

CLASS 1

Underhook Takedown - Knees
Pull Guard - Knees

- Shrimp to Guard
 - Side Control
 - Mount
- Technical Stand - Up

CLASS 2

Single to Double Leg

- Hopover Pass
- Bridge & Roll
 - Sleeve

CLASS 3

Snap Down

- Turtle
 - Bull Dozer
 - Backhoe
- Americana - SC / Mount

CLASS 4

Double Leg - Lift / Check

- Top Control Drill - SC
- Armbar from Mount

CLASS 5

Entangle Arm - Single to Double

- Mount to Back Drill
- RNC

CLASS 6

Head Arm Throw - (Double Collar)

- Escape to Knees
- Single Collar Choke

CLASS 7

Knee Tap Takedown
- SC - Shrimp to Guard

- #1 Sweep + Armbar
- Arm Drag to Back Take + RNC

CLASS 8

Bull Sweep

- Single Leg Pass / Staple Pass
- Bridge & Roll - Headlock