

PERSONAL STRENGTHS & WEAKNESSES

The idea here is to identify your strongest positions and attacks and focus on refining them. Write down and practice the most effective set-ups to your attacks and the most common possible defenses to your attacks. Then you can drill the best way to counter and overcome those defenses. Your "Go-To" refers to your best move in that position. i.e. the highest percentage of finishing. NOT the "coolest" move that you'd like to learn. In competition we will try to get the match into our strongest positions or set-up our opponent for our best attacks.

GRAPPLING STRENGTHS:

1. What is your "Go-to" submission? Next to the techniques, write the best set-up for them.

Guard: _____

Top half guard: _____

Top Side Control: _____

Mount: _____

Back Mount: _____

Other: _____

2. What is your go-to sweep?

Guard: _____

Half guard: _____

Butterfly guard: _____

Other: _____

Other: _____

3. What is your go-to guard pass?

Guard: _____

Top half guard: _____

Butterfly guard: _____

Other: _____

Other: _____

4. What is your go-to takedown?

5. Other:

GRAPPLING WEAKNESSES:

Focus on the most common positions or submissions that should be stronger. Be honest and don't let this list throw off your confidence.

What are your weakest positions?

Top: _____

Bottom: _____

Standing: _____

STRIKING STRENGTHS:

STRIKING WEAKNESSES:

Now prioritize your weaknesses. Which is most important to work on? Least important?

Write down ways you can improve each of these weaknesses.

Notes:
