

My BJJ Techniques Checklist

White Belt to Blue Belt (Fundamentals)

Hierarchy	Position	Technique	Skill Level		
			1	2	3
	Back Control (Bottom)	Weak side back-to-mat escape			
		Strong side baseball bat grip escape			
		Butt scoop escape			
	Mount (Bottom)	Upa / bridge and roll escape			
		Elbow-Knee escape			
	Side Control (Bottom)	Hip escape guard replacement			
		Backdoor escape			
	Inside Guard	Over-under guard pass			
		Knee slice			
		Bullfighter guard pass (Toreando)			
	Half Guard (Bottom)	Under-hook back take			
		Foot sweep			
	Half Guard (Top)	Foot-wedge guard pass			
		Hip-switch guard pass			
	Full Guard	Arm-drag back take			
		Scissor sweep			
		Hip bump sweep			
		Cross collar choke			
		Arm bar			
		Triangle choke			
		Kimura			
		Guillotine			
	Side Control	Knee slice to mount			
		Kimura			
		Americana			
		Head-arm triangle choke			
	Mount	Back take			
		Cross collar choke			
Americana					
Arm bar					
Back Control	Rear naked choke				
	Doorbell choke				
	Bow and arrow choke				
	Arm bar				