

Started: \_\_\_\_\_

**Position:** ☐ Guard (Playing) ☐ Guard (Passing) ☐ Mount (Top) ☐ Mount (Bottom) ☐ Side Control (Top) ☐ Side Control (Bottom) ☐ Back (Attacking) ☐ Back (Defending)  
☐ Turtle (Top) ☐ Turtle (Bottom)

### Techniques from This Position

Add techniques as you learn them. Track competency: 1=Seen, 2=Drilled, 3=Can Execute, 4=Hit Live

[illegible]

**Types:** SUB=Submission, SWP=Sweep, PAS=Pass, ESC=Escape, TKD=Takedown, TRN=Transition, CTL=Control, DEF=Defense

Sparring Performance from This Position

ATTEMPTS & SUCCESSES (TALLY PER SESSION)

DATE	ATTEMPTS	SUCCESSES	DEFENDED	NOTES

POSITION COMFORT LEVEL OVER TIME (1-5)

WEEK	COMFORT	WEEK	COMFORT
1		11	
2		12	
3		13	
4		14	
5		15	
6		16	
7		17	
8		18	
9		19	
10		20	

Position Flow

HOW I TYPICALLY GET TO THIS POSITION

HOW I TYPICALLY LEAVE THIS POSITION

COMMON MISTAKES I MAKE HERE

WHAT OPPONENTS DO THAT GIVES ME TROUBLE

Goals & Key Concepts

PRIMARY GOAL FOR THIS POSITION

TECHNIQUE I WANT TO MASTER HERE

QUESTIONS TO ASK INSTRUCTOR

KEY CONCEPTS & PRINCIPLES