



Fundamentals Class

Technique List

Mount Escapes

- Trap & Roll
- Elbow Escape
- Hook Removal

Mount Controls

- High & Low Swim
- Anchor & Base
- Modified Mount

Mount Submissions

- Americana Armlock
- Straight Armlock
- Cross Choke

Mount Submission Counters

- Americana Armlock
- Straight Armlock
- Cross Choke

Side Control Escapes

- Bridge & Recover
- South Underhook Escape
- Headlock Escape

Side Control Controls

- Modified Side Control
- Knee on Stomach
- Knee Drive Mount Transition

Side Control Submissions

- Americana Armlock
- Kimura
- Elbow Cup Armbar

Side Control Submission Counters

- Americana Armlock
- Kimura
- Elbow Cup Armbar

Closed Guard Sweeps

- Scissor Sweep
- Elevator Sweep
- Double Ankle Grab

Closed Guard Passes

- Double Underhook Pass
- Front Side Pass
- Back Side Pass

Closed Guard Submissions

- Straight Armlock
- Triangle Choke
- Kimura

Closed Guard Submission Counters

- Straight Armlock
- Triangle Choke
- Kimura

Open Guard | Half Guard Bottom

- Back Take
- Whizzer Roll
- Ankle Pick

Open Guard | Half Guard Top

- Tripod Pass
- Sitting Pass
- Tripod Transition

Open Guard | Butterfly Guard

- Standard Butterfly Sweep
- Leg Trap Pass
- Mermaid Pass

Open Guard | Spider Guard

- Spider Guard Setup
- Spider Scissor Sweep
- Bullfighter Pass

Open Guard | X-Guard

- X-Guard Setup
- Ankle Pick
- Shin Hook

Open Guard | De La Riva Guard

- De La Riva Guard Setup
- Hook Sweep
- Sit Up Sweep

Back Control Attacks

- Rear Naked Choke
- Lapel Chokes
- Back Take

Back Control Defenses

- Early Escape
- Frame Escape
- Lapel Choke Defense

Back Control Other | Turtle & Crucifix

- Turtle Concepts
- Crucifix Concepts
- Back Control Connections