

<b>STANDING</b>	LUNGES DRILL	DOUBLE LEG SHOT DRILL SOLO DRILL
<b>CLOSED GUARD</b>	PULLING TO CLOSED GUARD	PULLING CLOSED GUARD SHOOTING THE HIPS UP
<b>CLOSED GUARD</b>	ARMLOCK DRILL (FOOT ON THE HIP)	ARMLOCK DRILL (SWINGING HIPS)
<b>CLOSED GUARD</b>	OPENING THE GUARD DRILL	OPENING THE GUARD
<b>CLOSED GUARD</b>	CROSS CHOKE LINE DRILL	SIDE TO SIDE DRILL
<b>CLOSED GUARD</b>	TRIANGLE CHOKE SUBMISSION HUGGING THE LEG	SIMPLE TRIANGLE FROM OVERHOOK
<b>CLOSED GUARD</b>	BREAKING THE POSTURE OPENING BOTH ELBOWS - DRILL	OPENING BOTH ELBOWS WHEN OPPONENT TRIES TO OPEN THE GUARD ON HIS KNEES - DRILL
<b>CLOSED GUARD</b>	BREAKING THE POSTURE OPENING THE ELBOW - DRILL	SIT UP SWEEP DRILL
<b>SIDE CONTROL</b>	SWITCHING THE BASE	SWITCHING THE BASE TO ARMLOCK
<b>SIDE CONTROL</b>	GUARD RECOVER DRILL - SWITCHING HIPS	GUARD RECOVER DRILL - WITH HIP ESCAPE
<b>SIDE CONTROL</b>	HIP UP RECOVERY DRILL	HIP UP TO TURTLE RECOVERY DRILL

<b>MOUNT</b>	HIP ESCAPE (SOLO DRILL)	HIP ESCAPE (DRILL WITH STANDING PARTNER)
<b>MOUNT</b>	BASIC S MOUNT ENTRY	BASIC ARMLOCK ENTRY
<b>MOUNT</b>	BASIC KEYLOCK SUBMISSION	ARMLOCK FROM KEYLOCK
<b>MOUNT</b>	MOUNT POSITION	BASIC CROSS CHOKE
<b>MOUNT</b>	UPA SOLO DRILL	UPA WHEN OPPONENT HUGS THE HEAD
<b>MOUNT</b>	HIP PRESS ESCAPE	HIP PRESS VARIATION
<b>BACK</b>	SEAT BELT GRIP DRILL	REAR NAKED CHOKE WITH GABLE GRIP
<b>BACK</b>	SEAT BELT GRIP DRILL	USING THE HIPS TO CHANGE SIDES - DRILL
<b>BACK</b>	BACK DEFENSE REACTION DRILL	FRAMING AND BACK DEFENSE REACTION DRILL

<b>DOUBLE LEG</b>	<b>SPRAWL TO THE BACK</b>	<b>TAKING THE BACK PULLING THE HIPS</b>
<b>ARMLOCK WHEN PULLING CLOSED GUARD AND OPPONENT INSISTS ON HOLDING THE GI</b>	<b>DOUBLE ANKLE SWEEP FROM GUARD PULL</b>	
<b>BEGINNER ARMLOCK DRILL</b>	<b>ARMLOCK DRILL</b>	<b>ARMLOCK VS ARMPIT GRIP</b>
<b>OPENING THE CLOSED GUARD AND PASSING FROM HALF GUARD</b>	<b>OPENING THE CLOSED GUARD AND PASSING TOUREANDO</b>	
<b>CHOKE RANGE DRILL</b>	<b>UNDER CROSS CHOKE</b>	<b>CROSS CHOKE</b>
<b>SIMPLE TRIANGLE FROM OVERHOOK VARIATION</b>	<b>SETTING UP THE OVERHOOK TO TRIANGLE CHOKE</b>	
<b>BREAKING THE POSTURE WHEN OPPONENT HOLDS THE BELT WITH THE TOES ON THE MAT</b>	<b>KIMURA</b>	<b>KIMURA SUBMISSION</b>
<b>SIT UP SWEEP WHEN OPPONENT POSTURES BACK</b>	<b>SCISSOR SWEEP</b>	
<b>SWITCHING THE BASE TO ARMLOCK VARIATION</b>	<b>BREAKING THE GRIPS HUGGING LEG TO FINISH THE ARMLOCK</b>	
<b>BASIC HIP ESCAPE WITH FRAMES</b>	<b>MODERN HIP ESCAPE DRILL</b>	<b>MODERN HIP ESCAPE</b>
<b>RECOVERING GUARD WHEN THE PERSON IS IN FRONT OF YOU IN TURTLE</b>	<b>RUNNING ESCAPE</b>	<b>BONUS: ARMLOCK DEFENSE WITH HIP ESCAPE</b>

FRAME DRILL	BASIC HIP ESCAPE	HIP ESCAPE TRAPPING THE ANKLE
BASIC ARMLOCK ENTRY THEN BREAKING HAND TO HAND GRIPS	ARMLOCK FROM GRIP KEYLOCK	ARMLOCK FROM KEYLOCK GRIP THEN BREAKING BICEP GRIP
KEYLOCK		
CROSS CHOKE		
DEFENDING AGAINST PUNCHES THEN DOING THE UPA TO COME UP ON TOP	DEFENDING THE CROSS CHOKE TO UPA	UPA VARIATION
BREAKING GRIPS FROM LOW MOUNT	EZEQUIEL CHOKE	
REAR NAKED CHOKE MECHANICS	REAR NAKED CHOKE UP SET	REAR NAKED CHOKE ADVANCED SET UP
USING THE FOOT TO CHANGE SIDES - DRILL	RETAKE THE BACK WHEN OPPONENT GETS HIS BACK TO THE MAT	ARMLOCK FROM THE BACK
USING THE FEET TO CHANGE SIDES - DRILL	BACK ESCAPE DRILL	BACK ESCAPE TO SINGLE LEG