

#1: STANDING PLAN

Q1: What grip do you try to set up at the start of a match?

Grip:

Q2: What's your primary takedown and where do end up?

Take Down:

End Position:

Q3: From that grip how do you pull guard and which guard do you end in?

Guard Pull:

Guard:

Q4: How does your opponent commonly get defend / taken down from that grip?

Defend:

STANDING PLAN: Example

Q1: What grip do you try to set up at the start of a match?

Grip: Left hand collar and right hand sleeve

Q2: What's your primary takedown and where do end up?

Take Down: Single Leg on their left leg.

End Position: Crazy dog or leg weave

Q3: From that grip how do you pull guard and which guard do you end in?

Guard Pull: Tomoe Nage

Guard: Collar & Sleeve

Q4: How does your opponent commonly get defend or take you down from that grip?

Defend: Single leg on my left leg which I counter with Uchi Mata or Sumi Gaeshi