

GROUNDPLAY

REVERSAL SERIES	Upa	_____	Mount	_____
	Scissor	_____	Guard	_____
	Pendulum	_____	Guard	_____
	Leg Hook	_____	Open (Standing)	_____
TAKE DOWN SERIES	Single Leg	_____		
	Double Leg	_____		
	Ankle Pick	_____		
THROW SERIES	Body Drop	_____	Tai-Otoshi	_____
	Outside Clip	_____	Ooto-Gari	_____
	Hip Roll	_____	Ogoshi	_____

SKILL DRILLS

Lock Flow	Mechanical	_____	Execution	_____
Choke	Mechanical	_____	Execution	_____

STRESS TRAINING

HIDDEN WEAPON	_____	TALK HIM DOWN	_____
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FITNESS

PUSHUPS X 40	_____	AIRSQUATS X 50	_____
SIT UP REACH X 40	_____	SQUAT THRUSTS X 40	_____

SPARRING

GRAPPLING X 4mins	_____	BOXING X 3mins (2)	_____
SPARRING X 3mins (FF)	_____	BOXING X 1min (2/1)	_____

GREEN BELT TEST

COMMENTS: _____

DATE: _____

REQUIREMENTS FOR GREEN BELT

VERSION 6.0 4-28-12



NAME: _____

DATE: _____

