Grappling Drilling Chart

Name:		
Date Started:	-	
Date Started.		8

2 CF

Instructions:

- 1. Choose a technique from any category.
- 2. Perform 10 repetitions of the chosen technique from each specified position (if applicable).
- 3. Mark off one box each time you complete 10 repetitions.
- 4. Continue until all 10 boxes for each position variation of that technique are marked off.
- **5.** Once all boxes are marked off, you will have completed 100 repetitions of that technique from each position.

This chart helps track progress and ensures a structured approach to drilling key grappling techniques from various positions.

You can print this chart and use a pen or marker to keep track of your reps.

Top Submissions

Technique / Japanese Name	Position(s)	Reps
Rear Naked Choke / Hadaka jime	Back control	000000000
Guillotine / Mae Hadaka jime	Guard	
	Standing	
Arm Triangle / Kata gatame	Mount	
	Side Control	
	Guard	
Armbar / Juji Gatame	Mount	
	Guard	
	Side Control	
	Knee on Belly	
Triangle Choke / Sankaku jime	Guard	
	Mount	
Kimura / Gyaku ude garami	Guard	
	Side Control	
	North-south	
D'Arce Choke	Side Control	

Top Guard Passes

Technique	Position(s)	Reps
Knee Slice	Guard	000000000
Toreando Pass	Guard	
Leg Drag	Guard	
Double Under Pass	Guard	000000000

Top Positional Escapes

Technique	Position(s)	Reps
Mount Escape (Trap and Roll)	Mount	000000000
Mount Escape (Elbow Escape)	Mount	000000000
Side Control Escape (Shrimp to Guard)	Side Control	000000000
Side Control Escape (Bridge to Elbow Post)	Side Control	000000000
Side Control Escape (Underhook to Back)	Side Control	
Knee on Belly Escape	Knee on Belly	000000000
Back Escape	Back Control	

Top Submission Escapes

Technique	Reps
Rear Naked Choke Escape	
Guillotine Escape	
Arm Triangle Escape	
Armbar Escape	
Triangle Choke Escape	
Kimura Escape	
D'Arce Choke Escape	