

	Novice	
Stikes	Throws/Subs	Escapes
1,2,3 2, 3, 2 3, 2, 3 4-3	Knee Tap vs Thai Clich	
Shuffle step, Side step, Pivot, Bob and weave	Power Step Knock Down	Wrist Grab Escapes
Front Kick, Low Kick, Oblique	Reinforced 2 on 1 single/Ouchi	
Turning Side Kick	Arm Drag	Technical Stand-up
Skips, Kick 4 Kick	Neck twist takedown	Bridge and Shrimp Mount Escape
3 Stances - Vampire/Mummy	Front Belt Osoto	
Cover Up	RNC Takedown	dummy sweep etc.
	Foot Prop	Ghost
Knee/Elbow	FHL Snap Down	Worst Case Senario
KOB/KON	Standing Guillotine	Standing Guillotine Esacpe
	Single Leg	
	Underhook on wall	RNC Osoto Esacpe
	Twisted Branch Throw (americana)	Waist lock walk out
	2 on 1 wrsit Lock	
	Underhook throw	
	Russian to Americana	
	Twisting Kimura	

		Beg	
	Essential		Bolt-on
Drills	Sumo, Grip Fight, Flow, patty Cake, Knock downs	Adv Patty cake	Patty cake w sprawl and Kicks
	Belt HW, FW, Spar, arm drags, Top Cat, Tai sabaki		
Strikes	1-2 switch 3, 2-3-2, 3-2-3, 4-3, Check Hook, GNP	Low cross> OH Right	Dbl Hook to Body
	Bob weave, shuffle step, Pivot, Cover	Pendulum Step	Power Jab, Jabbing in
	Front, Low Kick , Knees, Teep Check Kick		
Grips	Bow and arrow, standard, pinch head lock	Steering Wheel	
	LvsR, Sleeve, Front Belt	Russian as grip break	
Takedowns	X from Snap Down, Sasae/O-uchi, Knock down, pinch headlock		
	Tani Otoshi, Soto Makakomi, floating hip/corner drop		Front Belt Bedro (hip)
	OH Uchi Mata/Osoto/Tai Otoshi, Zangief, Sumi		
Turns	Japanese, Palanca/Kimura, Kashawazaki		farside/Near wrist
	The Snatch, 1/4 Nelson		
	Sankaku		
Sweeps	Pistol Grip Sissor /push	Windmill	
	Russian Drag		Russian Drag Juji Roll
	Old man hip bump, dog fight		
Passing	Over Over, Over Under, Dbl Under	O/U vs Butterfly	
	Cradle	Cradle/Kneeslice	Cradle>SAL
Pins	ScarfHold, Side Control, KOB, Arm Tri	Mount	
	Back, NS, Cradle, Mount, Back Press		
Subs	Cross Choke from KOB/Guard/Mount, Armbar from KoB	N/S Armbar	Howdy Kimura/Reverse Arm Tri
	Kimura from Side, Over the Back Armbar	Shoulder Pin Systems in Guard	
	side control Choke GI series	SAL	
	Scarf attacks, Monson, Arm in Guillotine, OH Triangle	Kneebars	
	Strangler, Anaconda, Arm Bar from Mount	fig 4 Ankle locks	
Escapes	Mount (bridge), Ghost, Shrimp/Bridge concepts,		KOB Bridge escape
	KOB, Scarf (bridge and punch) DHG as escape		

		Inter.	
	Essential	Nice-to-Have	Bolt-On
Equipt.	Bulgarian bag, Uchi komi Bands	Trail Run	Building Circuits
	KBells, heavy Bags, Mitts, Body Weight/partner training	Tyson Combo	
Strikes	Cross, Side Kick, Low Round, 3-2-3 BF, 1-4/1-4/1-2, Russian 1-2		Shot Fake/Jump Knee
	All Combos with Elbows and Knees, Power jab		
	using check hooks to set up round and side kicks		
Grips			
	FHL, Elbow Weeve		
Takedowns	Elbow Weave Yoko & Uki waza, Ura Nage,	Rolling Kneebar	Flying Armbar
	Obiv Sumi/Russian Leg Sweep	Rolling Cross ankle	
	OH Lat Drop		
	FHL Cement mixer, FHL Dish Rag		
	Geduev Moves		Over tie Triangle from Knock Down
Turns	5-T's, Igra Fix/Yoshida Fix	Gut Wrench	
	Anaconda, Juji- Roll, Sankaku		
Sweeps	DHG sweep series and Octopus, wrestlers switch, knee slide and hip hiest		
Passing	Reverse pass the Lockdown, Backstep Kneebar pass		
	GNP Pass		
	pass vs butterfly		
Pins	vs buggy attacks, helicopter mount	Inside/Outside Heel Hooks	
Subs	goluvu grud, Single Hip, Wrestlers armbar	Omoplata backstep Series	
	twisted branch series,		
	Diving Darce (R/L)		
	Bull dozer and russian cowboy, standing Russian Cowboy		
Esacapes	arm triangle, , straight ankle lock, RNC		
	Triangle, Juji Roll, Straight arm bar, Kimura		
	Guillotine, Americana		

		Adv	
	Essential	Nice-To Have	Bolt-on
History	History of Judo/Jujitsu/SAMBO		
Grips	Reverse HL, Georgian		
Takedowns			Back arch Obiv
	Khabarelli, Bokovoy, Sode/Mogolian, Polish Throw		
Turns			
Sweeps	DHG to Farside Heel Hook		
	PHL Butterfly		
	Shin to Shin to X, Omoplata sweep		
Passing	Passing Rubber Guards		
	Passing Inverted Guards		
Pins	Leg Cradle		
Subs	Heel Hooks		
	Banana Split		
	Ebi gatame		
Escapes	Heel Hooks		
	SAL, Knee Bars, Fig 4		