

**Escapes (2)**

## 1. Trap and Roll Escape (L1)

- i. Standard Variation
- ii. Punch Block Variation
- iii. Headlock Variation

## 2. Elbow Escape (L12)

- i. Standard Elbow Escape
- ii. Hook Removal
- iii. Fish Hook
- iv. Heel Drag

**Controls (3)**

## 1. Positional Control (L3)

- i. Anchor and Base
- ii. Low Swim
- iii. High Swim

## 2. Take the Back (L4)

- i. Take the Back
- ii. Remount Technique

## 3. Headlock Counters (L16)

- i. Prevent the Getup
- ii. Back Mount Finish
- iii. Armlock Finish

**Submissions (4)**

## 1. Americana Armlock (L2)

- i. Standard Variation
- ii. Neck-hug Variation

## 2. Rear Naked Choke (L5)

- i. Strong Side Variation
- ii. Weak Side Variation

## 3. Straight Armlock (L9)

- i. Standard Variation
- ii. Side Variation

## 4. Twisting Arm Control (L35)

- i. Back Mount Finish
- ii. Armlock Finish