

Gray Belt

-Double Leg Takedown

-Gi Grip Breaks

-Mount to Side Mount Transition

-Mount Escape- Shrimp to Guard

-Side Control- Americana

-Side Control Escape- Shrimp to Guard

-Guard- Sit-up Sweep

-Guard Break- Same Side Pass

-Guard Break- Cut Across Pass

-Back Mount to Mount Transition

-Back Mount Escape- Turn in Defense

-Knee on Belly Hop Overs

-Side Break Fall

-Double Hand Choke Defense