

STANDING	SPRAWL
STANDING	SINGLE LEG ENTRY DRILL
STANDING	COLLAR DRAG TAKEDOWN
CLOSED GUARD	SLEEVE DRAG SWEEP
CLOSED GUARD	DEFENDING AGAINST THE LAPEL ON THE ARMPIT
CLOSED GUARD	OVERHOOK SET UP
CLOSED GUARD	BREAKING THE POSTURE TO SHOULDER CLAMP
CLOSED GUARD	OPENING THE GUARD
HALF GUARD	HALF GUARD POSITION AND UNDERHOOK DRILL
HALF GUARD	SLEEVE DRAG VS KNEE GRIP
HALF GUARD	GETTING RID OF THE SHIELD KNEE
HALF GUARD	HIP SWITCH TO PREVENT GUARD RECOVER
HALF GUARD	RECOVERING TO CLOSE GUARD

HALF GUARD	SWITCHING THE HIPS TO THE KNEE SHIELD	CLEAR
HALF GUARD	SWITCHING THE HIPS TO THE KNEE SHIELD	CLEAR
OPEN GUARD	TOUREANDO DRILL	
OPEN GUARD	HIP CONTROL PASSING DRILL	
OPEN GUARD	TRIPOD HOOK DRILL	
OPEN GUARD	BREAKING KNEE GRIPS DRILL	
SPIDER GUARD	BUS DRIVER SWEEP	
SPIDER GUARD	SPIDER DRILL	
SPIDER GUARD	BREAKING THE LASSO GRIP	
ONE LEGGED X	OLX ENTRY DRILL	
ONE LEGGED X	OLX TRIPOD SWEEP	
ONE LEGGED X	OLX ENTRY DRILL	
X-GUARD	BELT GRIP HOOK SWEEP	

X-GUARD	X-GUARD ENTRY DRILL
X-GUARD	KICKOUT PASS
SIDE CONTROL	MOUNTING TRAPPING THE LEG
SIDE CONTROL	KIMURA SET UP
SIDE CONTROL	GIFT WRAP GRIP DRILL
KNEE ON BELLY	KNEE ON BELLY FROM HIP ESCAPE
KNEE ON BELLY	KNEE ON BELLY BASIC ESCAPE
BACK	OBTAINING THE CROSS COLLAR GRIP FROM THE BACK
BACK	ARMLOCK FROM THE BACK
BACK	RECOVERING TO CLOSE GUARD FROM TURTLE POSITION (OPPONENT ON MY SIDE)

ARM IN GUILLOTINE DOUBLE LEG	FROM	ARM IN GUILLOTINE DEFENSE
SINGLE LEG TAKEDOWN		SINGLE LEG DUMP
COLLAR DRAG TO SINGLE LEG TAKEDOWN		COLLAR DRAG SWEEP
SLEEVE DRAG TO THE BACK		SLEEVE DRAG GRIPS ARMLOCK
ARMLOCK VS LAPEL THE ARMPIT	ON	ARMLOCK DEFENSE
OVERHOOK TRIANGLE		TRIANGLE SUBMISSION
OMOPLATA		OMOPLATA SUBMISSION
CATUCADA		CATUCADA SWEEP DEFENSE
LEG SUPER HOOK		UNDERHOOK TO THE BACK
SLEEVE DRAG VS LAPEL GRIP		SLEEVE DRAG VS HIPS POST
TRIPOD TO 3/4 MOUNT		MOUNTING FROM MOUNT 3/4
POKING THE KNEE TO MOUNT	3/4	MOUNTING FROM 3/4 MOUNT WHEN OPPONENT FRAME HIPS
RECOVERING TO CLOSE VARIATION	GUARD	RECOVERING HALF GUARD FROM HIP SWITCH

PASSING WHEN OPPONENT ATTEMPTS TO BRIDGE	PASSING FROM HIP SWITCH
KNEE CUT POSITION	KNEE CUT PASS WITH DOUBLE UNDERHOOKS
TOUREANDO PASS	DOUBLE UNDER POSITION
OVER UNDER ENTRY DRILL	OVER UNDER PASS
TRIPOD SWEEP	TRIPOD SWEEP VARIATION
X PASS	ANCHOR HAND
BUS DRIVER SWEEP TRIANGLE TO	TRIANGLE ESCAPE (CROSSING FEET OVER)
LASSO SWEEP	CATAPULT SWEEP
SPIDERWEB PASS	BREAKING THE SPIDER LASSO
OLX DRILL	OLX DOUBLE ANKLE SWEEP
OLX TRIPOD SWEEP TO ANKLE LOCK	ANKLE LOCK DEFENSE TO LEG DRAG
OLX DRILL	MOUNTING WITH HIP SWITCH
TECHNICAL STAND UP SWEEP	TECHNICAL STAND UP FROM BELT GRIP HOOK SWEEP

X-GUARD POSITION DRILL	TRIPOD SWEEP	
X-GUARD POSITION DRILL	KICKOUT PASS VARIATION	
MODIFIED LEG WEAVE	ARMLOCK HOOKING THE SHOULDER	
KIMURA SET UP AND BREAK	GRIP KIMURA SUBMISSION	
OBTAINING GIFT WRAP GRIP	KATAGATAME FROM WRAP POSITION	GIFT
KNEE ON BELLY	KNEE ON BELLY TO MOUNT	
KNEE ON BELLY ESCAPE	KNEE ON BELLY ESCAPE TO SINGLE LEG POSITION	
FINISHING THE CROSS COLLAR CHOKE FROM THE BACK	BOW AND ARROW CHOKE	
SEATED ARMLOCK DEFENSE AND ESCAPE	ISOLATING THE ATTACKING ARM AND ESCAPING THE BACK	
RECOVERING GUARD FROM TURTLE POSITION (OPPONENT ON BEHIND WITH NO GRIPS)	RECOVERING TO X-GUARD FROM THE TURTLE POSITION	

DARCE CHOKE
ARM OUT GUILLOTINE

ARMLOCK ESCAPE	
OVERHOOK CHOKE	OVERHOOK CHOKE TO TRIANGLE
OMOPLATA DEFENSE TO SIDE CONTROL	OMOPLATA ESCAPE STANDING

UNDERHOOK SWEEP WHEN OPPONENT OVERHOOK
SLEEVE DRAG TO CLOSED GUARD RECOVERY

SIDE PASS FROM 3/4 WHEN OPPONENT FRAME HIPS

**REACHING 3/4 MOUNT FROM
HIP SWITCH**

DOUBLE UNDER PASS

OVER UNDER TO HALF GUARD

X PASS VARIATION

TRIANGLE VS COMBAT BASE

SPIDER LASSO PASS

SPIDER LASSO PASS VARIATION

OVERHEAD SWEEP

**ANKLE LOCK DEFENSE TO LEG
DRAG PASS**

LONG STEP PASS FROM OLX

X-GUARD BACK TAKE

HITCHHIKE ESCAPE

ARMLOCK FROM KIMURA

FINISHING THE KATAGATAME

KNEE ON BELLY ARMLOCK

**KNEE ON BELLY ESCAPE TO SINGLE
LEG SWEEP**

**KNEE ON BELLY ESCAPE TO SINGLE
LEG SWEEP VARIATION**

**TECHNICAL STAND UP SWEEP AFTER
RECOVERING TO X-GUARD FROM
THE TURTLE POSITION**