

**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