LOMA Armbar	Saguanca	1						
		l						notes
Technique	Notes	Date						
		reps						
Armbar from standing		time						
		reps						
Armbar from mount		time						
		reps						
Armbar from guard		time						
L		reps						
Belly down armbar		time						
		reps						
Armbar from turtle, head up		time						
		reps						
Armbar from turtle, head dwn		time						
		reps						
Armbar from triangle		time		-				
L		reps		-				
Far side armbar	from knee on belly	time						
		reps		-				
Back roll armbar	from loose armbar	time						
E		reps						
Forward roll armbar	against calf crush							
		reps						
Flying armbar		time						