

Competency Levels

1

SEEN

Watched instructor demo, understand concept

2

DRILLED

Practiced with partner, can do steps with guidance

3

CAN EXECUTE

Can perform technique without prompting

4

HIT LIVE

Successfully executed in sparring/rolling

**How to Use:** Fill in technique names as you learn them. Mark the current level (1-4) in the appropriate column. Update the date when you reach a new level. Goal: Progress all techniques to Level 4 over time.

Submissions

TECHNIQUE	1	2	3	4	LAST UPDATED	NOTES / KEY DETAILS

Sweeps

TECHNIQUE	1	2	3	4	LAST UPDATED	NOTES / KEY DETAILS

Guard Passes

TECHNIQUE	1	2	3	4	LAST UPDATED	NOTES / KEY DETAILS

# Competency Matrix

Beginner Level - 4 Stages of Learning (continued)

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

Escapes						
TECHNIQUE	1	2	3	4	LAST UPDATED	NOTES / KEY DETAILS

Takedowns						
TECHNIQUE	1	2	3	4	LAST UPDATED	NOTES / KEY DETAILS

Transitions & Control						
TECHNIQUE	1	2	3	4	LAST UPDATED	NOTES / KEY DETAILS

Progress Summary

Level 1 (Seen)

Level 2 (Drilled)

Level 3 (Execute)

Level 4 (Live)

Total Techniques

Goals & Notes

TECHNIQUES TO FOCUS ON

QUESTIONS FOR INSTRUCTOR