

STANDING	GRIP BREAK COUNTER TO THE BACK	BODYLOCK ESCAPE
CLOSED GUARD	JUMPING CLOSED GUARD	BODYLOCK TAKEDOWN FROM GUARD JUMP
CLOSED GUARD	BREAKING THE POSTURE TO SHOULDER CLAMP	OMOPLATA
HALF GUARD	FEEDING THE LAPEL AND KNEE CUT PASS	BRABO CHOKE
HALF GUARD	LEG PUMMEL TO PASS SMASH	LEG PUMMEL VARIATION TO SMASH PASS
DEEP HALF	DEEP HALF ENTRY (LEG) (FAR)	HOMER SIMPSON SWEEP
DEEP HALF	DEEP HALF ENTRY FROM UNDERHOOK	PASSING THE DEEP HALF STEPPING OVER
REVERSE HALF	COUNTERING THE HG SINGLE LEG WITH A STEP OVER TO REVERSE HALF	REVERSE HALF PRESSURE PASSING
LONG STEP	STEPPING INTO HALF GUARD FROM OPEN GUARD (DRILL)	STEPPING INTO HALF GUARD VARIATION DRILL
REVERSE DE LA RIVA	LEG PUMMEL DRILL	SPINNING THE WHEEL PASS
DLR (SHALLOW)	GETTING TO DLR FROM OPEN GUARD	PULLING AND GETTING TO DLR FROM OPEN GUARD
DLR (SHALLOW)	STEP OVER DRILL	STEP OVER TO LEG WEAVE
DLR (SHALLOW)	LEG DRAG WARM UP DRILL	LEG DRAG WITH SIMPLE PASS

DLR (PANT GRIP)	PANT GRIP SWEEP KICKING THE LEG	PANT GRIP DLR TO OLX
DLR (UNDERHOOK)	UNDERHOOK DLR DOUBLE ANKLE SWEEP	UNDERHOOK DLR STEP OVER COUNTER
DLR X	DLR X ENTRY DRILL	DLR X SWEEP
50/50	RECOVERING TO 50/50 WHEN OPPONENT IS PASSING WITH THE KNEE ON BELLY - DRILL	50/50 SWEEP VS STANDING PARTNER
OLX	OLX DRILL	OLX CROSS ARM SWEEP
COLLAR AND SLEEVE	COLLAR SLEEVE TRIANGLE VS OPPONENT ON BOTH KNEES	COLLAR SLEEVE OMOPLATA VS OPPONENT IN COMBAT BASE
SPIDER GUARD	TOUREANDO PASS FROM SPIDER	STACKING TO THE BACK FROM SPIDER
OPEN GUARD	SIT UP GUARD DRILL ENTRY	SIT UP GUARD LAPEL SLEEVE SWEEP PUSHING THE LEG
OPEN GUARD	COLLAR/PANT PASS DRILL	COLLAR/PANT PASS VARIATION DRILL
OPEN GUARD	DOUBLE UNDER DEFENSE BREAKING THE GRIPS	DOUBLE UNDER DEFENSE: BREAKING THE GRIPS TO ATTACK THE TRIANGLE
OPEN GUARD	REVERSE TRIANGLE CHOKE (SIDE CONTROL DEFENSE)	KIMURA FROM REVERSE TRIANGLE (SIDE CONTROL DEFENSE)
SIDE CONTROL ESCAPE	KUZURE KEZA GATAME ESCAPE	USHIRO KEZA GATAME ESCAPE TO THE BACK
NORTH/SOUTH ESCAPE	NORTH SOUTH HIP ESCAPE	NORTH SOUTH ESCAPE TO THE BACK

TURTLE ATTACKS	TAKING THE BACK PULLING THE HIPS	PUTTING THE TOP HOOK IN WHEN OPPONENT STAYS TIGHT
EXTRA	INSTRUCTORS CHOICE	INSTRUCTORS CHOICE
EXTRA	INSTRUCTORS CHOICE	INSTRUCTORS CHOICE
EXTRA	INSTRUCTORS CHOICE	INSTRUCTORS CHOICE

STEVE WONDER GRIP BREAK TO THE BACK	KATAGURUMA	SASAE TSURI KOMI ASHI
BODYLOCK TAKEDOWN FROM CLOSED GUARD	OVERHEAD SWEEP	MERMAID SWEEP
OMOPLATA SUBMISSION	OMOPLATA CRUCIFIX	
BRABO CHOKE VARIATION	BRABO CHOKE GRIP PASS VS BACK FLAT	BRABO CHOKE PASS AND SUBMISSIONS
SMASH PASS VARIATION	SMASH PASS COUNTER TO BUTTERFLY HOOK SWEEP	
HOMER SIMPSON TO THE BACK	FAR SIDE DEEP HALF COUNTER TO CRUCIFIX	FAR SIDE DEEP HALF COUNTER TO CRUCIFIX LAPEL CHOKE
WAITER SWEEP	WAITER SWEEP TO THE BACK	
REVERSE HALF UNDERHOOK TO KNEE CUT POSITION	REVERSE HALF LAPEL/PANT SWEEP	REVERSE HALF LAPEL/PANT SWEEP VARIATION TO THE BACK
LONG STEP PASS	LONG STEP PASS FROM HALF GUARD WITH LASSO	LONG STEP PASS FROM HALF GUARD WITH LASSO VARIATION
SPINNING THE WHEEL PASS VARIATION	SHIN TO SHIN PASS CLEARING THE REVERSE DLR HOOK	REVERSE DLR SET UP
COUNTERING THE OVER STEP	DLR HOOK CONCEPT	SIDE TILT SWEEP
LEG WEAVE PASS	TOUREANDO PASS FROM DLR	
LEG DRAG PASS	LEG DRAG DEFENSE	BABY BOLO

PANT GRIP DLR OLX SWEEP	TO	MARANGONI SWEEP	
UNDERHOOK DLR TAKE	BACK		
DLR X SWEEP VARIATION		OPENING THE GUARD POKING THE KNEE THROUGH	DEEP DLR SWEEP WITH THE FOOT ON THE BICEPS
50/50 BACK TAKE VS STANDING PARTNER		50/50 SWEEP	GRIPPING INSIDE THE FOOT AND PASSING TO KNEE ON BELLY FROM 50/50
ANKLE LOCK SUBMISSION FROM OLX CROSS SWEEP	ARM	ESCAPING THE ANKLE LOCK AND MOUNTING	BELLY DOWN ANKLE LOCK
SLINGSHOT TRIANGLE		COLLAR/SLEEVE OMOPLATA VS OPPONENT STANDING TUCKING ELBOW IN	TRANSITIONING TO HEADQUARTERS FROM COLLAR/SLEEVE
FLIPPING OPPONENT TO HIS KNEES FROM DOUBLE UNDER		SPIDER LASSO DRAG PASS	LEG TRIANGLE FROM SPIDER
SIT UP GUARD LAPEL SLEEVE TO THE BACK		SIT UP GUARD LAPEL SLEEVE TO SINGLE LEG	SIT UP GUARD LAPEL SLEEVE TO SINGLE LEG TAKEDOWN
COLLAR/PANT PASS SPIN VARIATION		SIT UP GUARD TRANSITION FROM DLR	SIT UP GUARD TO BELT GRIP SINGLE LEG
DOUBLE UNDER DEFENSE: RECOVERING THE GUARD WHEN GRIPPING THE BELT		DOUBLE UNDER DEFENSE: TRIANGLE ATTACK WHEN GRIPPING THE BELT	DOUBLE UNDER DEFENSE: TRIANGLE ATTACK VARIATION WHEN GRIPPING THE BELT
KEYLOCK FROM REVERSE TRIANGLE (SIDE CONTROL DEFENSE)		HALF GUARD OVER UNDER COUNTER TO REVERSE TRIANGLE	OVER UNDER COUNTER WITH ARM DRAG
USHIRO KEZA GATAME ESCAPE TO THE MOUNT		SCARF CHOKE	
ARMLOCK COUNTER ATTACK VS THE KIMURA		BREAD AND BUTTER CHOKE	

CLOCK CHOKE	CLOCK CHOKE TO BOW AND ARROW VARIATION	PUTTING A HOOK ON TURTLE AND TAKING THE BACK
INSTRUCTORS CHOICE	INSTRUCTORS CHOICE	INSTRUCTORS COICE
INSTRUCTORS CHOICE	INSTRUCTORS CHOICE	INSTRUCTORS COICE
INSTRUCTORS CHOICE	INSTRUCTORS CHOICE	INSTRUCTORS COICE

SASAE TO MODIFIED OTOSHI	TAI	FAKE PULL TAKEDOWN
DOUBLE ANKLE SWEEP		OPEN GUARD ATTACKS: OVERHEAD/MERMAID/DOUBL E ANKLE SWEEP
REVERSE DLR TO THE BACK		REVERSE DLR BACKTAKE
SIDE TILT SWEEP VARIATION		
BABY BOLO VARIATION		

DLR X SWEEP FROM COMBAT BASE	
UNLOCKING THE LEGS AND GRIPPING INSIDE THE FOOT TO PASS FROM THE 50/50	
BELLY DOWN ANKLE LOCK TO TOE HOLD	
HIP SMASH PASS FROM COLLAR/SLEEVE	
COMING UP ON THE SINGLE LEG WHEN YOUR OPPONENT DOESN'T LET YOU FEED THE SLEEVE ON THE SIT UP GUARD	
BELT GRIP SINGLE LEG ROCKING UP SWEEP	CIRCLING THE LEG OUT OF THE SIT UP GUARD AND PASSING WITH A LONG STEP
DOUBLE UNDER DEFENSE: TRIANGLE ATTACK VARIATION WITH STRAIGHT ARMBAR	

BODY TRIANGLE ESCAPE (BONUS)	
INSTRUCTORS CHOICE	INSTRUCTORS CHOICE
INSTRUCTORS CHOICE	INSTRUCTORS CHOICE
INSTRUCTORS CHOICE	INSTRUCTORS CHOICE