



Self Defense

23. Shoulder Grab (Bent Arm)

24. Shoulder Grab (Straight Arm)

25. Lapel Grab With Both Hands

30. Two Hands Against Wall Defense

28. Both Hands Grab from Behind

27. Standing Guillotine Defense

29. Standing Head Lock Defense (Taken to Ground)

26. Defense Against Front Thrust Kick

45. Knife Stab Defense

46. Overhead Knife Stab Defense

Half Guard

54. Half Guard to Cross Body

56. Pass Half Guard to Mount

18. Half Guard to Half Mount (Leg Straight)

19. Half Guard to Half Mount (Leg Bent)

20. Half Guard to Half Mount (Holding the Belt)

Back

52. Foot Lock from Back Mount (Feet Crossed)

North South

55. Escape from North South (Knees Under Armpits)

87. North South Position Fishing to Guard

83. North South Escape to Choke

85. North South to Back

86. North South Escape to Armlock

84. North South Escape (Foot in Belt)

43. North South Foot Lock

Guard

- 3. Push Sweep from Scissors
- 5. Arm Inside Sweep
- 6. Arm Inside Sweep to Armbar
- 15. Sweep from Guard (Holding the Knee)
- 18. Sweep from Guard (Hand on Knee)
- 13. Sweep from Guard (Spider Guard)
- 7. Sweep from Seated Guard
- 16. Sweep from Guard (Stand in Base - Holding the Belt)
- 17. Sweep from Guard (Stand in Base - Holding the Collar)
- 51. Guard to Back
- 22. Sweep to Mount and Choke

- 40. Triangle Choke to Armbar
- 34. Omo Plata
- 31. Under Arm Collar Choke from Guard
- 62. Arm Trapped Armlock (Hand on Lapel)
- 64. Shoulder Lock from Guard
- 60. Choke from Guard (Holding your Elbow)
- 88. Choke from Guard (Using Gi)
- 57. Head & Arm Choke from Guard
- 63. Squeeze the Bread (Both Hands)

Guard Standing

- 4. Handstand Sweep
- 42. Knee Bar from Guard
- 14. Star Sweep
- 11. Hook Sweep from Guard
- 10. Scissor Sweep Standing from Guard
- 1. Double Ankle Grab Sweep
- 2. Both Hands on Ankle Sweep to Armlock
- 8. Overhead Sweep
- 12. Kick over Sweep (Balloon)
- 53. Helicopter Armbar
- 9. Leg Pinching Sweep
- 61. Double Armlock

Passing Guard

- 33. Achilles Ankle Lock (Passing Guard)
- 41. Ankle Lock When Passing Guard (Stacking)
- 44. Ankle Lock from Open Guard
- 59. Knee Bar from Passing Guard
- 70. Counter to Kimura

