

GAME PLAN

What are your opponent's grappling weaknesses?

Top: _____

Bottom: _____

Standing: _____

What are your opponent's grappling strengths?

Top: _____

Bottom: _____

Standing: _____

What are your opponent's striking weaknesses?

What are your opponent's striking strengths?

How will you expose and attack your opponent's grappling weaknesses?

Top: _____

Bottom: _____

Standing: _____

How will you defend and counter attack your opponent's grappling strengths?

Top: _____

Bottom: _____

Standing: _____

How will you expose and attack your opponent's striking weaknesses?

How will you defend and counter attack your opponent's striking strengths?

