

A1

- Basic stance + footwork
  - Jab, cross, hook, uppercut
  - Outside thigh kick
  - Basic combos
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A2

- Elbows/knees
  - push kick
  - double jab
  - jab/cross counters
  - striking while moving
  - Slipping (punches)
  - Attack angles
  - Inside thigh kick
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A3

- Ground and pound
  - Cutting off the cage
  - Upkicks from the bottom
  - Advanced combos
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B1

- Basic pummeling
  - Double leg
  - Ukemi
  - Bridge & roll (MNT)
  - Knee/elbow (MNT)
  - Stiffarm getup (SCR)
  - Pull guard (SCR)
  - Turn to knees (SCR)
  - Guillotine +
  - Armbar (SCR)
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B2

- Single leg
  - Basic trips
  - Gut wrench/duck under
  - Basic takedown defense
  - Clinch control
  - T-stance takedown
  - Knee wedge (GP)
  - Stacking
  - Turkish getup escapes
  - Back control escape
  - situp sweep
  - Take the back from front headlock
  - Armbar (GRD)
  - Triangle
  - RNC
  - Darce
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B3

- Omoplata
  - Guillotine (arm-in)
  - Armbar: triangle: omoplata
  - Slams
  - Takedown into passed guard
  - uchi-mata/harai goshi
  - Old school
  - Deep halfguard roll
  - SCR/Knee mount/Mount
  - G&P defense
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C1

- Knowledge of basic warmups
  - 100 jumping jacks + short run
  - 2 sessions of five minute shadow boxing (two minute rest)
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C2

- Knowledge of mid-level warmups
  - Basic carries: barrel, shoulder, back
  - Static stretches
  - 25 Hindu pushups, 25 Hindu squats, 25 burpees, 26 Turkish getups in a row under 4 minutes.
  - 3 sessions of 3 minute pummeling (30 second rest)
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C3

- Knowledge of advanced warmups
  - 5 back-to-back 5 minute grapples
  - 3 five-minute shadow box sessions with added labor (one minute rest)
  - Pistols/One armed pushups
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