

Master Technique Checklist

Name: _____ Started: _____ Belt: _____

How to Use: Check off techniques as you progress. L = Learned (seen/drilled), P = Practiced (multiple reps), C = Competent (can execute), M = Mastered (hit in live rolling). Date each milestone.

Submissions

Chokes					
TECHNIQUE	L	P	C	M	DATE

Joint Locks					
TECHNIQUE	L	P	C	M	DATE

Sweeps

From Closed Guard					
TECHNIQUE	L	P	C	M	DATE

From Open Guard / Half Guard					
TECHNIQUE	L	P	C	M	DATE

Guard Passes

Kneeling Passes					
TECHNIQUE	L	P	C	M	DATE

Standing Passes					
TECHNIQUE	L	P	C	M	DATE

Escapes

Mount Escapes				
TECHNIQUE	L	P	C	M

Side Control Escapes				
TECHNIQUE	L	P	C	M

Back Escapes				
TECHNIQUE	L	P	C	M

Takedowns & Guard Pulls

Takedowns					
TECHNIQUE	L	P	C	M	DATE

Guard Pulls & Entries					
TECHNIQUE	L	P	C	M	DATE

Progress Summary

Submissions	Sweeps	Passes	Escapes	Takedowns	Total
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Mastered (M) Count: _____ % of Total: _____