

Name _____ Height _____ Weight _____ Age _____ Result _____

Striking Distance

Jabs

Power Strikes

H
e
a
d

B
o
d
y

L
e
g
s

Clinch

Jabs

Power Strikes

H
e
a
d

B
o
d
y

L
e
g
s

Damage

- Light
- Medium
- Heavy

Knockdown

Takedown Shot

Lower Body Takedown

Upper Body Takedown

Slam

Slam

Slam

+ Half Guard

+ Side

Ground

Jabs

Power Strikes

Armbar

Shoulder/Wrist

+ Mount

+ Back

H
e
a
d

Kneebar

Ankle/Foot

- Half Guard

- Side

B
o
d
y

RNC

Guillotine

- Mount

- Back

Triangle

Arm Triangle

Standup

Sweep

L
e
g
s

Misc. Crank

Misc. Choke