

Yellow Belt

-Hip Throw

-Mount- Popping Armlock

-Mount Armbar Defense- Elbow Down

-Side Control- Kimora

-Guard- Flower Sweep

-Guard- Standing Same Side Pass

-Open Guard Hooks

-Back Mount- Sliding Collar Choke

-Knee on Belly Step Over Armbar

-Knee in Belly to Mount Transition Escape- Trap Foot to Guard

-Front Break Fall

-Front Bear Hug Over Arms Defense