

Yellow/White Belt

-Osoto-Gari

-Sprawl

-Mount to Back Transition

-Shrimp to Guard w/ Heel Drag

-Side Control Over Head to Side Control Movement

-Side Control Escape-Underhook to Knees

-Guard- Armbar

-Open Guard Position/ Control

-Back Mount Escape- Head and Shoulders to the Ground

-Knee on Belly to Mount Transition

-Back Break Fall

-Front Bear Hug Under Arms Defense