

Technique Matrix

Jointlocks

Armbar #1

Initiating From Behind (1)	Initiating From Diagonal/Side (1)
Outside Sleeve Grab (1)	Inside Sleeve Grab (1)
Shoulder Grab (1)	Behind the Neck Grab (1)
Straight Chest Grab (1)	Inverted Chest Grab (1)
Belt Grab (1)	Double Hand Grab Spinning (3)
Two Handed Grab From behind (1)	Flow Drill Outside Wrist Grab From In to Out (2)
Flow Drill Inside Wrist Grab From Push (2)	Escort Position (2)
Outside Punch Defense Spinning (2)	Inside Punch Defense (2)
Knife Stab Defense (3)	Knife Side Stab Reverse Grip Defense (3)
Stick Swing Defense (3)	Jointlock Reversal Wrist Throw: Regrab Spinning (3)
Jointlock Reversal Armbar #1: Grab and Bend Fingers (3)	

Armbar #2

Initiating (1)	Outside Sleeve Grab (1)
Inside Sleeve Grab (1)	Inside Elbow Sleeve Grab (1)
Shoulder Grab (1)	Straight Chest Grab (1)
Inverted Chest Grab (1)	Outside Punch Defense (2)
Inside Punch Defense (2)	Knife Stab Defense (3)
Knife Side Stab Reverse Grip Defense (3)	Jointlock Reversal Step Under Twisting Lock: Grab Inside hand, (3)

Vertical Wristlock

Initiating (1)	Outside Sleeve Grab Rolling (1)
Shoulder Grab Elbow (1)	Straight Chest Grab Pressure Point (1)
Inverted Chest Grab (1)	Belt Grab Upset (1)
Bear Hug Under Arms Behind Bend Fingers (1)	Double Hand Inverted Grab (2)
Flow Drill Outside Wrist Grab From In to Out (2)	Outside Punch Defense Upset (2)
Inside Punch Defense (2)	Knife Stab Defense Upset (3)
Jointlock Reversal Armbar #1: Grab Hand and Rotate Upset (3)	

Technique Matrix

Jointlocks

Wrist Throw

Initiating (1)	Inside Sleeve Grab (1)
Straight Chest Grab (1)	Two Handed Grab From behind (1)
Flow Drill Inside Wrist Grab From In to Out (2)	Outside Punch Defense (2)
Inside Punch Defense (2)	Knife Stab Defense (3)
Knife Overhead Stab Defense (3)	Knife Side Stab Reverse Grip Defense (3)
Stick Downward Defense (3)	Jointlock Reversal Wrist Throw: Regrab (3)

Pushover Takedown

Initiating (1)	Escort Position (2)
Outside Punch Defense (2)	Knife Overhead Stab Defense (3)
Knife Side Stab Reverse Grip Defense (3)	Stick Swing Defense (3)
Stick Downward Defense (3)	

Step Under Twisting Lock

Initiating (1)	Straight Chest Grab (1)
Inverted Chest Grab (1)	Belt Grab (1)
Two Handed Grab From behind (1)	Outside Punch Defense (2)
Inside Punch Defense (2)	Knife Stab Defense (3)
Knife Overhead Stab Defense (3)	Jointlock Reversal Twist Throw: Turn elbow away, hand on top of theirs (3)

Twist Throw

Initiating (1)	Outside Sleeve Grab (1)
Two Handed Grab (3)	Flow Drill Outside Wrist Grab From Out to In (2)
Inside Punch Defense (2)	Knife Stab Defense (3)

Pullover Takedown

Initiating (1)	Inside Sleeve Grab (1)
Flow Drill Outside Wrist Grab Finger Lock From Push (2)	Flow Drill Inside Wrist Grab From Push (2)
Inside Punch Defense (2)	Knife Stab Defense (3)
Jointlock Reversal Twist Throw: Turn elbow away, hand on top of theirs, (3)	

Technique Matrix

Jointlocks

Hammerlock

Initiating Modified (1)	Initiating (1)
Outside Sleeve Grab (1)	Inside Sleeve Grab Modified (1)
Straight Chest Grab (1)	Flow Drill Outside Wrist Grab From Pull (2)
Flow Drill Inside Wrist Grab From Pull (2)	Outside Punch Defense (2)
Knife Stab Defense (3)	

Wing Lock

Initiating (1)	Outside Sleeve Grab (1)
Inside Elbow Sleeve Grab (1)	Armpit Grab (1)
Escort Position (2)	Outside Punch Defense (2)

Standing Straight Arm-Lock

Initiating (2)	Shoulder Grab (2)
Behind the Neck Grab (2)	Escort Position (2)
Outside Punch Defense (2)	Jointlock Reversal GooseNeck Comealong: Hand on top of the lock, Push down (3)
Jointlock Reversal Comealong: Hand on top of the lock, Push down (3)	

Reverse Armbar

Initiating (2)	Knife Overhead Stab Defense (3)
Knife Side Stab Defense (3)	Stick Swing Defense (3)

Step Under Arm Drag

Initiating (2)	Outside Punch Defense (2)
Inside Punch Defense (2)	Knife Stab Defense (3)

Reverse Wrist Lock

Initiating (2)	Knife Side Stab Defense (3)
Stick Downward Defense (3)	

Platter Takedown

Initiating (2)	Outside Punch Defense (2)
Inside Punch Defense (2)	

Regrab Takedown

Double Hand Grab (3)	Flow Drill Inside Wrist Grab From Out to In (2)
Jointlock Reversal Regrab Takedown: Trap (3)	

Technique Matrix

Jointlocks

Straight Elbow Lock

Initiating (2)

Inside Sleeve Grab (2)

Upward Twistinglock

Initiating (2)

Outside Punch Defense (2)

Wrist Takedown

Initiating (2)

Double Hand Grab (3)

Neck Twisting Lock

Initiating (3)

Escort Position (3)

Knife Overhead Stab Defense (3)

Stick Downward Defense (3)

GooseNeck Comealong

Initiating (2)

Escort Position (2)

Comealong

Initiating (2)

Inverted Chest Grab (2)

Bear Hug Under Arms Behind Bend Fingers (2)

Outside Punch Defense (2)

Inside Punch Defense (2)

Twisting Comealong

Initiating (3)

Two Handed Grab (3)

Wrist Grab (3)

Twisting Fingerbar Throw

Two Handed Grab (3)

Wrist Grab (3)

Twisting Forearm Throw

Two Handed Grab (3)

Wrist Grab (3)

Bicep Armbar

Initiating (2)

Wrist Pin Takedown

Elbow Sleeve Grab (1)

Standing Bent Elbow-Lock

Elbow Sleeve Grab (1)

Technique Matrix

Jointlocks

Blind Wrist Throw

Wrist Grab (3)

Upward Pressure Twisting Lock

Wrist Grab (3)

Palm Twist Throw

Wrist Grab (3)

Body Twisting Elbow Takedown

Bear Hug Over Arms Behind (1)

Infra orbital takedown

Standing Head Lock (1)

Hands Clasped to forehead, Twist Away

Full Nelson (1)

Forward Thumb Takedown

Double Hand Inverted Grab (2)

Figure 4 takedown

Knife Overhead Stab Defense High Block (3)

Knife Side Stab Defense (3)

Underelbow Takedown

Inside Punch Defense (2)

Rear Naked Choke

Initiating (2)

Step Under Reverse Stab

Knife Stab Defense (3)

Grab Ankle, Shin Into calf takedown

Jointlock Reversal Armbar #2: (3)

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

Jointlock Reversal Vertical WristLock: (3)

Hook Inside Elbow Rotate

Jointlock Reversal Platter Takedown: (3)

Kneeling Twist Takedown

Jointlock Reversal Pull Over Takedown (3)

Technique Matrix

Jointlocks

Hip Throw

Initiating (1)

Outside Sleeve Grab (1)

Inside Punch Defense (2)

Jointlock Reversal GooseNeck Comealong: Hand on top of the lock, Push down (3)

Jointlock Reversal Comealong: Hand on top of the lock, Push down (3)

Neck/Hip Throw

Initiating (1)

Outside Sleeve Grab (1)

Inside Punch Defense (2)

Jointlock Reversal HammerLock: Reach over (3)

Shoulder Throw

Initiating (1)

Outside Sleeve Grab (1)

Twisting Chest Grab (1)

Belt Grab (1)

Bear Hug Over Arms Front Lock Armpit (1)

Inside Punch Defense (2)

Jointlock Reversal HammerLock: (3)

Bicycle Throw

Initiating From Front (1)

Initiating From Behind (1)

Two Handed Grab From behind (1)

Outside Punch Defense (2)

Inside Punch Defense (2)

Bent Armlock Throw

Initiating (2)

Advanced Hip Throw

Initiating (2)

Inside Sleeve Grab (2)

Outside Punch Defense (2)

Advanced Shoulder Throw

Initiating (2)

Inside Sleeve Grab (2)

Double Hand Grab (3)

Outside Punch Defense (2)

Knife Stab Defense (3)

Inside Armthrow

Initiating (2)

Inside Sleeve Grab (2)

Inside Punch Defense (2)

Knife Stab Defense (3)

Jointlock Reversal Armbar #1: Grab and Bend Fingers (3)

Technique Matrix

Jointlocks

Inside Armthrow

Initiating (2)

Inside Sleeve Grab (2)

Inside Punch Defense (2)

Knife Stab Defense (3)

Jointlock Reversal Armbar #1: Grab and Bend Fingers (3)

Advanced Pulling Throw

Initiating (2)

Double Hand Grab (3)

Outside Punch Defense (2)

Inside Punch Defense (2)

Head Twisting Throw

Initiating (2)

Shoulder Grab from behind (2)

Twisting Chest Grab (2)

Bear Hug Under Arms Front (1)

Front Kick Defense Push Block Knee to Solar Plexus (2)

Neck Pulling Throw

Inside Punch Defense (3)

Stick Swing Defense (3)

Trapped Foot Throw

Two Handed Grab (3)

Cross Arm Shoulder Throw

Two Handed Grab (3)

Double Armlock Throw

Two Handed Grab (3)

Elbow Extension Break

Initiating (2)

Inside Sleeve Grab (2)

Inside Punch Defense (2)

Knife Stab Defense (3)

Leg Bar

Front Kick Defense Cover Block Inside, Crescent Kick - (2)

Roundhouse Kick Defense Cover Block Inside, Spinning (2)

Leg Lifting Trip Takedown

Front Kick Defense Cover Block Inside (2)

Roundhouse Kick Defense Cover Block Inside (2)

Kick Over Bent Knee Takedown

Side Kick Defense Low Wrapping X-Block (2)

Technique Matrix

Jointlocks

Base Foot Trip

Front Kick Defense Cover Block Outside (2)

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

Roundhouse Kick Defense Cover Block Inside (2)

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

Roundhouse Kick Defense Twin Knifehand Block
(2)

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

Side Kick Defense Low Wrapping X-Block (2)

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

Side Kick Defense Low Wrapping X-Block, Kick to
Thigh (2)

Circular Ankle Twist Throw

Side Kick Defense Wrap Under (2)

Forward Roll

Jointlock Reversal Wing Lock: (3)

Jointlock Reversal HammerLock: (3)

Knee Strike

Two Handed Grab Outside Regrabs to fingers
spinning scoop kick takedown (3)

Two Handed Grab Outside Regrabs (3)

Technique Matrix

Ground Fighting

Buck to Top position (Oompa)

Bottom Mount (1)

Bottom Side Mount (1)

Guard Straighten Knee (1)

Shrimp to Half/Butterfly/Full Guard

Bottom Mount (1)

Bottom Side Mount (1)

Leg Scissor

Guard To Mount (1)

Stacking

Top Guard To Side Mount (1)

Elbows to Inside Thigh

Top Guard To Side Mount (1)

Top Guard To Standing (1)

Leg Wrap Around Neck

Bottom Side Mount To Side Mount (1)

Elevator to Mount

Butterfly Guard (2)

Knee on Stomach to Mount

Side Mount (2)

Hammerlock (Kimura)

Side Mount (2)

Guard (2)

Ground Armbar

Mount (1)

Side Mount (1)

Guard (1)

Butterfly Guard Elevator to (2)

Back Mount (2)

Key Lock

Mount (1)

Side Mount (1)

Triangle Choke

Mount (2)

Guard (1)

Butterfly Guard (2)

Straight Armlock

Mount (2)

Side Mount (2)

Technique Matrix

Ground Fighting

Straight Armlock with Legs

Side Mount (2)

Leg Shoulderlock

Guard (OmoPlata) (2)

X Choke

Mount (3)

Guard (3)

Guillotine Choke

Guard (2)

Knuckle Choke

Mount (3)

ForeArm Choke

Mount (3)

Arm Triangle Choke

Side Mount (2)

Achillies Lock

Top Guard (3)

Heel Hook

Top Guard (3)

Butterfly Guard (3)

Toe Hold

Top Guard (3)

Ground Leg Bar

Bear Hug Under Arms Behind (1)

Side Mount Knee On Stomach (3)

Top Guard (3)

Calf Crank

Half Guard Whip Up (3)

Old School Sweep

Half Guard (1)

Electric Chair

Half Guard (1)