



Name _____

UFC Grappling Techniques Word Search

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

Double leg takedown
 Single leg takedown
 Trip takedown
 Body lock
 Suplex

Hip toss
 Sprawl defense
 Guillotine choke
 Rear-naked choke
 Armbar

Kimura lock
 Triangle choke
 Ankle lock
 Heel hook
 Omoplata

