

Taekwondo = Way of the Hand and Foot **Hapkido** = Way of Coordination and Power
Ju-Jitsu = Way of Gentleness and Flexibility

BROWN BELT (standing)

Kicks

1. Reverse *Fake* Spinning Roundhouse.
2. Spinning Hook Roundhouse Combo
3. Sliding Hook Roundhouse Combo
4. Jump Hook
5. Jump Spinning Hook
6. Sweep their front leg Spinning Sweep their Rear Leg.

Kick Blocks

1. Roundhouse Kick.....Spinning Sweep Defense
2. Roundhouse Kick.....Sliding Sweep Scissor behind knee.

HANDS

1. (LEFT FIGHTING STANCE) LEFT KNIFE HAND, RIGHT UPSET KNIFEHAND, LEFT UPSET KNIFEHAND, RIGHT RIDGEHAND, LEFT RIDGEHAND, (SWITCH FEET) THEN SAME SEQUENCE STARTING WITH RIGHT HAND.
2. LEFT BACKFIST, RIGHT SPINNING BACKFIST, LEFT HOOK, REPEAT OTHER SIDE
3. JUMP SPINNING THAI ELBOW STRIKE.
4. KALI EMPTY HAND PATTERN

Brownbelt Stripe 3 for Brazilian Jiu-Jitsu Techniques

- | | |
|---|--|
| 1 Side Mount (positional control) , Roll Prevention:
Guard Prevention: Full Mount Transition: | |
| 2 Escape Full Mount
b)Punching Mount Escape: c)Headlock Variation:
d)Open Guard Pass (Re-mount): | |
| 3 Americana Armlock or Keylock: & Neck-Hug Variation | |
| 4 Straight Armlock (Guard) | |
| 5 Triangle Choke (guard) | |
| 6 Take the Back (Mount) Re-Mount: | |
| 7 Rear Naked Choke , Strong Side: Weak Side: | |
| 8 Positional Control (Maintain Mount)
Hips and Hands & Anchor and Base, Low/High Swim | |
| 9 Straight Armlock (Mount)
Opponent turns to his side use the modified mount | |
| 10 Leg Hook Takedown from Clinch b) aggressive | |
| 11 Clinch (Aggressive Opponent) | |
| 12 Clinch (Conservative Opponent) Surprise Entry: | |
| 13 Double Leg Takedown / Shoot | |
| 14 Shoot or Double Leg Takedown Counter | |
| 15 Body Fold Takedown | |
| 16 Punch Block Series (Stages 1-4) | |
| 17 Elevator Sweep | |
| 18 Double Ankle Sweep | |
| 19 Pull Guard | |
| 20 Elbow Escape (Mount) Hook Removal, Fish Hook, Heel Drag: | |
| 21 Headlock Counters rear naked choke. Or armlock finish | |
| 22 Headlock Escape 1 , If the choke fails | |
| 23 Headlock Escape 2 ,
Leg hook escape, Super Base, Punch Block | |
| 24 Guillotine Choke , Guard Pull Variation: | |
| 25 Shrimp Escape Block & Shoot, Shrimp & Shoot, Punch Block | |
| 26 Kimura Armlock , Rider Variation, Forced Variation: | |
| 27 Standing Headlock Defense | |
| 28 Punch Block Series (Stage 5) & Rollover Technique: | |
| 29 Hook Sweep | |
| 30 Rear Takedown | |
| 31 Haymaker Punch Defense | |
| 32 Take the Back (Guard) | |
| 33 Guillotine Defense & VRS-2 | |
| 34 Elbow Escape (Side Mount) , Knee Drive, High Step | |
| 35 Standing Armlock | |
| 36 Twisting Arm Control , Back Mount, Arm Lock. | |
| 37 Double Underhook Guard Pass | |
| 38 Closed Guard Pass (no-punch) | |
| 39 Log Splitter Guard Pass | |

Brown Belt Brazilian Jiu-Jitsu Sequences

1. Leg Hook Takedown from Clinch aggressive opponent, Take the Back (Mount), Rear Naked Choke (release), Remount, Positional Control (Hips and Hands & Anchor and Base, Low/High Swim), Americana Armlock (Neck-Hug Variation feed the wrist).
2. Clinch conservative opponent, Bodyfold Takedown to Mount, Punching Mount escape, Straight Armlock from Guard to Triangle finish.
3. Double Leg takedown to side control all variations to mount, opponent gets you into headlock, modify base & keeping pulling him back until tired & gives back, take back, rear naked choke, release him to your guard, he posts and punches, elevator sweep, smother him until he pushes your chest up and finish with straight armlock from mount.
4. Defend shoot with push and Guillotine pull to Guard, Punch Block Series through stage 5, opponent gets too far so get up in base, he shoots and you under over arm flip him (purple belt shoot defense) ending up in mount, twisting arm control to straight armlock.
5. Opponent does Hapkido Yellowbelt sweep, they attempt to move your legs then you do rollover technique to prevent them from side control, then they do it again & then attain side control, and you Elbow escape as they try to mount then Punch block through stage 5 & as they try attain side control Block & Shoot Shrimp Escape & finish with standing armlock.

BROWN BELT Test for RED BELT

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6. KALI HAND PATTERN
7. LEFT BACKFIST, RIGHT SPINNING BACKFIST, LEFT HOOK, REPEAT OTHER SIDE
8. JUMP SPINNING THAI ELBOW STRIKE.

FORMS PALGWE PAL JANG & IN WHA 2

BRAZILIAN JIU-JITSU SEQUENCES 1-5

BOARD BREAKING 2 HAND TECH'S 2 KICK TECH'S

FREE SPARRING

FREE GROUND FIGHTING

Palgwe 8 Pal Jang Brownbelt

Number of moves: 36

Gi-yups: 11 Trigram: Gon (Earth)

Start in ready position.

1. Turn 90° to the left into left front stance, low block with left hand.
2. Slide left foot back into right back stance while disengaging and bottom-fist striking with left hand.
3. Step forward into right front stance, middle punch with right hand.
4. Turn 180° to the right into right front stance, low block with right hand.
5. Slide right foot back into left back stance while disengaging and bottom-fist striking with right hand.
6. Step forward into left front stance, middle punch with left hand.

7. Turn 90° to the left into right back stance, double high knife-hand block to the left.
8. Step forward into right front stance, spear-hand strike with right hand (guard solar plexus with left hand).
9. Turn 360° to the left (guarding back with right hand) into right back stance.
10. As you finish turning, outward back-fist strike with left hand.
11. Step forward into right front stance, high punch with right hand. **Gi-yup!**

12. Turn 270° to left into right back stance, outward knife-hand strike with left hand.
13. Turn 45° to the right to withdraw left foot to right foot and disengage left hand by pulling it back to your chest.
14. Turn back 45° to the left pivoting into side stance, elbow strike to ribs with left elbow.
15. Pivot into left front stance, middle block with left hand.
16. Without stepping, reverse middle punch with right hand.
17. Turn 180° to the right into left back stance, outward knife-hand strike with right hand.
18. Turn 45° to the left to withdraw right foot to left foot and disengage right hand by pulling it back to your chest.
19. Turn back 45° to the right pivoting into side stance, elbow strike to ribs with right elbow.
20. Pivot into right front stance, middle block with right hand.
21. Without stepping, reverse middle punch with left hand.

22. Bring feet together (by moving right foot) and face down the center bar. Pivot and side kick with left foot.
23. Set kicking foot down into left front stance, elbow strike with right elbow into left palm.
24. Pivot into side stance, turn focus 180° to right, bring left foot to right foot, side kick with right foot.
25. Set kicking foot down into right front stance, elbow strike with left elbow into right palm.

26. Turn 90° to left into left front stance, double middle block.
27. Without stepping, withdraw hands and double uppercut to rib cage.
28. Step forward into right front stance, double middle block.
29. Without stepping, withdraw hands and double uppercut to rib cage.
30. Step forward into right back stance, inward palm block with left hand.
31. Bend left wrist down as if locking opponent's wrist into a "chicken neck".
32. Pull left hand to waist (trapping opponent's arm) and turn 270° to right into side stance, double elbow backwards.
33. Turn 90° to the left bringing feet together, place left hand over right in front of abdomen.
34. Fall to the left into side stance, double elbow to sides.
35. Shuffle to the right, elbow backwards with right elbow and punch over right shoulder with left hand.
36. Shuffle to the left, elbow backwards with left elbow and punch over left shoulder with right hand.

Brazilian Jiu-Jitsu Lesson 1

Side Mount (positional control)

Roll Prevention: Opponent on his back and we'll use his right side for example: you are on his right side about chest high perpendicular to his body with your left leg posted straight out perpendicular with knee slightly bent and your right leg fully extended with the top of the thigh on the ground with your left arm under his neck and your right arm under his left armpit and clasp both of your hand together. If he tries to bridge/roll you over to his left (you can tell when he pushes your left side with his right elbow or bear hugs you) you post your right hand on ground and if he bridges the other way your left posted leg with stop it. If he turns in a circle in either direction, turn/walk with him. **Guard**

Prevention: If he uses his right arm to push your hips up enough to get guard or you feel his right knee coming under your legs you switch your legs so your left leg is parallel with his body to prevent guard. If he puts his left arm across your throat you push it past your head to trap it. **Full Mount Transition:** Get on your knees and put your left knee into his right armpit so your leg is under his arm then place your left knee across his gut then your right arm posts to the ground and shift your weight forward until your right knee is on the ground slide it south as possible and turn your body to the left and your right leg with slap the ground putting you in mount and you shoot your right knee to his armpit and if his legs push the ground knees coming up then insert your hooks.

2. **Escape the Full Mount:** Opponent's hands are on your chest or choking you from the Mount. Use monkey grip (thumb on top) on his wrist and use other hand to cup the back of his other elbow at the bicep at same time keeping your elbow down to keep his knee from moving forward. Trap the leg on same side as grabbed elbow so you can lift your pelvis up using your legs/stomach & roll them off in that direction ending up on your knees in opponent's guard. Don't forget to trap his elbow, wrist, & leg at the same time before you escape. Person getting rolled off should tuck in and roll on their shoulder to prevent injury.
2. a) **Punching Full Mount Escape:** Opponent punching you while in his mount. Immediately lean forward, wrap your arms around his midsection with your head to the side against his chest (keep head against body) and pull him down onto his hands, then grab both of his shoulders and push yourself forward with your feet. Grab/Hug his back with your arm (tight body hug) and with your other arm wrap over his to trap and grab the back of his elbow and use your leg to trap his leg on same side. Then use Hugging arm to reach up or push their hip and roll them off in the direction of his trapped arm. Person being rolled must turn their palm up & tuck in preventing broken fingers.
2. b) **Headlock Variation:** Opponent's arm around your neck while mounting you and inserting his grapevines. Lock his arm by keeping your head on the ground and grab the bicep of his attacking arm trapping leg on same side with your leg while Grab/Hugging his back with your other arm. Unhook his grapevine on side of your hugging arm by extending leg then tucking it in, then reach up with hugging arm to roll him on side of trapped arm.

2.c) Open Guard Pass to Mount: After rolling him off you ending up in his open guard you will want to attempt to get him into your mount. Trap his hips with your elbows in tight with your knees forward keeping your head against his body and on the side you are facing take your hand and push his knee down to ground so you can put your knee over his hooking your ankle over his thigh and with the hand on same side hook it under his neck, then your other arm reaches straight forward on ground for balance turning your head other way then slide your other knee over his hip until your are in the Mount.

3. Americana Armlock or Keylock: You are mounting your opponent and you use your opposite hand to grab their wrist and the same side hand to grab the elbow & both hand pin their arm to the ground also placing your elbow on the ground next to their head in crook of their neck and your other hand goes palm up under their arm and turns over to grab your own wrist keeping monkey grips with both of your hands and keeping your own head low looking away from him. Slide his hand downward as you lift his same elbow. To prevent being rolled off you need to hook the opposite leg of the arm being locked and keep your other knee posted and use downward hip pressure. Have opponent test your base before you do the lock to test for control by pushing on your side. You can switch the hook to the other side if they try to roll you off the other way but switch it back before doing the Americana armlock.

Neck-Hug Variation: If one of your arms is around the neck you can feed their hand to your hand under their neck with your free hand after pushing that hand to the ground to trap it. Then you can take your arm from around the neck and switch to monkey grips while you hook the leg as previous.

4. Straight Armlock (Guard)

Your opponent is grabbing your neck from your guard and **staying low** and you hug his head for control as you hook your other arm through his leg behind the knee and shrimp your butt out away from your hooked arm and you put the leg on the hooked arm side up on his back. Then push his neck back with the forearm that was hugging his head as you put the leg on his back up under his armpit while your other leg passes his head and both legs bite his back, then lock his arm and use both arms to hold his wrist making sure his thumb is up and his arm is pulled in the direction of the leg that you were hooking with your arm at your bring him down on his back push the ground with your feet & your hips up to break arm. If he is choking you from a **higher position** where his arms are longer you grab wrist of arm your going to lock & don't need to push his head back first & **if he stands up** just lock his arm by straightening it holding his wrist with both hands. If he pulls his arm out of your control just set up a triangle choke by moving the leg that passed his head back on the other side of his neck for triangle set up position then execute the triangle choke.

Lesson 5: Triangle Choke (guard)

Opponent is in your closed guard while you are holding them close to you for attack prevention and they move their left fist back to punch you, you insert your right knee and hold their left arm above the elbow at same time holding back of head w/ left hand and their back with left leg, then slide your right hand down their arm to the wrist pushing their arm back with your right shin then bring your right leg either through the hole created or straighten right leg and let go of their right wrist at last second and bring your right leg onto their shoulder with feet locked for **triangle set up position**. Then take both of your hands to grab inside arm or right arm at the wrist and bring their arm across your body and hold wrist with your right hand and you pull their head down with your left hand then put your left foot on their hip and scoot back so you can then put your right leg over their neck (preferably locked) and grab your right ankle with your left hand leaving room for you to put your left leg over your right ankle into locked position if possible and pull their head down and squeeze legs together to choke out.

Lesson 6 Take the Back (Mount)

You are mounted on opponent and you see their arm coming under your chest so both arms are on same side telling you they are turning to their knees. Then you have the foot in front of their body in front of their stomach and your other knee behind his shoulders in a modified mount while you post both of your hands on the ground making yourself light enough for him to start the roll. Then he will switch legs to get on his knees and you let him do this as you sink both feet inside his thighs as you keep your weight to the rear staying low. Then reach under his arm with one arm and around his neck with your other arm and hold your wrist with the hand under his arm and roll to your side keeping your legs holding this thighs. **Re-Mount:** If and when he starts slipping out of your leg control and his belly starts facing up you then release your bottom leg hook and slide it under his leg and your other leg goes over his body as you pull out your bottom hand while your other arm is holding the neck and you then go chest to chest and are back in the mount position.

Lesson 7 Rear Naked Choke

Strong Side: From back mount (leg hooks in) with one arm over the neck and your other arm under their arm, you roll to the strong side (bottom arm around neck) you pin their top hand against their chest with your top hand as you shoot your other arm deeper around their neck in a better strangling position then you take your hand from holding theirs and put in behind their head to push it forward as you pinch both of your elbows together and squeezing the rear naked choke. **Weak Side:** same as above but you fall onto the weak side meaning your bottom hand is under their armpit. First take your top hand and grab his bottom shoulder to pick it up as you shoot the other arm around his neck to strangle him then use the other hand to push his head forward and do the rest as before. You can also strike his chin with your top and to get his head in a better strangle position facing the pit of your elbow.

Lesson 8 Positional Control (Maintain Mount)

- 1. Hips and Hands:** After getting mount you want to keep downward hip pressure and keep your knees wide and light on the ground and stay low and you will feel 50lbs heavier on your opponent. You can do the superman hip pressure check before next part. As your opponent try's to push you to one side put your arm out in that direction as you hug the neck then switch it when they try to push you off in the other direction
- 2. Anchor and Base:** Then practice switching hooks (opposite leg of posted arm) while doing the previous drill to help maintain mount. Remember to switch hooks one second before your hands. Keep hip pressure to also keep weight off of knees to keep them light.
- 3. Low Swim:** While doing these drills if your opponent tries to wrap your posted arm that is out holding your balance you keep your arm stiff preventing the bending of your stiff balancing arm and you swim out and post again at 45 deg angle. To swim out keep elbow out and swim hand around their arm. Don't be predictable or they will eventually trap your arm.
- 4. High Swim:** When opponent try's to push you straight up with your chest after side to side does not work, your knees are now on the ground and you make your chest heavier for them then you shift weight to one shoulder and with the light shoulder you swim that arm inside to out then do it with the other arm then get low with arms spread out for balance.

Lesson 9: Straight Armlock (Mount)

You are in mount and your opponent pushes your chest or chokes your neck with both of his arms and you then put your arm over the arm you pick to break and push their chest with both of your palms (fingers facing way you want to turn) and open your knee on the opposite side of their body and swing it away from the top of their body with leg inverted and heel against their shoulder to help when you bring your other leg up around their head as you keep your hips low and your whole body turns then sit close to their body and keep your knees bent squeezing them close so they cannot escape as you hold their wrist with both of your hands against your chest keeping their thumb up and their elbow faced down as you lay back and push feet on ground as your push your stomach up to break.

If your opponent turns to his side while in your mount (with your weight on your hands) but does not go to his knees you can use the **modified mount** by pinning his stomach with your leg in front of his body with your knee up and you sit on your other knee behind his head and you push down his head with one hand and hug the other arm in crook of his elbow with the arm closest to the side where your knee is up, then walk the foot that is against their stomach up to the armpit of the arm they are laying on while you swing that knee outward then lean south on their rib cage while you push their head swinging your leg that was behind there head over their head in a big circle

Lesson 10: Leg Hook Takedown

Clinch: If you are on your opponents right side the left side of your head will be against the left side of his chest but not under his arm while you hug his body with both arms with the hand in front of his body grabbing the top of your other wrist that you have around his back. Your body is not directly in front of him but off to his right side a little with your left foot next to his right foot and your other foot in front of his body. To take him down with a **leg hook takedown** you take a set up step with your right foot stepping closer between the front of their legs then use your left foot to sweep their right foot (calf to calf) and lift their foot high like a donkey kick and land with your left knee high against their body with both hands unclasped and posted on each side of them, then slip the other knee over their body to achieve the mount position.

Lesson 11: Clinch (Aggressive Opponent)

Start and stay in same stance as opponent (*same leg back*) and keep finger touching distance by shuffling feet back and forth (going back move back foot first then slide front) (going forward move front foot first then slide back foot) and when he tries to come in for the punch shoot in with front leg with hands up to protect your face and get him in the clinch and leg-hook takedown.

Lesson 12: Clinch (Conservative Opponent)

Surprise Entry: If attacker is more cautious and does not just come in right away you can time his advances and wait for him to come forward and then shoot under his arms and keep driving forward if he is backing away until you can get the clinch. Always shoot in with your front leg and be in same stance as opponent (*same leg back*).

Lesson 13: Double Leg Takedown (Shoot)

Start facing opponent with same leg back (same stance) and shoulder touching distance and drop a level lower, step between his legs with your front leg and drive your shoulder into his waist with your head on the outside of his front leg, while you grab behind both of his knees just above his calves and drive him to the ground keeping control of his legs & one of your legs to the outside of his, then push down a knee and circle out to a side mount.

Lesson 14: Shoot (double leg takedown counter)

As opponent shoots hook underneath one bicep and over the other bicep and flip him onto his back lifting with the arm that is under then land on him in mount.

Lesson 15: Body Fold Takedown

When in the clinch with opponent trying to punch you in the face you can feel him lean back a little during attempted punch and you slide down a little from the side of his body with your front hand grabbing your own wrist around his back & you push his opposite side of chest with your head and shoulder as you lift and pull with your arms to fold his body back your step forward with your front foot and land on him in mount.

Lesson 16: Punch Block Series (Stages 1-4)

Stage 1: To control your opponent from your closed guard to help prevent punches swim your arms to the inside and hold his head down with one arm and hold his other arm down by putting your other arm on top of his above the elbow and work on getting your thighs up high on his body and your head up. If he swims your arm that is not holding his head just swim it back through but if he uses the side that you are holding his head just hold his head with your other arm then you can do the same swim you first did. **Stage 2:** When opponent tries to pull his arms back to deliver body shots you fill the space by putting your knees in the crook of his elbows while grabbing the top of the punching arms one by one. If he makes himself heavy again you can pull him back to stage 1. **Stage 3:** They might try to sit up for a really big punch and to fill that space you use both knees against his chest if you need to your feet can wedge on his hips and push up your stomach so he cannot reach you. You can drop him back to stage 1 with your arms covering your face if he pushes towards you. **Stage 4:** If he stands all the way up you keep your legs a little bent with your feet on his hips/waist like a belt with heels together and toes in opposite directions. After he punches once or twice bring him back in to stage one as before and use your feet to make sure he does not smash you by coming in too fast.

Lesson 17: Elevator Sweep

Your opponent is in your closed guard and you trap one of his arms as he posts out his opposite leg punching you with his free hand on the same side as his posted leg. Your leg that is under his posted leg moves out and hooks under the thigh of his posted leg as you use your free arm to underhook the arm that's punching you to push his weight in opposite direction of his posted leg as you lift his posted leg with your foot to lean him farther in that direction, then you sweep him with your other leg and flip him all the way over.

Lesson 18: Double Ankle Sweep

Opponent is in your guard and starts to stand up straight over you from a punch block stage 1 scenario you let him up slowly as you put both knees squeezed together on his chest and grab both of his ankles to bump him on his back with your knees, then get up on one elbow and put the knee on that same side onto the ground and with your other side's arm grab his neck then staying low, assume the mount position. OR, if your opponent is too tall to get your knees on his chest put both feet into his thighs, grab his ankles and push him on his back, then stand up in base and either push his chest to knock him back down as he tries to get up you then assume side control mount, or grab his foot to move his legs out of the way, then assume side control mount.

Lesson 19: Pull Guard

Opponent is in your clinch and starts backing away and you underhook both of his armpits with both of your hands while you rest your head on his shoulder looking away from his head and double step towards him, then you shoot your butt backwards enough that he cannot land and get mount on you or knee you in the groin so he lands right into your guard which you then close and get into stage 1 by holding down his head with one arm and his arm with your other arm to keep him close lessening his chance to punch you.

Lesson 20: Elbow Escape (Mount)

Shrimp Drill: Lay on your back and put one knee up with your leg bent keeping the other leg straight. Turn away from your bent leg on your side faced towards your straight leg and push your butt backwards in a shrimplike motion by pushing with your bent leg until both of your legs are straight and you are on your side. Do this in both directions.

Elbow Escape: Your opponent has mounted you with both of his arms in a wide base staying very low and you hug his back to keep him close and block his knee with your hand or elbow on his other side. Your leg is straight on the side with your arm blocking his leg and your other leg is bent with knee up. Push the blocked leg towards his feet as you sweep your straight leg under his knee then turn the other way faced more towards your arm that is hugging him close then hug his neck with your free arm while you trap the leg you were just freed from with your outside leg (you can use other leg to switch leg traps if they are very heavy) then use the hugging arm to push the leg on that side towards his feet so you can push out the knee on that side with your foot still trapped then you bite his back with your other foot but not too tight and then put the hand you were pushing his knee down with above his shoulder and shoot your butt out in the direction of the same side where your arm is on top of the shoulder and use that arm to hug the neck as you free your leg on that side and now you are in his guard.

Elbow Escape Continued:

1. **Hook Removal:** If opponent has his hooks in straighten the leg on the side where you are hugging his back to pop his foot out then use your foot on same leg to push down on heel of the foot of his other hooked leg while you straighten out the leg he is hooking then put your straightened leg on top of the foot you are using to hold his foot then take it out so your leg is now glued to the ground so he cannot put his hook back in.
2. **Fish Hook:** When you are trying to push his leg downward with your hand but his leg is too long and heavy to sweep out your leg you can make his leg lighter by using your other leg's foot to lift his leg up under his ankle before sweeping your leg out.
3. **Heel Drag:** If when you use the fish hook but his knee won't lift because he makes his foot light then you use the foot you are trying to hook with to lever his leg by wrapping it and pulling it in the direction of his other leg allowing you to free your leg to continue.

Lesson 21: Headlock Counters

If you have mount on your opponent and he headlocks you with both of his hands clasped and turns to his side to throw you off with his headlock you get into modified mount facing the direction he wants to throw you and both of your hands are on the ground for balance. If he switches his legs and you feel him getting up you circle back only during his get-up attempt to prevent it. Then you can make sure your knee is behind his head then throw punches until he rolls and then you can put hooks in, get back mount and follow steps to do a **rear naked choke**. Or you can do an **armlock finish** when in modified mount with opponent headlocking you, you can press your forearm across his neck while your hands clasp together and you tilt your head back to straighten out his headlocking arm and then you can get him with the armlock.

Lesson 22: Headlock Escape 1

Say you are on the ground on your back and your opponent is sitting on your right with a headlock on you with his right arm with his left hand grasping his wrist and his right side is laying on your chest. You make a frame by putting your left forearm across his throat and grasp your left wrist with your right hand. Then shrimp your butt back a little until you can push his head back then scissor choke his neck with both of your legs by pushing his body back a little to find best choke position and cross your feet and choke him while you hold his right wrist for escape prevention keeping your body straight. **If the choke fails** you sit on your right elbow and grab his left shoulder and take your top leg and throw it all the way back then slide your other leg back so you are sprawling with both legs and get into side control. If when you go to scissor choke but he does not let go of his headlock you can get on your knees behind him and do a modified mount & headlock counter.

Lesson 23: Headlock Escape 2 part 1

Starting from on your side with somebody using a headlock on you with their side against your chest and feet in same direction. If you cannot get the headlock escape 1 frame in quick enough you can use the **standard leg hook escape**, keep your bottom elbow tucked and grab the top shoulder and hook your leg high over theirs without putting in a grapevine on their inner thigh. To get up use the ball of your back foot to push the ground with your bent leg and hips go up, then pull your foot and hand out, spread you legs and arms out for balance (while rolling them onto stomach) then you back up turning opponent on his side so you can assume modified mount. **Super Base Variation:** Use if opponent has a very wide base (legs more spread). You can tell when you get to the roll over part and they don't roll. So you take the other shoulder not being headlocked and drive it into their spine while the top of your head pushes on the ground, legs pushing and your other arm helps you break free, then assume modified mount. **Punch Block Variation**, someone is headlocking you and punching with the other hand. As they move fist back to punch grab the top of their wrist with a thumb grip with your bottom hand and grab their forearm under their bicep with your other hand with a monkey grip and then continue with **Standard Leg Hook Escape** until you reach modified mount.

Lesson 24: Guillotine Choke

As opponent is shooting in to tackle, you push both of his shoulders with your palms, then push neck to deflect their head into your other armpit as you grab your own wrist with your other hand so you can choke them. If they are moving forward you sprawl backwards a little until they stop and then you step forward a little and cinch up a little with the blade of your arm that is across their neck while your armpit pushes down as you lean back and choke them out. **Guard Pull Variation:** If you have trouble choking them while standing you can take another couple steps forward squat down and shoot backwards onto ground while you close your guard, then walk feet higher on his back and cross feet pinching knees together for tight grip. Then push your legs down, lift up with choke arm, push up pelvis and lean back to choke out.

Lesson 25: Shrimp Escape

Block & Shoot Variation: Opponent has moved your legs aside so he can attempt side control and you while you are on your side with legs a little off the ground you use your top hand to push their chest and your bottom hand to push the front of their hip using the momentum created to shoot your top leg to bite their back and your bottom leg's chin goes across their stomach while you hold their head and arm down you straighten out your body so you can put your trapped leg on the ground then shrimp butt toward the trapped foot creating freedom to close your guard. **Shrimp & Shoot Variation:** If opponent is too close to push them away you can put an arm across the neck if possible and push the front of their hip with your bottom arm and shrimp out to create enough space to shoot legs in by using a turtle motion with your back to spin them into position then continue rest of moves. **Punch Block Variation:** If opponent has too much control for the previous to be effective you can hold their head and punching arm tight and keep your head up and even lock your hand together to control them. They eventually will create space so they can finally try and punch you and you can then use that space to shoot your legs in as before and finish other steps.

Lesson 26: Kimura Armlock (detailed version)

Rider Variation: From the guard with opponent in punch block stage one he tries to get up and you follow him up keeping pressure on his head making him put hands on ground & put one leg down & sit on opposite elbow, do small hip scoot, grab his wrist as you reach over and under their arm to grab your own wrist then push with both feet and lie on your back keep the hold tightly pinned to your chest, then trap the leg closest to your hold and get your body out from under theirs by shrimping out a little, then lock your legs and turn his arm north to lock it out. **Forced Variation:** If opponent stays low you used your legs to push them down slightly then use the hand not holding their head down to push their head under the arm holding their head, then put foot down on side of trapped head, sit on opposite elbow and shrimp out in that direction, trap the foot, shrimp out lock legs then commence rest of moves. "tip" remember when you grab their wrist to grab yours at same exact time.

Lesson 27: Standing Headlock Defense:

Opponent has you in a right standing headlock facing same direction as you then you bend your knees & grab their waist around their back with your left hand and push above their left knee with your right hand, step back a little with your left foot so it's not behind them, then with your right foot step in front of the right side of their left foot as you sit straight back causing them to roll over you as you tuck in your left elbow, continue your spiral and land on top of them in a modified mount. Finish with straight armlock or throw a punch to cause them to roll so you can back mount and rear naked choke.

Lesson 28: Punch Block Series (Stage 5)

Any distance beyond stage 4 in punch block series is stage 5 where they are standing to far to touch with your feet and you are on your back. If they move towards your left side you would use your bent left leg to scoot yourself in that direction to keep facing them while your right leg is bent and ready to kick their front knee or block strikes if they advance. If they move the other way you do the opposite scooting with the other foot so you keep facing them. If they move back far enough get up in base unless they advance to quickly then you

would put both of your feet into their hips in stage 4 then bring them down to stage 1.

Rollover Technique: If attacker tries to grab your foot and move it so he can punch you, you just roll with his movement onto your side (same side as foot grabbed) and put your other foot into his hip then replace that foot with your other foot so you can go to stage 4.

Lesson 29: Hook Sweep

Attacker is in stage 4 with one leg forward and not leaning towards you enough to take them back to stage 1 so you grab his forward ankle with thumbless grip with your hand on that side and hook his rear leg behind the knee with your closest leg, then extend your straight leg to throw him back. Post your elbow on the ground on same side as the leg you kicked him back with, get up in base then when he tries to get up push his chest back, move his feet if you need to and side mount him.

Lesson 30: Rear Takedown

From the clinch your attacker's arm somehow gets over your head where you don't want it (nobody likes to be choked) so you raise your head up high against the back of his shoulder standing tall then spin around behind him in a low base bent over with head down and hands in an S grip wrapped under his gut tightly held to control him. The fingers of hand on top are on the hugging arm. Your foot is next to his on side where your arm is wrapped around his body and your other foot is back and your head ends up against his back nearer his other arm. Next take small step with your front foot just behind the foot it's next to and step the bottom of your rear foot against the back of his heel, then squat and pull him back and roll over onto him to end up in modified mount.

Lesson 31: Haymaker Punch Defense

If attacker throws a really big punch like the haymaker without stepping and you both have your right leg back shuffle forward with front foot, duck and slip under punch guarding your face with forearm making sure your head goes around to his back on side his attack came from preventing him from using a headlock and spin around him and use the previous lesson's Rear Takedown.

Lesson 32: Take the Back (Guard)

Attacker is in your closed guard stage 1 and swims his arm inside and puts it across your throat and your hand monkey hooks the outside of his other tricep to prevent being punched as you turn your head in the direction of his choking arm with a tensed neck to protect veins then use your legs to push him up and backward taking weight off your neck so you can push the elbow of choking arm across and off of your neck (but not under your arm) then grab his neck with your other arm and pull him close so his choking elbow is now in crook of your neck then lock your hands (hugging arm palm up no thumbs) to keep him tight then shrimp your hips out in direction he was choking you from by using your thighs keeping legs locked now on his side keeping your head up to prevent his arm being freed. The effect of attacker being trapped will make them use a lot of energy to get free and after say 10 seconds of them burning up all their energy then you put top foot down to shrimp out a little more and move your locked hands down until the blade of your wrist is on their neck and lock your legs again. Then straighten out your bottom leg on the ground and you pull their neck thus flattening out attacker's body on the ground, and when they start to get up put your other knee under their body against their knee as they rise up and bite their back with your other leg. Then your top arm grabs his ribs under his arm and you balance on your bottom shoulder & swing out your bottom leg pushing with toes to post the knee and use same side arm to get up, insert hooks and take the back.

Lesson 33: Guillotine Defense

Attacker assumed the guillotine and you immediately grab his attacking wrist and with your other arm you drape it over his other shoulder and either grab his clothes and hold his back. As soon as he applies lift pressure you let him lift you as you jump to his side opposite the choke. Your knee that is behind his is used to chop the back of his knee and the arm you have over his shoulder pushes down which buckles his legs as you shuffle towards the direction he is falling. Now you are on top to his side keeping your hips low to prevent him rolling you off with the arm you had over his shoulder posted out, then use your posted forearm bone to choke his throat as your hand grabs his shoulder to help press it on his neck like a lever to make him let go of guillotine so you can go to side mount.

VRS-2 If you are being choked and pulled up to high to chop the knee you can hook his leg and hold it off the ground to take him down, then take your top leg and move it back and slide your bottom leg out so you are now on your knees, then proceed like previous technique.

Lesson 34: Elbow Escape (Side Mount)

Knee Drive: Your attacker is moving from side mount to full mount by moving one of his knees over your body and to prevent this you keep your elbow on the ground pushing on the front of the attackers other knee keeping your leg that is on same side glued to the ground with your hip lifted to make it heavier. As soon as you feel attacker put his knee on the ground over your body the knee you are pushing on becomes lighter so you slide your glued leg under, shrimp your hips in same direction and trap his leg. Then grab his head for control on same side then push his other knee with your hand and shrimp back a little then shoot your knee in to assume full guard. **High Step:** If attacker is sitting in his side of his hip so you cannot push his knee with your elbow you just hug his waist until you feel him start to move over to mount and fill the space with your elbow until it is pushing his knee and then follow previous steps.

Lesson 35: Standing Armlock

Attacker is moving towards you pushing your chest, or grabbing your shirt, or your neck with his straight arm so you then grab the top of his attacking wrist with both of your hands with your opposite hand closest his hand and pull his arm straight through rotating his arm so his elbow is up & thumb is down as you turn and cut him off stopping him and put his arm into your armpit to lock it with your knees bent in a wide base applying downward pressure on their elbow to submit and if he lowers himself you use your leg to brace his arm and use your stomach to put the pressure by bending the top of your body down (legs stay the same). If they are walking while doing this, time your steps with the technique.

Lesson 36: Twisting Arm Control

You have mounted your opponent and tired him out and he has both hands defending your strikes and one of your hands grabs his wrist and the other pushes the back of his elbow at same time putting it across his neck (prevents him rolling toward you) and then put your chest on the arm to keep it there and the hand that pushed the elbow goes under their head palm up and you feed their wrist to that hand (not monkey grab) and then both of your legs move to modified mount, then start to bring your hips up as you lift their wrist up keeping your arm stiff and push their elbow down to turn them over a little. If they begin to roll away from you let go of the arm post your hands put in the hooks and take the **Back Mount**. If they don't roll away from you, you can push their wrist out a little to make a hole for your other hand to come through under his armpit and grab your own wrist then bring your elbow out around his head then walk your foot under his armpit, swing your knee out, keep other foot out to prevent him pushing you back, lean forward towards his feet, put weight on your hands, and bring your leg over his head, sit down, the hand underneath hugs your body, the hand holding the wrist then grips underneath attacker's wrist holding tight to your body, keep knees together, control his wrist, lay backwards and finish with an **Arm Lock**.

Lesson 37: Double Underhook Guard Pass

From the guard with your head low protecting from punches you bring swim both of your arms inside and hold his biceps as you posture your body up with both of your arms extended pushing his lower abdomen making sure his punches cannot reach you then you punch him until he opens his guard to help protect his face and you underhook both of his leg with your arms and drive your shoulder into say his left leg pushing with your left leg and putting your left arm across his throat with both of your legs wide base and circle toward his right side towards his head until you can peel yourself back around his leg and keep circling to make this easier. Then you put your left elbow on the ground on the left side of his head and your right arm under his right thigh and you can hold his leg with your right hand and this is a modified side mount. You can transition to standard side mount from here if you need to.

Lesson 38: Closed Guard Pass (no-punch) If the punch does not work to open his guard then you can drive your right knee into his butt as you spread your other knee out pushing with both of your palms just under his abdomen to release his guard then drive your right shin into his left thigh and underhook his right leg with your left arm as you underhook his head with your right arm then bring your left leg back behind you then push his right knee down to ground and go to side control.

Lesson 39: Log Splitter Closed Guard Pass Stand up not too close to their butt holding them back a bit with both of your hands under their armpits, then sit down with your right knee going through their legs, underhook their right leg with your left arm and their neck with your other arm, then put your left leg all the way back and adjust for type of side control you want.