



# JIU-JITSU FUNDAMENTAL CHECKLIST

NAME: \_\_\_\_\_

START DATE: \_\_\_\_\_

CLOSED GUARD	COMPLETED	TEST
Armbar		
Triangle		
Omoplata		
Cross Choke		
Kimura		
Guillotine (Arm-in)		
Hip Bump Sweep		
Double Ankle Sweep		
Standing Guard Break		
"Rolling the Dough" Break		

TAKEDOWNS / MAT RETURNS	COMPLETED	TEST
Body Lock Takedown		
Single Leg Run the Pipe		
Single Leg to Back Take		
Double Leg Takedown		
Standing Guillotine Defense		
Heel Block Takedown (w/hip & knee grips)		
1-Leg Forward Shin Drive		

MOUNT	COMPLETED	TEST
Low Mount Control		
S-Mount Transition		
Armbar		
Americana		
Cross Choke		
Ezekiel Choke		
Double Bump Trap & Roll Escape		
Elbow Mount Escape		

BACK / TURTLE	COMPLETED	TEST
Rear Naked Choke		
Bow & Arrow Choke		
Bow & Arrow to Armbar		
Flat Back Escape		
2-on-1 Arm Isolation Escape		
Big Boy Roll		
Clock Choke		
Loop Choke		
Go Behind + Back Pack Back Take		

SIDE CONTROL	COMPLETED	TEST
Breadcutter Choke		
Mounting Tight		
Far Side Kimura		
Far Side Armbar		
Bump & Reguard		
Bump & Single Leg		
Headlock Escape via Bridge to Armbar		
Headlock Escape via Back Take		

FUNDAMENTAL MOVEMENTS	COMPLETED	TEST
Top Foot Shrimp		
Bottom Foot Shrimp		
Technical Standup		
Backward Breakfall		
Front Roll Breakfall		
Side Breakfall		

NOTES: