

1. Tie The Belt

2. Roll Forward

3. Roll Backward

4. Bridge (UPA)

5. Teeter Totter

6. Four Points Base

7. Elbow Escape Movement (3 Options)

8. Stand up in Base

30. Basic Armlock Movement

67. Front Bear Hug Defense (Arms Pinned)

70. Front Bear Hug Defense (Arms Free)

72. Rear Bear Hug Defense (Opponent Lifts You Up)

47. Rear Bear Hug Defense (Arms Pinned)

63. Standing Headlock Defense (Lift Opponent)

65. Standing Rear Naked Choke Defense (Flip Opponent)

66. Standing Headlock Punch Defense

73. Standing Rear Naked Choke Defense

44. Standing Guillotine Choke

28. Basic Cross Choke

45. Standing Guillotine Choke Defense (Hands on Knees)

46. Standing Guillotine Choke Defense (Buckle the Knee)

15. Round House Punch Defense

16. Straight Punch Defense

17. Front Kick Defense

18. Low Kick Defense

19. High Kick Defense

88. Standing Hair/Ear Grab Defense

12. One-Hand Lapel Grab Defense (Straight Arm)

13. One-Hand Lapel Grab Defense (Bent Arm)

14. One-Hand Lapel Grab Defense (Bent Wrist)

76. Two-Handed Lapel Grab Defense

9. Two-Handed Choke Defense

10. Same Side Wrist Grab Escape

64. Overhead Club Defense (Close the Distance)

71. Neck Defense (Pinned to Wall – One Hand)

11. Two-Hand Wrist Grab Escape

83. Close the Gap

86. Bajana (Double Leg Takedown)

20. T-Position Hip Throw

21. T-Position Leg Throw

22. T-Position Throw from Behind (Sitting Down)



