbar
GooseNeck Comealong	-->	Hammerlock
Step Under Twisting Lock	-->	Step Under Arm Drag
Step Under Arm Drag	-->	Armbar #1
Reverse Wrist Lock	-->	Comealong
Comealong	-->	Reverse Wrist Lock
Reverse Wrist Lock	-->	Armbar #1
Regrab Takedown	-->	Armbar #1
Upward Twistinglock	-->	Step Under Twisting Lock
Wrist Takedown	-->	Bent Armlock Throw
Key Lock	-->	Ground Armbar
Elbow Extension Break	-->	Advanced Shoulder Throw
Elbow Extension Break	-->	Inside Armthrow
Twist Throw	-->	Elbow Extension Break
Elbow Extension Break	-->	Twist Throw
Bicycle Throw	-->	Wing Lock
Bicycle Throw	-->	Armbar #1
Triangle Choke	-->	Ground Armbar