

STUDENT NOTES

FORCE OPTIONS GROUND SURVIVAL LEVEL 2



Master James Halman

FORCE OPTIONS SELF-DEFENSE 400 Block Muskegon Ave Whitehall, MI

GROUND SURVIVAL FUNDAMENTALS LV-2

DEFENSE AGAINST TAKEDOWNS

Single Leg x1	Rear Body slam x1	Escape from Rear Grab x1
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ESCAPING THE MOUNT

Escaping the Full Mount	1 Technique
Escaping the Basic Mount	3 techniques

REVERSAL ESCAPING FROM THE GUARD (1-5)

Scissor sweep reversal	4 techniques
Reversal side mount finish	1 Technique

GROUND SURVIVAL FUNDAMENTALS LV-2

Take Downs (1-3)

1. _____

2. _____

3. _____

GROUND SURVIVAL FUNDAMENTALS LV-2

Escaping the Full mount (1)

1. _____

Escaping the Mount (4)

1. _____

2. _____

GROUND SURVIVAL FUNDAMENTALS LV-2

3. _____

4. _____

GROUND SURVIVAL FUNDAMENTALS LV-2

REVERSAL ESCAPING FROM THE GUARD (1-5)

1. _____

2. _____

3. _____

GROUND SURVIVAL FUNDAMENTALS LV-2

4. _____

5. _____

