

**DRILL 3: Side Mount Techniques**

Demonstrate all the techniques in the order listed below in under five minutes. Introduce yourself and your testing partner, indicate the testing date, and announce the name of the drill before you begin.

## 1. Positional Control (L13)

- i. Roll Prevention
- ii. Modified Side Mount
- iii. Guard Prevention
- iv. Mount Transition

## 2. Shrimp Escape (L24)

- i. Block & Shoot Variation
- ii. Shrimp & Shoot Variation
- iii. Rider Variation

## 3. Elbow Escape (L33)

- i. Knee Drive Variation
- ii. High Step Variation

## 4. Headlock Escape 1 (L18)

- i. Standard Frame Escape + Scissor Follow-Up
- ii. Super Lock Variation

## 5. Headlock Escape 2 (L22)

- i. Standard Leg Hook Escape
- ii. Super Base Variation
- iii. Punch Block Variation