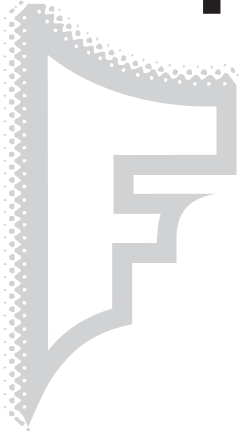


Rep Log



For Technique Examples refer to your rep deck example card.

For Basic Workout • Pick 3 Suits

- Takedown, Pass, Submit
- Escape, Sweep, Submit

For Intermediate Workout • Pick 3 Suits and add a submission to each suit

- Takedown-submit, Sweep-submit, Escape-submit

For Advanced Workout • Pick 3 Suits and Combo each suit.

For example, if your first attempt at your technique fails, follow up with a second technique

Submit Suit Example: (Armbar from Guard [pull arm out] Triangle Choke)

	technique	date/reps									
sweep											

	technique	date/reps									
submit											

escape	technique	date/ reps										

transition	technique	date/ reps										

takedown	technique	date/ reps										

pass	technique	date/ reps										

