

TECHNIQUE LIST TO COMPETE

NAME:

1. Stances
  - a. Square \_\_\_\_\_
  - b. Staggered \_\_\_\_\_
2. Footwork:
  - a. Close the gap \_\_\_\_\_
  - b. Cut the angle \_\_\_\_\_
3. Set Ups
  - a. Forward Pressure \_\_\_\_\_
  - b. Post the elbows \_\_\_\_\_
  - c. Pop & Go \_\_\_\_\_
4. Drop Step & 1 finish from the shot
  - a. Double leg
    - i. Trip \_\_\_\_\_
    - ii. Pivot \_\_\_\_\_
    - iii. Power Step \_\_\_\_\_
  - b. Single to Double \_\_\_\_\_
5. Shot Counter
  - a. Post the Head \_\_\_\_\_
  - b. Post the Shoulders \_\_\_\_\_
  - c. Sprawl \_\_\_\_\_
6. How to set up for a match
  - a. Neutral start \_\_\_\_\_
  - b. Referee position \_\_\_\_\_
7. 1 Breakdown
  - a. Tight waist ankle \_\_\_\_\_
  - b. Far ankle knee block \_\_\_\_\_
8. Half Nelson \_\_\_\_\_
9. 1 Half Counter
  - a. Look away & Peel \_\_\_\_\_
  - b. Snap down \_\_\_\_\_
10. Bridging/Belly out \_\_\_\_\_
11. Build your base \_\_\_\_\_
12. Stand up \_\_\_\_\_

**GET YOUR GEAR !!!!**