

Gray/Black Belt

-Bent Back Takedown

-Clinch/Swimming

-Mount to Knee on Belly Transition

-Mount Defense- Arm Trap and Roll

-Side Control- Step Over Armbar

-Guard- Kimora

-Guard- Kimura Defense

-Standing in Guard Position

-Guard- Double Under Pass

-Back Mount- Rear Naked Choke

-Back Mount- Rear Naked Choke Defense

-Knee on Belly to Side Control Transition

-Knee on Belly Escape- Foot Hook

-Shrimp

-Single Hand Choke Defense