Watershed Brazilian Jiu Jitsu Fundamentals 

**Self Defense**

**Stand in Base (Technical Standup)**

* Kick into Base
* Manage Distance with Open Guard

**Dive and Clinch (w/Kick Option)**

**Clinch / Headlock Defense Options**

* Hammerlock
* O Goshi
* Lateral Drop (Roll Through)
* Rear Sweep (Tani Otoshi Variant)
* Body Drop

**Headlock / Kesa Gatame Escapes**

* Bridge and Roll
* Frame to Knees
* Hook Leg

**Kazure Kesa Gatame Escapes**

* Knee to Elbow
* Bump to Underhook

**Grip Breaks (Gi and No Gi)**

* Sleeve Pull (w/ palm grab variation)
* Draw the Bow
* Knee Strip
* Duck Under Grip Break
* Wrist Grab Defense (Same Side, Cross Side)
* Double Wrist Grab Defense (High, Low)
* Two on One Wrist Grab Defense (w/ Angry Kicking Child Variation)

**Standing Front Defense (Two Handed Murder Choke)**

* Step into Base
* O Goshi
* Two Handed Front Choke Defense: Hammer Lock

**Standing Front Defense (Single Collar Grabs)**

* Hammer Lock
* Dirty Folding Wrist Lock
* Heart of Doom
* Turning Arm Lock

**Standing Front Defense (Double Collar Grabs)**

* Arm Wrap - O Soto Gari Variant
* Hands Together Grip Break – Elbow

**Shoulder Grab Defense**

* Bent Arm
* Straight Arm

**Standing Rear Choke Defense**

* Hip Throw (Seoi Nage Variant)
* Turning O Soto Gari Variant
* Sidestep Kata Guruma Variant
* Palm Turn (Rear Murder Choke Defense)

**Guillotine Defense**

* Knee Tap
* Sit Through

**Front Bear Hug Defense**

* Frame / Chin Push Options (Arms Under)
* Hip Frame to O Goshi (Arms Over)

**Rear Bear Hug Defense**

* Leg Pick w/Lift Option (Arms Under)
* Sidestep Sukui Nage Variant

**Chest Push Defense**

* Wrist Lock

**Tackle Defense**

* Elbow
* Knee

**Wall Defense**

* Pull my Finger (Two-Hand Wall Murder Choke Defense)
* Hand Slap to Elbow
* Turning to Knee Strike (Wall Pin Defense)
* Step Over to Back (Wall Back Defense)
* Single Leg Dump

**Takedowns**

**Breakfalls**

* Forward
* Backward
* Side

**O Goshi**

**Koshi Guruma**

**Seoi Nage**

* Drop Seoi Nage

**O Soto Gari**

**Ko Uchi Gari**

**O Uchi Gari**

**Single Leg**

* Shots
* Sweep (Trip)
* Snatch (Run the Pipe)
* Heisman Defense

**Double Leg**

* Shots
* OG
* Blast
* Sprawl

**Closed Guard Sweeps**

**Scissor Sweep**

* OG
* Leg Push
* Mike Casey Variation

**Pendulum Sweep**

**Flower Sweep**

**Hip Bump Sweep**

**Closed Guard Submissions**

**Arm Bar**

* OG 5-Point
* Backdoor
* White Belt (Hip Switch)
* Reverse Arm Bar (Shorty)
* Belly Down Arm Bar

**Triangle**

**Omoplata**

**Kimura**

**Guillotine**

**Collar Chokes**

* Cross Collar (Thumb Up/Down)
* Pile Choke

**Guard Passing**

**Standing**

* Bull Fighter (OG and Shoulder Smash)
* Leg Drag
* X Pass
* C’mon Man (Fun Pass)

**Combat Base**

* Knee Cut
* Knee Slice
* Stack

**Mount Attacks**

**Gymnast Arm Bar**

**Keylock**

**Arm Triangle**

**Ezekial Choke**

**Collar Chokes**

* Cross Collar (Thumb Up/Down)
* Pile Choke
* Rainbow of Pain
* Punch Coke

**Transition to S-Mount and Technical Mount**

**Mount Escapes**

**Trap and Roll**

**Elbow Escape**

* Rake
* Shovel

**Hydrolic Escape**

**Back Mount Attacks**

**Mata Leao (RNC)**

* OG
* Palm Up (Gable Grip)

**Single Wing Choke**

**Sliding Collar Choke**

**Bow and Arrow Choke**

**Arm Bar**

**Back Mount Escapes**

**Lean Forward and Pull the Feet (Catapult)**

**Home Alone to Scoot Down/Straight Leg (Saulo Style)**

**Overhook Side: Pull arm Over**

**Underhook Side: The Finger Point**

**Side Control Attacks**

**Paper Cutter Choke**

**Baseball Bat Choke**

**Key Lock**

**Kimura**

**Straight Arm Bar**

**Transition to Knee on Belly**

**Transition to North/South**

* North/South Choke

**Side Control Escapes**

**Knee to Elbow (Top and Bottom Legs)**

* Good Frames
* Arm on Other Side of Head

**Backdoor (Ghost)**

**Tricep Push and Roll**

**Heavy Pressure Escape (Load on Hips, Push Head)**

**Knee on Belly Attacks**

**Near Side Arm Bar**

**Walkaround Arm Bar**

**Far-side Arm Bar (Shorty)**

**Baseball Bat Choke**

**Knee on Belly Escapes**

**Near Elbow or Far Arm Frame and Hip Escape**

**Shin Wrap**

**Bridge to Half guard**

**Stiff Arm to Ankle Pick**

**Turtle Attacks**

**Clock Choke**

* OG
* Elbow Variation

**Transition to the Back Mount**

* Knee Chalk
* Seatbelt Roll

**Foot Locks**

**Straight Ankle Lock**

**Belly Down Ankle Lock**

**Put on the Boot Defense**