

Name: _____

Date: _____

MMA

P Z H A V J C J U P P E R C U T W Q L C N Y N L
Y L P B N P B V D Q L C F V F V I R Y G A P B G
X B A V Z L Q I Q T I M J J C W V R L D A F T U
O F K H L F K S H O H P Q Z O E C K O O H Q C L
D D K U G P E D F P E P N A I B N C T F V I X G
M U C B U H E A D M O V E M E N T Z V U J D E R
X J W V H A U V K I N W J H F C K F W L W I T P
K T I D N D D P N E T M W W S O H B L L Z Z J Z
Q E L R W H E E L K I C K W J Q Y R D G M Y Y S
A L I J R Z D H T J C J I R E V N F I U D S U W
Z G P L O K A T K Y A C L T E U I L L A T H N H
K N J W U X P Y C B T F H K Q S W Z R R C L B Q
F A O X N D W S G H D O F W I S M D Q D K L F F
G I U J D D X E K T J O V Y C O A T A L P O M O
I R J T H X G I Q Z K T X A E R W M H S F D C M
P T P X O S C Z D W C W O D E C S V Q Z R I R E
D M I I U K S T B L D O L Q H N Z J M A V J O A
K R S V S B L S Q O B R K K X G M O U R F F R I
X A Q Z E I I R J M O K K L U F L G V E I M C F
D S N M K X Q G O N R J I F N F F L W S B C O Z
T H S M V I H U G G B Y M S F L R O R A L V W F
S S L A F C N Y O F P Q U J A N F C R O Y I P B
Z D W N P T Z V P Q Z S R H A S E F G Q Z R G Q
O J Y F N V G W J P T Y A I O U X S E G Q X U D

head movement

switch kick

armtriangle

half guard

full guard

wheel kick

roundhouse

foot work

omoplata

uppercut

kimura

armbar

mount

cross

hook

jab