

Technique Block A

Closed Guard Bottom:

Arm Drag to back – Dropped Elbows Variation

Arm Drag to back – Overwhelm variation

Closed Guard Top:

Stand and Open – Standard Variation w/ sit up test

Stand and Open – With Cross Grip Strip w/ sit up test

Stand and Open – Hand in the collar Variation (Pick opponent up)

Half Guard Bottom:

Knee Shield to closed guard recovery with cross grip

Knee Shield to hip bump sweep

Half Guard Top:

Modified Roger Gracie Pass to mount

Side Control Top:

Leg Lace to mount – Standard Variation

Mount:

Cross choke attack sequence (starting in low mount)

Straight Jacket Grips to back

Back:

Bow and arrow choke (with grip fighting plan)

Straight Jacket Grips to Mount

Defense:

Half guard reset from being smashed from bottom half guard

Half guard reset from bottom side control as they attempt to mount