GRACIE COMBATIVES®

2.0

Official Handbook & Progress Tracker

By Rener Gracie

Lesson			Location	Confidence*		
#	Technique	Position	Page	Low	Med	High
1	Trap & Roll Escape	*Mount*	12			
2	Americana Armlock	*Mount*	13			
3	Positional Control	*Mount*	14			
4	Take the Back	*Mount*	15			
5	Rear Naked Choke	*Back Mount*	16			
6	Leg Hook Takedown	*Standing*	17			
7	Clinch (Aggressive Opponent)	*Standing*	18			
8	Punch Block Series (Stages 1-4)	*Guard*	19			
9	Armbar	*Mount*	20			
10	Triangle Choke	*Guard*	21			
11	Elevator Sweep	*Guard*	22			
12	Elbow Escape	*Mount*	23			
13	Positional Control	*Side Mount*	24			
14	Body Fold Takedown	*Standing*	25			
15	Clinch (Conservative Opponent)	*Standing*	26			
16	Headlock Counters	*Mount*	27			
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20	Double Ankle Sweep	*Guard*	31			
21	Pull Guard	*Standing*	32			
22	Headlock Escape 2	*Side Mount*	33			
23	Guillotine Choke	*Standing*	34			
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Gracie Combatives Belt Qualification Requirements						
N/A	GC Proficiency Drill 1	*Mount*	52			
N/A	GC Proficiency Drill 2	*Guard*	52			
N/A	GC Proficiency Drill 3	*Side Mount*	53			
N/A	GC Proficiency Drill 4	*Standing*	53			
N/A	GC Proficiency Drill 5	*Freestyle*	53			

DISCLAIMER

Please note that the author and the publisher of this book are NOT RESPONSIBLE in any manner whatsoever for any injury that may result from practicing the techniques described within. Since the physical activities described herein may be too strenuous in nature for some readers to engage in safely, it is essential that a physician be consulted prior to training.

First published in 2008 by Gracie Publications®

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Preface

Congratulations! By enrolling in the Gracie Combatives® 2.0 program, you are now an official student of Gracie University. This course is the first step in your quest for Gracie Jiu-Jitsu® mastery – a lengthy, but immensely rewarding journey that will culminate in a live test for black belt at Gracie University Headquarters in Torrance, California.

We have designed the Gracie Combatives course to take you from "potential victim" to "street ready" in the least amount of time possible through mastery of the most important and effective Gracie Jiu-Jitsu techniques. By mastering all variations of the 36 essential techniques, you will be eligible for promotion to Gracie Combatives belt.

The original Gracie Combatives video program was released well over a decade ago and, since then, not only did it become the world's number one beginner Brazilian Jiu-Jitsu program, but it also became the core beginner curriculum at hundreds of Certified Gracie Jiu-Jitsu Training Centers around the world.

This handbook consists of four sections:

1) Introduction
2) Progress Tracking
3) The Gracie Combatives Belt Qualification Test
4) The Path to Black Belt

The key to Gracie Combatives success is to take your time in completing the course and to focus on the details of each lesson. Do this, and when the time comes to take the Gracie Combatives Belt Qualification Test, your performance will meet, or exceed, the Gracie University standards.

Ryron and I are deeply indebted to our grandfather, Grand Master Helio Gracie, for creating the most effective system of self-defense the world has ever known. We are especially grateful to our father, Rorion Gracie, for dedicating his life to the preservation of the techniques and principles of Gracie Jiu-Jitsu and for teaching them to us so that we could commit our lives to empowering others.

Finally, we would like to express our profound gratitude for all the instructors who have joined us in making Gracie Jiu-Jitsu available to people all over the world. Because of you, the Grand Master's legacy will live on forever.

-Rener Gracie

Section 1

Introduction

Gracie Jiu-Jitsu for the World

Through our interactive online learning programs, students can now learn Gracie Jiu-Jitsu from all corners of the globe.

Web-based video instruction coupled with a revolutionary Video Evaluation Process enables us to evaluate your skill level and provide personalized feedback at every stage of your jiu-jitsu journey. You are not learning *with* us, you are learning *from* us.

Our objective is to empower you with the techniques and strategies to defeat a larger, more athletic opponent in a real fight. We will track your journey to Gracie Jiu-Jitsu mastery by awarding a different colored belt for demonstrating proficiency in each course of the Gracie Jiu-Jitsu curriculum. You will start as a white belt. You will receive a Gracie Combatives belt after you master the Gracie Combatives techniques. Should you decide to continue training after Gracie Combatives, you will progress to blue, purple, brown, black, coral, and eventually red belt over the course of your study.

When the time comes to test for your Gracie Combatives belt, you will have the opportunity to do so via live evaluation or via video evaluation. After that, all subsequent belt promotions will be done in person at an authorized Certified Training Center, even if you are learning primarily online and practicing in your own home.

In Section 3 of this handbook, you will find detailed information describing the Gracie Combatives Belt Qualification Test that you must pass for promotion. We highly recommend that you read Section 3 prior to beginning your training so that you are fully aware of exactly what we will expect from you upon completion of the course.

The Founding Principles of Gracie Jiu-Jitsu

As a grandson of Grand Master Helio Gracie, the creator of Gracie Jiu-Jitsu, many people ask me questions about the history of the art. Most often, they inquire about the differences between the original Japanese Jiu-Jitsu and modern-day Brazilian or Gracie Jiu-Jitsu. I overheard my grandfather answer these types of questions many times.

The Grand Master explains that, because he was introduced to the Japanese art at such a young age, he does not remember many of the techniques in their original form. However, he vividly recalls experiencing great difficulty when he attempted to use the techniques on a larger opponent and, as a result, had to modify nearly everything he had learned to accommodate his frail physique. He points out that, despite the overall effectiveness and value of the Japanese techniques, nearly all of them had one or more limitations that prevented them from being fully useful to him. In most cases, my grandfather attributed the limitations to: 1) inapplicability against a striking opponent in a real fight, 2) overreliance on strength or speed, and/or 3) dependence on body movements that were awkward or uncomfortable for him. Accordingly, he began modifying the art to ensure that every technique was fully street applicable, energy efficient, and based on natural body movements. Using these principles as a guide, he spent several years developing a complete system of self-defense consisting only of techniques that he could successfully apply against larger opponents. Confident in his adaptations, he spent the next thirty years of his life proving his system's effectiveness by using it to defeat numerous challengers, including several opponents who outweighed him by as much as 100 pounds.

The Gracie Guidelines

After nearly a century of testing in a wide variety of settings, Grand Master Helio Gracie's system of self-defense remains fundamentally sound and intact. To be sure, three generations of Gracie family members, and other equally committed practitioners of the art, have evolved the original techniques and added to the Gracie Jiu-Jitsu arsenal. All of these changes, however, strictly adhere to the Grand Master's requirements for street applicability, energy efficiency, and natural body movement. Today, we call these requirements the "Gracie Guidelines."

On your path towards Gracie Jiu-Jitsu mastery, your knowledge of the Gracie Guidelines will serve you in two important ways. First, it will enable you to solve problems on your own by modifying techniques in accordance with the guidelines; second, it will enable you to recognize the multitude of impure techniques that are being developed by instructors who do not know, or choose not to adhere to, the founding principles of the art.

Gracie Guideline #1: Street Applicability

Focus on practicing techniques that are fully street applicable. Focusing exclusively on techniques that are not "punch proof" will cause you to develop a false sense of security. If you modify a technique, you must verify that the new variation keeps you safe from all potentially dangerous strikes.

Gracie Guideline #2: Energy Efficiency

Any technique that relies on speed and power rather than leverage and timing is not energy efficient. In a real fight there is no time limit, so you must learn to save your energy. The only reliable way for you to defeat a larger, more athletic opponent is to utilize techniques that cause your opponent to exhaust energy, while simultaneously preserving your own. Before adding any technique to your arsenal, you must verify that it is more reliant on leverage and proper timing than on your athletic capabilities. Do not trust techniques based on strength or speed as they are unlikely to work against a larger, stronger attacker.

Gracie Guideline #3: Natural Body Movements

Any technique that requires you to move your body unnaturally is likely to fail in the heat of battle. Natural body movement is the best foundation on which to build the instinctive reflexes needed in a real fight.

Violations of Guideline # 1

With the demand for Brazilian Jiu-Jitsu instruction at an all-time high, thousands of self-proclaimed instructors have opened schools around the world and are creating or modifying techniques at an unprecedented rate. The problem is that most of these techniques violate the first guideline of Gracie Jiu-Jitsu – they are not street applicable. The main reason for the divergence from this foundational principle is that these instructors are creating techniques for sport competition rather than real street fights. Any technique that is designed to work in any kind of controlled competition with all of their associated rules, weight classes, time limits, safety considerations, and point systems, will give the practitioner a false sense of security since these circumstances are totally non-existent on the streets.

Violations of Guidelines #2 & #3

Violations of Guidelines #2 and #3 occur when fast, strong, and/or flexible instructors modify the techniques. In contrast, it was my grandfather's lack of athleticism that forced him to develop techniques that relied almost exclusively on leverage, making them reliable for any student, regardless of their size and athletic ability. Today, nearly all of the individuals who are making the adaptations are impressive, competitive athletes and many of their "solutions" to sport situations rely on their superior physical attributes. When a student, who is smaller, weaker, slower, or less flexible than the instructor tries to learn these techniques, they invariably face difficulty due to their lack of equivalent athleticism. Even if a student masters one of these techniques, they will find it difficult to use it in a real fight against a more athletic opponent. Their reliance on excessive energy or an unnatural body movement will lead to exhaustion, at which point they will realize the fundamental flaws in the modified technique.

The Three Fundamental Questions

At Gracie University, our primary concern is to preserve the techniques as they were developed and practiced by the Grand Master so that we can effectively teach them to the greatest number of people. Few schools, if any, share this concern for the preservation of the pure techniques, so you must be very discerning when adding techniques and strategies to your arsenal. To test the reliability of a new technique, ask the following three questions:

1) Can I apply this technique in a real fight against a striking opponent?
2) Is this technique energy efficient enough to be applied against a larger opponent?
3) Is this technique based on movements that are natural for my body?

The Street Switch

While many sport techniques leave you vulnerable to strikes, there are some benefits to studying them. A good sport technique still utilizes leverage and timing and is effective against larger opponents. Practicing the technique against opponents of various sizes and skill levels will deepen your general understanding of these fundamental characteristics of the art, even though it does not qualify for inclusion in your street arsenal. The same way playing chess can sharpen your mind for jiu-jitsu, anything that improves your timing, use of leverage, and reflexes will enhance your execution of nearly all techniques. But, always remember that you must never become too reliant on any sport technique, and the key to your street survival is to develop an internal "Street Switch" that can be flipped on anytime strikes are added to the equation.

Section 2

Progress Tracking

Congratulations! You have taken the first step on your journey towards Gracie Jiu-Jitsu mastery. You begin the journey as a white belt. When you complete the Gracie Combatives course, you will have perfected the 36 most important techniques of the art and you will be eligible for promotion to Gracie Combatives belt! The Gracie Combatives video course will guide you every step of the way, just as if you were receiving private lessons at Gracie University. Using a revolutionary training process called Dynamic Reflex Development, this course will enable you to develop reflexes more rapidly than you ever thought possible. This handbook will assist you in tracking your progress on the jiu-jitsu journey.

The Key to Confidence

At Gracie University, we have found that the abundance of details presented in each lesson overwhelms most students and that it takes at least three iterations just to learn the movements. The first iteration will enable you to practice the technique in slow motion. During the second iteration, you will identify additional details that will improve your execution and increase your confidence in the technique. Only by the third iteration will you begin to truly understand all the details and start developing the confidence necessary to successfully apply the technique in a real fight. Even then, you will need many more repetitions before you can execute the technique with the precision and conviction that we seek in our students.

It is essential that you approach each iteration of every lesson with a high level of attentiveness. Use the GC Checklist, located on the first page of this book, to track your progress and note how your confidence grows with each repetition of a lesson. Our experience teaching this course reveals that students retain more details and learn the techniques better if they study three consecutive lessons before reviewing any one of them.

The table on the following page illustrates the recommended schedule for the first 108 days of your training. We recommend you complete the entire 108-day program twice before you begin your preparation for the test. That equates to six repetitions of each lesson followed by an additional 30-60 days of focused practice on the Gracie Combatives Proficiency Drills. The total time required under this plan is about 8-12 months, which parallels the time required to earn a belt at Gracie University. Check off each class as it's completed.

Recommended Training Schedule

	Day	Lesson	Rep
	1	1	1st Time
	2	2	1st Time
	3	3	1st Time
	4	1	2nd Time
	5	2	2nd Time
	6	3	2nd Time
	7	4	1st Time
	8	5	1st Time
	9	6	1st Time
	10	1	3rd Time
	11	2	3rd Time
	12	3	3rd Time
	13	4	2nd Time
	14	5	2nd Time
	15	6	2nd Time
	16	7	1st Time
	17	8	1st Time
	18	9	1st Time
	19	4	3rd Time
	20	5	3rd Time
	21	6	3rd Time
	22	7	2nd Time
	23	8	2nd Time
	24	9	2nd Time
	25	10	1st Time
	26	11	1st Time
	27	12	1st Time
	28	7	3rd Time
	29	8	3rd Time
	30	9	3rd Time
	31	10	2nd Time
	32	11	2nd Time
	33	12	2nd Time
	34	13	1st Time
	35	14	1st Time
	36	15	1st Time

	Day	Lesson	Rep
	37	10	3rd Time
	38	11	3rd Time
	39	12	3rd Time
	40	13	2nd Time
	41	14	2nd Time
	42	15	2nd Time
	43	16	1st Time
	44	17	1st Time
	45	18	1st Time
	46	13	3rd Time
	47	14	3rd Time
	48	15	3rd Time
	49	16	2nd Time
	50	17	2nd Time
	51	18	2nd Time
	52	19	1st Time
	53	20	1st Time
	54	21	1st Time
	55	16	3rd Time
	56	17	3rd Time
	57	18	3rd Time
	58	19	2nd Time
	59	20	2nd Time
	60	21	2nd Time
	61	22	1st Time
	62	23	1st Time
	63	24	1st Time
	64	19	3rd Time
	65	20	3rd Time
	66	21	3rd Time
	67	22	2nd Time
	68	23	2nd Time
	69	24	2nd Time
	70	25	1st Time
	71	26	1st Time
	72	27	1st Time

	Day	Lesson	Rep
	73	22	3rd Time
	74	23	3rd Time
	75	24	3rd Time
	76	25	2nd Time
	77	26	2nd Time
	78	27	2nd Time
	79	28	1st Time
	80	29	1st Time
	81	30	1st Time
	82	25	3rd Time
	83	26	3rd Time
	84	27	3rd Time
	85	28	2nd Time
	86	29	2nd Time
	87	30	2nd Time
	88	31	1st Time
	89	32	1st Time
	90	33	1st Time
	91	28	3rd Time
	92	29	3rd Time
	93	30	3rd Time
	94	31	2nd Time
	95	32	2nd Time
	96	33	2nd Time
	97	34	1st Time
	98	35	1st Time
	99	36	1st Time
	100	31	3rd Time
	101	32	3rd Time
	102	33	3rd Time
	103	34	2nd Time
	104	35	2nd Time
	105	36	2nd Time
	106	34	3rd Time
	107	35	3rd Time
	108	36	3rd Time

Check off the lesson when completed.

Technique Troubleshooting

With more than eighty years of experience developing and instructing Gracie Jiu-Jitsu to a wide variety of students, my family has addressed nearly every question and situation that may arise in conjunction with the practice of this martial art. We found that the following five questions cover 90% of all those that our students ask. Furthermore, we found that we can usually answer these questions by applying a set of established problem solving principles.

If you have a question about a technique, first review the entire lesson to ensure you did not miss something, as there are many details in each segment. Next, determine if your problem falls under one of the Five Most Frequently Asked Questions, and apply the problem solving principles to find your answer. If you're still having trouble, then visit **www.GracieUniversity.com** where you can post your question to a technical web forum, and an instructor from Gracie University will assist you in finding the answer.

Five Most Frequently Asked Questions:

Question #1: Why isn't this move working for me?

Problem Solving Principle: Apply the four reasons that account for most students' inability to execute a technique.

Reason #1: Missing Details
The most common reason for difficulty with a technique is that you simply overlooked an essential detail. Watch the lesson one or two more times to ensure that you have learned every detail.

Reason #2: Bad "Bad Guy" Behavior
We designed the Gracie Combatives techniques to neutralize or counter the most likely attacks that would occur in a real fight. For this reason, it is very important that the "bad guy" realistically simulates the attacker behavior, or the technique may not work. Review the "Bad Guy Reminders" that are discussed in the presentation.

Reason #3: Bad Timing
Timing is everything. If you feel that you are performing all the steps correctly but the technique is still not working, there is a good chance that your timing is off. Review the lesson for hints on how you can use better timing to increase your effectiveness.

Reason #4: Physical Limitations
Although the Gracie Combatives techniques have been proven effective for most people, it is possible that an extreme physical limitation prevents you from successfully applying a technique. However, it is very important that you verify the problem is not due to reasons 1-3 before concluding that you cannot physically execute the technique. If a physical limitation is the problem, we recommend you use your understanding of the Gracie Guidelines to modify the technique to accommodate your body or consider using another technique from the curriculum to solve the problem.

Question #2: What if the bad guy does something different?

Problem Solving Principle: The objective of the Gracie Combatives course is to prepare you to defend against the most common attacks that a larger, unskilled opponent would use in a real fight. If during the practice of a technique your partner varies the attack behavior from that covered in the instruction, then consider the following:

Consideration #1: Street Realness
Remember that the Gracie Combatives techniques address the most natural and, therefore, most common bad guy behaviors. Your training partner's role is to consistently simulate the most common behavior so that you can perfect the techniques as you are most likely to apply them in a street fight. A poor training partner will constantly change behavior in order to defeat the techniques. This will prevent you from learning the techniques properly and may even promote development of bad habits. We will address all the "what if" scenarios later in your training.

Consideration #2: Training Speed, Street Speed, and the Surprise Element

When practicing, always execute the techniques so slowly that it is impossible to make a mistake. The slow pace and predictability of proper training will provide your partner with many opportunities to counter the technique. Again, your training partner's role is to consistently simulate the most common behavior so that you can perfect the techniques – not to fight with you. Eventually, your diligent and exacting practice will produce precise, efficient, and quick reflexes that will leave your attacker with no opportunity to counter your techniques. In a real fight, you will also have the advantage of surprise since your attacker will have no advanced knowledge of how you react to his actions.

Consideration #3: The Complete Curriculum Will Address Nearly Every Scenario

If the modified bad guy behavior is legitimate, you can either wait to learn the solution to the problem in a future lesson, or you can use the Gracie Guidelines to develop your own temporary solution. Above all, remember that you must perfect the 36 Gracie Combatives techniques as we present them in the course. Any time you spend on modifications based on less likely bad guy behaviors will slow your progress toward blue belt and delay your access to the remaining 600+ techniques of Gracie Jiu-Jitsu.

Question #3: Can't the bad guy punch me from here?

Problem Solving Principle: Gracie Jiu-Jitsu is a grappling art that puts you within very close range of your opponent. As a result, you must be constantly aware of your opponent's ability to punch you. Here are some facts you must consider regarding punches:

Fact #1: You Will Get Punched

In a fight, the question is not whether you will get punched, but whether or not the punch will hurt you. We score a punch's effectiveness from 1-10 on the hypothetical "Punch Power Scale" with "1" being a weak punch and "10" representing a potential knockout blow. The objective of Gracie Jiu-Jitsu techniques is to completely avoid all punches that score 5 or above and minimize the rest.

Fact #2: Distance is Everything

In order for a punch to land effectively, your opponent must establish the proper distance and angle. Accordingly, your ability to neutralize punches is almost entirely based on how effectively you control the distance and angles between your face and your opponent's fists. Any time you are within two arms reach of your opponent, you are liable to get hit. The key is to remain calm and understand that you can neutralize any punch by positioning yourself either inside or outside the optimal punching range. When you are inside optimal punching range, your opponent will be able to touch your head but will not be able to hit hard enough to hurt you.

Fact #3: Punching is Exhausting

It takes a lot of energy to punch. Whenever your opponent is throwing punches that score 4 or below, you may take solace in knowing that the punches are probably more exhausting to them than they are damaging to you and that you will soon have the opportunity to take advantage of your opponent's weakened state.

Question #4: What if the bad guy attacks my eyes or my groin in this situation?

Problem Solving Principle: Although street fights have no rules, we have found that larger and stronger opponents prefer to punch the face rather than attack the eyes and/or groin. However, in order to defend against dirty fighting techniques you must adopt the following priorities:

Priority #1: Respect the Punch

Since punches are the most common form of attack and the most immediate threat at any given time, stopping them must be your first priority. Shift your priority to defend against other types of attacks only if your opponent clearly resorts to a dirty fighting technique (eye gouge, groin shot, biting, etc.). Even when defending against other attacks, never forget to block the punches.

Priority #2: Master the Techniques

You will have truly mastered the Gracie Combatives techniques when you can apply them without conscious thought. Once you reach this level, you will remain calm and easily read your opponent's behavior in the midst of a fight enabling you to quickly neutralize any type of attack before it happens. Your controlling techniques and calm mind are your most reliable defense mechanisms.

Question #5: What if the bad guy is too big?

Problem Solving Principle: We have proven the effectiveness of every technique presented in the Gracie Combatives course against larger opponents. Here are some facts regarding the use of the techniques against much larger adversaries:

Fact #1: True Mastery Takes Time

Learning a technique is a relatively simple process that can be accomplished in one lesson. However, perfecting the technique takes months if not years. We have found that your ability to handle larger opponents increases as you improve your mastery of the technique. As your proficiency increases, practice against progressively larger partners until you find your limit – if you have one.

Fact #2: Reach Maximum Potential with Perfect Technique

Most Gracie Jiu-Jitsu techniques will work against an opponent of any size when executed with perfect timing and accuracy. While you can't control the size of your attacker, you can control the amount of time and energy you dedicate to perfecting the techniques. Your ability to successfully apply your techniques against a giant is directly related your mastery of the skills.

Gracie Combatives Course Outline

In each of the lessons featured in the Gracie Combatives course, Ryron and I completely dissect each technique, providing a level of detail that meets or exceeds what you would experience in a private lesson at Gracie University. If you are a first time Gracie Jiu-Jitsu student and have any difficulty digesting all the information in one viewing, simply watch the presentation one or two more times before attempting to practice the technique or drill.

In the following pages you will find the technique name, technical "slices," indicators, and a brief description of the Reflex Development Drills and Fight Simulation Drills for each of the 36 lessons. Technical Slices are individual drills that present the details of a partial technique or introduce a common variation on the standard application. Indicators are your opponent's physical movements that trigger your employment of a technique. Understanding the slice details and indicators is the most important part of the instruction and warrants close study. We also emphasize the "Essential Details" of each technique as well as "Bad Guy Reminders" and "Most Common Mistakes" where applicable. Even though we tried to provide all the most important information for each lesson, feel free to use the empty space on each page to add notes of your own if anything important jumps out at you.

Lesson 1

Technique: Trap & Roll Escape
Position: Mount

Overview
In a fight, the goal is to achieve the top position once the fight goes to the ground; the problem is that things don't always go according to plan. Against a larger attacker, you are likely to end up on the bottom of the mount position which is the single worst place to be in a fight. From this position the top person can strike or strangle you at will and you cannot effectively strike back. The worst part about trying to escape the mount without an effective strategy is the panic you experience and the extreme exhaustion it will inevitably cause. The Trap & Roll Escape is a simple, reliable way to remove your opponent from atop of you. In this lesson you will learn four variations of the Trap & Roll starting with the Standard Variation.

Technical Slices

1. Standard Variation
   - *Indicator:* Opponent grabs your chest or throat with one or both hands
   - Essential Detail: Trapping everything all at once
   - Most Common Mistake: Rolling sideways instead of bridging upwards
   - Safety Tip: Top person tuck shoulder
   - Bad Guy Reminder: Keep hands on chest for this variation
   - Core Principles: Isolation (19), Kuzushi (11)
   - Drill Orders: Mount start, 1 rep, reverse roles
2. Punch Block Variation
   - *Indicator:* Opponent sits up to throw punches
   - Essential Detail: Constant closeness
   - Most Common Mistake: Failure to keep weight on the opponent's hands
   - Safety Tip: Bad guy must tuck fingers prior to roll
   - Bad Guy Reminder: Post hands on ground for base when pulled forward
   - Core Principles: Distance (3), Ratchet (26)
   - Drill Orders: Mount start, 1 rep, reverse roles
3. Headlock Variation
   - *Indicator:* Opponent establishes a headlock and inserts the grapevines/hooks
   - Essential Detail: Remove the hooks prior to bridge
   - Most Common Mistake: No reach with hugging arm
   - Safety Tip: Do not insert the grapevines too aggressively
   - Core Principles: Anchor (25), Velocity (7), Creation (5)
   - Drill Orders: Mount start, 1 rep, reverse roles
4. Open Guard Pass
   - *Indicator:* Opponent's legs remain uncrossed after the Trap & Roll Escape is executed
   - Essential Detail: Effective hip control
   - Most Common Mistake: Weak base points
   - Core Principles: Prevention (13), Pyramid (4)
   - Drill Orders: Trap & Roll (any variation), Open Guard Pass, reverse roles
5. Bonus: Spread Hand Variation
   - *Indicator:* Opponent's hands are spread wide for base
   - Essential Detail: Use your legs to pivot effectively
   - Most Common Mistakes: Incorrect grip on arm after the pivot
   - Core Principles: Pivot (22), and Buoyancy (27)
   - Drill Orders: Mount start, 1 rep, reverse roles

Reflex Development Drill
Practice all variations of the
Trap & Roll Escape – Mount (L1)

Mindset Minute
Because being mounted is so dangerous, we present several techniques in this course to prevent it from happening in the first place. View the Trap & Roll Escape as an emergency tool of last resort. In a future lesson, you will learn the Elbow Escape from the mount, which can be used to escape the mount if the Trap & Roll escape fails.

Street Tip: Concrete Concerns
While concrete will give you the best traction while standing, it may be the most unforgiving terrain to fight on. At all times, you need to be aware of what parts of your body will impact the ground. When you're on the top of the fight, you need to make sure you keep your weight off your knees and elbows, and let your opponent carry your mass instead. If you end up on the bottom, keep your head off the ground, and under no circumstances do you want to let your opponent pick you up because one slam could knock you out.

Lesson 2

Technique: Americana Armlock
Position: Mount

Overview
The ideal goal in the fight is to achieve the mount, exhaust your opponent, and then win with the lowest level of necessary force. Punching your opponent from the mount can be effective but is exhausting, risks your balance, and could injure your opponent more seriously than intended (or necessary). We prefer to use leverage-based submissions instead so that we can maintain better control of our opponent and save energy. The Americana Armlock is a highly effective submission that can be used with minimal effort to defeat a larger opponent. First you will learn the Basic Application and then two variations that could be used in combat.

Technical Slices

1. Basic Application (Preparation Drill)
   - Essential Detail: Effective hand positioning and solid wrist curvature
   - Most Common Mistake: All lift without any slide
   - Safety Tip: Squeeze very slowly and remember to tap out when slight discomfort is felt
   - Core Principles: Isolation (19), Overload (24)
   - Drill Orders: Mount start, 1 rep on each arm, reverse roles
2. Standard Variation
   - *Indicator:* Opponent fears punches and protects their face with both hands
   - Essential Detail: Back hook in, front knee open
   - Most Common Mistake: No hip pressure
   - Bad Guy Reminder: Test partners hooks by trying to push with free arm
   - Safety Tip: Do not squeeze the lock while opponent is checking your base
   - Core Principles: Anchor (25), Pyramid (4)
   - Drill Orders: Mount start, 1 rep on each arm, reverse roles
3. Neck-Hug Variation
   - *Indicator:* Opponent exposes their arm while you maintain control of their neck
   - Essential Detail: Grip with thumb at first then switch to thumbless grip
   - Most Common Mistake: Forgetting to loop the arm around the head
   - Core Principles: Detachment (2), Overload (24), Creation (5)
   - Drill Orders: Mount start, 1 rep on each arm, reverse roles
4. Bonus: Side Entry
   - *Indicator:* Opponent keeps their elbow heavy on the ground
   - Essential Detail: Inserting the wrist/fulcrum as close to the elbow as possible
   - Most Common Mistake: Failing to use body weight to pry the elbow off the ground
   - Core Principles: Pivot (22), Grandmaster (32)
   - Drill Orders: Mount start, 1 rep on each arm, reverse roles

Reflex Development Drill
Practice all variations of the
Trap & Roll Escape – Mount (L1)
In combination with all variations of the
Americana Armlock – Mount (L2)

Mindset Minute
The beauty of submissions is that they give you the ability to control the amount of damage that you inflict. When using the Americana Armlock, be sure to focus on using your legs for stability otherwise the move is worthless. If you ever feel like your legs can't contain your opponent, release the lock, and use your hands for additional base. If your opponent begins to roll you the other way, switch your hooks to neutralize the roll, then switch back to normal hook positioning before finishing.

Street Tip: Groin Strikes
The most common attack in street fight is a punch to the face. But once the opponent realizes that your face is out of reach, they may shift their focus to attacking the groin. If this happens, you'll want to establish double underhooks as quickly as possible. This is true regardless of whether you're on the top or bottom of the fight. Bottom line, a fight is a rapidly evolving situation for which you need to be very adaptive, and in general, you'll want overhooks for punch protection and underhooks for groin protection.

Lesson 3

Technique: Positional Control
Position: Mount

Overview
The mount is the most dominant position in a fight because it enables you to win the fight in a variety of ways while depleting your opponent's energy. You must understand, however, that as soon as you achieve the mount, your opponent will do everything in his power to get you off of them. In this lesson you will learn how to control and exhaust a larger stronger opponent from the mount. First, you will learn how to apply effective hip pressure, and then you will see how to neutralize the most common escape attempts you can expect from an untrained opponent in a real fight.

Technical Slices

1. Hips & Hands (Preparation Drill)
   - Essential Detail: Constant hip pressure and effective head-handoffs
   - Most Common Mistake: Weak torso alignment
   - Bad Guy Reminder: Hug your partner's body to make it easier to check their base
   - Core Principles: Connection (1), Head Control (28)
   - Drill Orders: Mount start, establish hip pressure, side-to-side 5 times, reverse roles
2. Anchor & Base
   - *Indicator:* Opponent attempts to escape by pushing you side-to-side
   - Essential Detail: Effective hook transfers with constant hip pressure
   - Most Common Mistake: Handing off the head control when it's not necessary
   - Bad Guy Reminder: Switch directions slowly at first to build your partner's confidence
   - Core Principles: Depletion (18), Pyramid (4), Connection (1)
   - Drill Orders: Mount start, establish hip pressure, side-to-side 5 times with fixed neck hug (if possible), reverse roles
3. Low Swim
   - *Indicator:* Opponent attempts to wrap your posted arm to roll you off
   - Essential Detail: Solid 45-degree posted hand angle
   - Most Common Mistake: Weak elbow positioning and predictable response time
   - Core Principles: Reconnaissance (12), Clock (8)
   - Drill Orders: Mount start, 2 low swims on each arm, reverse roles
4. High Swim
   - *Indicator:* Opponent pushes straight up on your chest or throat with one or both hands
   - Essential Detail: Get low and heavy after each swim to prevent Follow-Up push attempts
   - Most Common Mistake: Swimming both hands at once
   - Core Principles: Redirection (29), River (9)
   - Drill Orders: Mount start, 3 high swims, reverse roles
5. Bonus: Half Nelson
   - *Indicator:* Opponent tries to roll to their knees underneath you
   - Essential Detail: Immediate underhook and anchor behind the head
   - Most Common Mistake: Failure to apply hip pressure
   - Core Principles: Anchor (25), Depletion (18)
   - Drill Orders: Mount start, 1 rep on each side, reverse roles

Reflex Development Drill
Practice all variations of
Positional Control – Mount (L3)
In combination with all variations of the
Americana Armlock – Mount (L2)

Fight Simulation Drill
1. Trap & Roll Escape – Mount – Headlock (L1)
2. Positional Control – Mount – Low Swim (L3)
3. Americana Armlock – Mount – Neck-Hug (L2)

Mindset Minute
Every time you achieve the mount, expect your opponent to use every ounce of energy to throw you off. Once you neutralize their explosive escape attempts, they will be very discouraged and in most cases, this will be enough to make them surrender. If they do not give up, their exhaustion will make your submission that much easier to achieve.

Street Tip: Ultimate Self-Defense
Many people who practice jiu-jitsu can't wait for an opportunity to try their techniques in a real fight, but this is a very dangerous perspective to have. Even once you have spent years perfecting the techniques that will allow you to quickly and easily overcome an aggressor, the reality is that street fights are always unpredictable and dangerous no matter how trained you are. Always aim to avoid the avoidable fights. Every second in a street fight is a second of uncertainty, so the sooner you get out, the sooner you are demonstrating the highest level of self-defense.

Lesson 4

Technique: Take the Back
Position: Mount

Overview
The mount is unquestionably the best place to be in a fight. Once you achieve the mount you must focus all your efforts on maintaining the position. Nine times out of ten, your opponent will fear getting punched in the face and will instantly roll to their knees. If you don't respond to their roll correctly, you will fall off. Knowing how to achieve the back mount will ensure that you do not lose control and that you take advantage of the opportunity they are creating. In this lesson you will learn how to Take the Back as well as what to do if the opponent begins to slip away from your back mount control.

Technical Slices

1. Take the Back
   - *Indicator:* Opponent rolls to their knees to escape the mount
   - Essential Detail: Effective back hook entry
   - Most Common Mistake: Ineffective torso alignment while on back
   - Bad Guy Reminder: Get up on your shoulder, not your elbow
   - Safety Tip: Remain weightless until partner is on all fours
   - Core Principles: Acceptance (6), Buoyancy (27)
   - Drill Orders: Mount start, 1 rep, reverse roles
2. Remount Technique
   - *Indicator:* Opponent compromises your hooks to escape your back mount
   - Essential Detail: Effective hook transfer to full mount and constant closeness
   - Most Common Mistake: Too much movement in too little time
   - Core Principles: Clock (8), Ratchet (26)
   - Drill Orders: Mount start, 1 rep with Remount, reverse roles
3. Bonus: Rider Transition
   - *Indicator:* Opponent rolls aggressively to their knees
   - Essential Detail: Heavy and low modified mount position
   - Most Common Mistake: Failure to use bodyweight to delay the roll
   - Core Principles: Tagalong (23), Depletion (18)
   - Drill Orders: Mount start, 1 rep, reverse roles

Reflex Development Drill
Practice all variations of
Positional Control – Mount (L3)
in combination with all variations of
Take the Back – Mount (L4)

Fight Simulation Drill
1. Trap & Roll Escape – Mount – Punch Block (L1)
2. Positional Control – Mount – High Swim (L3)
3. Take the Back – Mount – Remount (L4)
4. Americana Armlock – Mount – Standard (L2)

Mindset Minute
If your opponent tries to push you off from the mount, use effective hip pressure and hand positioning to maintain control. If your opponent decides to roll to their knees explosively, you must immediately remove your hooks and prepare to take the back. Failure to remove your hooks at the right time will cause you to lose the dominant position and end up on the bottom of the fight.

Lesson 5

Technique: Rear Naked Choke
Position: Mount

Overview
Of all the techniques in Gracie Jiu-Jitsu, the Rear Naked Choke has been responsible for more fight victories than all the rest combined. Based entirely on effective use of leverage, you can use this submission to defeat an opponent of any size. In this lesson, you will first learn the Basic Application of the choke, and then you will learn the Strong Side and Weak Side variations that can be used in a street fight.

Technical Slices

1. Basic Application
   - Essential Detail: Hug the “V” using back strength instead of arm strength
   - Most Common Mistake: Pushing the head instead of expanding the chest
   - Bad Guy Reminder: Tighten your neck muscles to resist more effectively
   - Core Principles: Connection (1), Overload (24)
   - Drill Orders: Sitting start, 1 rep with each arm, reverse roles
2. Strong Side Variation
   - *Indicator:* Opponent falls towards your top arm
   - Essential Detail: Deep shoulder shot for optimal elbow-chin alignment
   - Core Principles: Isolation (19), Anchor (25)
   - Drill Orders: Sitting start, 1 rep with each side, reverse roles
3. Weak Side Variation
   - *Indicator:* Opponent falls towards the under-hooked arm
   - Essential Detail: Controlled handoff to choke with the bottom arm
   - Most Common Mistake: Failure to insert the second arm under the first arm
   - Bad Guy Reminder: Keep your core tight to facilitate the technique
   - Core Principles: Tension (14), Ratchet (26)
   - Drill Orders: Sitting start, 1 rep on each side, reverse roles
4. Bonus: Frame Escape
   - *Indicator:* Opponent tries to choke you during the fight
   - Essential Detail: Two-on-one control of the top arm
   - Most Common Mistake: Failure to fall towards the top arm prior to frame activation
   - Core Principles: Prevention (13), Frame (10)
   - Drill Orders: Turtle start, 1 rep, reverse roles

Reflex Development Drill
Practice all variations of
Take the Back – Mount (L4)
In combination with all variations of the
Rear Naked Choke – Back Mount (L5)

Fight Simulation Drill
1. Trap & Roll Escape – Mount – Standard (L1)
2. Positional Control – Mount – High Swim (L3)
3. Take the Back – Mount (L4)
4. Rear Naked Choke – Back Mount – Weak Side (L5)

Mindset Minute
When you apply the Rear Naked Choke remember to breathe and make sure you hold the pressure long enough to allow the move to work. It will take anywhere from 6-15 seconds to render your opponent unconscious. If you release their neck immediately, they will wake up spontaneously in a few seconds. If you hold the choke for more than 30 seconds after they pass out, the results could be fatal.

Street Tip: Confined Spaces
When it comes to closing the distance and establishing the clinch, fighting in confined spaces gives us a unique advantage since our opponent can’t back up to maintain their striking range. But once we take the fight to the ground, confined space may favor the opponent since they can push off the walls to create a powerful bridging opportunity. To avoid this, you’ll need to use your body to pivot your opponent’s feet away from the wall so they can’t push off. After a few failed attempts, they’ll be discouraged, and you can transition into a submission or use verbal De-Escalation to wrap things up more peacefully.

Lesson 6

Technique: Leg Hook Takedown
Position: Standing

Overview
Your goal in any one-on-one physical altercation should be to avoid dangerous punches while standing, and then to get the fight to the ground where you can more effectively control and defeat your opponent. The safest place to be in a fight, while standing, is in a clinch. From the clinch, your opponent's striking power is almost entirely eliminated. You will learn how to close the distance and establish the clinch in a future lesson. In this lesson, we will teach you how to take the opponent down once you get there.

Technical Slices

1. Clinch Control (Preparation Drill)
   - Essential Detail: Keep your hips close to your opponent's
   - Most Common Mistake: Incorrect head positioning
   - Bad Guy Reminder: Move in various ways to test control and balance
   - Core Principles: Distance (3), Posture (16)
   - Drill Orders: Clinch start, control for 5-10 seconds, reverse roles
2. Leg Hook Takedown
   - *Indicator:* Opponent maintains a wide base when you establish the clinch
   - Essential Detail: Effective clinch control and setup step
   - Most Common Mistake: Failure to control the descent by releasing the opponent
   - Bad Guy Reminder: Keep your base wide and low to facilitate your partner
   - Safety Tip: Bad guy should hold on to their partner's back during the takedown to cushion the fall
   - Core Principles: Kuzushi (11), Detachment (2)
   - Drill Orders: Clinch start, 1 rep, reverse roles
3. Bonus: Outside Trip
   - *Indicator:* Opponent is moving aggressively and unpredictably in the clinch
   - Essential Detail: Effective load step to generate maximum propulsion
   - Most Common Mistake: Failure to hook the leg deeply enough
   - Bad Guy Reminder: Break your fall
   - Core Principles: Anchor (25), Kuzushi (11)
   - Drill Orders: Clinch start, 1 rep, reverse roles

Reflex Development Drill
Practice the
Leg Hook Takedown – Standing (L6)
in combination with all variations of
Positional Control – Mount (L3)

Fight Simulation Drill
1. Leg Hook Takedown – Standing (L6)
2. Take the Back – Mount (L4)
3. Rear Naked Choke – Back Mount – Strong Side (L5)
4. Remount Technique – Back Mount (L4)
5. Americana Armlock – Mount – Neck-Hug (L2)

Mindset Minute
Focus on establishing an effective clinch with solid base, and only step in for the takedown when you feel comfortable. The more control you have during the takedown, the more likely you are to remain in control once you get to the ground. Don't worry about slamming your opponent into the ground since the harder you land, the harder you bounce.

Lesson 7

Technique: Clinch (Aggressive Opponent)
Position: Standing

Overview
Most martial arts rely heavily on the use of strikes to defeat the opponent. This strategy may work against a smaller opponent, but is very risky against a larger, more athletic opponent who could potentially knock you out each time you put yourself in range to strike them. The best strategy is to establish a clinch and take the fight to the ground where you can conserve energy, neutralize strikes, and win the fight with ease. The key to establishing a clinch on an aggressive opponent is to understand that there are two safe distances in a fight: all the way out, or all the way in.

Technical Slices

1. Close the Distance
   - *Indicator:* Opponent becomes aggressive and commits to attacking you with strikes
   - Essential Detail: Maintain at least a two-arm distance from the attacker
   - Most Common Mistake: Failure to protect your face during the entry
   - Bad Guy Reminder: Your intensity (or lack thereof) should match your partner's confidence level
   - Safety Tip: If your partner forgets to block, don't knock them out
   - Core Principles: Distance (3), Reconnaissance (12)
   - Drill Orders: Keep the distance, close during aggression, reverse roles
2. Bonus: Over-Under Clinch
   - *Indicator:* Opponent prevents you from getting double underhooks in the clinch
   - Essential Detail: Strong balance and footwork while pummeling for double underhooks
   - Most Common Mistake: Failing to keep the opponent from pummeling in on the back side
   - Bad Guy Reminder: Solid body contact and constantly moving footwork/base.
   - Core Principles: Centerline (31), Mobility (30)
   - Drill Orders: Over-Under Clinch start, 10-12 reps, reverse roles

Reflex Development Drill
Practice the
Clinch (Aggressive Opponent) – Standing (L7)
in combination with the
Leg Hook Takedown – Standing (L6)

Fight Simulation Drill
1. Clinch – Standing – Aggressive Opponent (L7)
2. Leg Hook Takedown – Standing (L6)
3. Positional Control – Mount – Low Swim (L3)
4. Americana Armlock – Mount – Standard (L2)
5. Take the Back – Mount (L4)
6. Rear Naked Choke – Back Mount – Strong Side (L5)

Mindset Minute
Once the fight begins, remain calm and avoid the temptation to trade punches with your opponent. Focus on keeping a safe distance and then shoot in when they become aggressive. If a person attacks you without notice (throws a surprise punch) use the same strategy – instantly cover your face and lunge forward to establish the clinch. So, whether it is in a predictable fight situation or a surprise attack, any time the opponent becomes aggressive, don't think twice, bite your teeth, protect your face, and close the distance. No matter what, once you commit to the clinch do not retreat.

Street Tip: Punch Power Scale
Not all punches are created equally. Every strike exists on a Power Scale from 1-10. 1s, 2s, and 3s are generally weak strikes from positions of restricted mobility, while 8s, 9s, and 10s are powerful strikes thrown from stable positions and the perfect distance. The reason why jiu-jitsu wins is because we violate the traditional distance from which fights are fought. Instead of standing in the "red zone" trading high-risk strikes, we exist in the green zones where strikes have the least power. The best part about fighting from close range is that even though the attacker doesn't have the distance for their level 10 strikes, we are perfectly positioned for an entire arsenal of level 10 submissions.

Lesson 8

Technique: Punch Block Series (Stages 1-4)
Position: Guard

Overview
The ideal position in a ground fight is the mount. If you are unable to maintain the mount, you can use your legs to wrap the opponent in a position called the guard. The guard is the “secret weapon” for any Gracie Jiu-Jitsu practitioner. From the guard, you can apply joint locks and choke holds to subdue even the largest opponent. These submissions can only be executed, however, if you survive long enough to attempt them. With an outraged opponent in your guard, it is almost certain that punches will be thrown at your face from every possible angle. The Punch Block Series will enable you to neutralize all punches and exhaust your opponent until the opportunity arises to execute a sweep or submission. The Punch Block Series is broken down into four stages which you learn individually and in combination with one another.

Technical Slices

1. Stage 1
   - *Indicator:* Opponent attempts to punch your face from within your guard
   - Essential Detail: Effective head control and inside arm positioning
   - Most Common Mistake: Expending too much energy
   - Core Principles: Posture (16), Head Control (28)
   - Drill Orders: Mount start with roll to guard, 15-20 seconds of protection and control, reverse roles
2. Stage 2
   - *Indicator:* Opponent pulls their arm back to punch your body or head
   - Essential Detail: Fill the space with shins and forearms
   - Most Common Mistake: Too much time spent in Stage 2
   - Bad Guy Reminder: Sit back on your heels when pulling the punches
   - Core Principles: Frame (10), Tension (14)
   - Drill Orders: Guard start, 1-2-1-2-1, reverse roles
3. Stage 3
   - *Indicator:* Opponent sits up to generate more powerful punches
   - Essential Detail: Quick insertion of the knees with extended hips
   - Most Common Mistake: No face protection in drop to Stage 1
   - Bad Guy Reminder: Lean forward in Stage 3
   - Core Principles: Depletion (18), Acceptance (6)
   - Drill Orders: Guard start, 1-3-1-2-3-1, reverse roles
4. Stage 4
   - *Indicator:* Opponent stands up to throw punches
   - Essential Detail: Slight bend in the knees and toes facing out
   - Most Common Mistake: Uncontrolled drop of your opponent
   - Core Principles: Clock (8), Connection (1)
   - Drill Orders: Guard start, 1-4-1-2-3-4-1, reverse roles
5. Bonus: Guard Get-Up
   - *Indicator:* Opponent is in your guard and you must get back to your feet rapidly
   - Essential Detail: Effective knee shield and 45-degree body angle
   - Most Common Mistake: Failure to redirect the arm across your body
   - Core Principles: Buoyancy (27), Redirection (29)
   - Drill Orders: Guard start, 1 rep, reverse roles

Reflex Development Drill
Practice all variations of the
Americana Armlock – Mount (L2)
in combination with all variations of the
Punch Block Series – Guard (L8)

Fight Simulation Drill
1. Clinch – Standing – Aggressive Opponent (L7)
2. Leg Hook Takedown – Standing (L6)
3. Take the Back – Mount (L4)
4. Rear Naked Choke – Back Mount – Weak Side (L5)
5. Punch Block Series – Guard – All Stages (L8)

Mindset Minute
Blocking all the punches and exhausting all of your energy in the process is just as bad as not blocking any punches. Focus as much on relaxing and breathing as you do on neutralizing the strikes against you. Always remember that the final goal is to establish Stage 1 control because it’s the safest and the most energy efficient position. The further your opponent is from Stage 1, the less control you have. In future lessons, you will learn other techniques that can be used if your opponent gets past your guard.

Lesson 9

Technique: Armbar
Position: Mount

Overview
The goal in the fight is to achieve the mount because from there we can deplete our opponent and eventually submit them with ease. When you mount an opponent, it is very common for them to reach for your chest or throat in their escape attempt, and this creates the perfect opportunity for the Armbar. The Armbar is one of the most dynamic submissions in jiu-jitsu since it can be applied from virtually any position, and it can be used to incapacitate even the largest opponent. In this lesson, you will learn how to apply the Armbar from the mount, and in future lessons you will learn it from other positions in the fight.

Technical Slices

1. Final Control (Preparation Drill)
   - Essential Detail: Use legs to neutralize the head slip, elbow pullout, and sit-up attempts
   - Most Common Mistake: Fixating on the arm control, instead of focusing on the leg control
   - Safety Tip: Do not apply pressure until bad guy has tested all 3 control elements, squeeze slowly
   - Core Principles: Anchor (25), Overload (24)
   - Drill Orders: Armbar start, 10-15 seconds of control, slow pressure, reverse roles
2. Standard Variation
   - *Indicator:* Opponent reaches up for your chest or throat with one or both hands
   - Essential Detail: Effective set-up step to open the hips and facilitate the spin
   - Most Common Mistake: Landing with hips too far from opponent's shoulder
   - Core Principles: Pivot (22), Isolation (11)
   - Drill Orders: Start from mount, 1 repetition, reverse roles
3. Side Variation
   - *Indicator:* Opponent turns sideways underneath you but does not roll to their knees
   - Essential Detail: Effective weight distribution on the opponent's ribs during the southward lean
   - Most Common Mistake: Committing to Armbar too soon (you must first verify that opponent is not rolling to their knees)
   - Safety Tip: Avoid kicking your partner in the face with your heel during the spin
   - Core Principles: Head Control (28), Fork (15)
   - Drill Orders: Mount start, 1 rep, reverse roles
4. Bonus: S-Mount Variation
   - *Indicator:* Opponent's elbows are exposed but their arms aren't fully extended
   - Essential Detail: Effective slide into s-mount position
   - Most Common Mistake: Ineffective balance in the s-mount
   - Core Principles: Pyramid (4), Creation (5)
   - Drill Orders: Mount start, 1 rep, reverse roles

Reflex Development Drill
Practice all variations of the
Trap & Roll Escape – Mount (L1)
in combination with all variations of the
Armbar – Mount (L9)

Fight Simulation Drill
1. Clinch – Standing – Aggressive Opponent (L7)
2. Leg Hook Takedown – Standing (L6)
3. Positional Control – Mount – High Swim (L3)
4. Take the Back – Mount – Remount (L4)
5. Armbar – Mount – Side Variation (L9)

Mindset Minute
The sooner you go for the Armbar, the more likely your opponent is to escape. Allow your partner to exhaust before spinning for the arm so that they won't have the energy to escape. When you catch it, focus entirely on the leg control, since breaking the arm is the easy part. If your opponent is too big, and your legs don't reach the ground during the final control, don't worry, just keep your legs heavy and you'll be fine. Remember, in a real situation, you will only need to control the final position for a fraction of a second before you hyper-extend the elbow.

Street Tip: Multiple Attackers
There is no technique or martial art that is 100% reliable against multiple attackers, and anyone who tells you otherwise is lying to you. What we do know, however, is that the ground is the last place you want to be against multiple attackers, which is why jiu-jitsu is so important. Only once you truly understand the intricacies of a ground fight will you be able to escape one on a moment's notice if your life depends on it.

Lesson 10

Technique: Triangle Choke
Position: Guard

Overview
If you achieve the mount but are unable to maintain control, you should resort to the guard position. From the guard, you can neutralize punches and submit your opponent with one of several techniques. In this lesson, we will discuss the Triangle Choke which is one of the most amazing techniques of Gracie Jiu-Jitsu, since it gives any individual the ability to render their opponent unconscious from the bottom of the fight. In this lesson, you will learn the finishing steps first and then you will learn two effective methods for setting up and catching the Triangle Choke in a street fight.

Technical Slices

1. Triangle Finish (Preparation Drill)
   - Essential Detail: Walk shoulders back to facilitate the neck bite and full lockup
   - Most Common Mistake: No thigh squeeze and no patience during final squeeze
   - Bad Guy Reminder: Don't forget to tap out
   - Core Principles: Centerline (31), Mobility (30)
   - Drill Orders: Triangle Setup start, 1 rep, reverse roles
2. Stage 1.5 Variation
   - *Indicator:* Opponent is in your guard and you are able to establish Stage 1.5
   - Essential Detail: Full extension of the hips prior to slipping the leg over the shoulder
   - Most Common Mistake: Failure to maintain head control any time the legs are uncrossed
   - Core Principles: Tension (14), Centerline (31)
   - Drill Orders: Stage 1 start, 1 rep, reverse roles
3. Giant Killer Variation
   - *Indicator:* Opponent is too large for the Stage 1.5 Variation
   - Essential Detail: Effective creation of distance with head control and shrimp movement
   - Most Common Mistake: Foot on hip instead of ground during the shrimp-out
   - Bad Guy Reminder: Keep driving forward during the technique
   - Safety Tip: Don't knee your partner in the chin during leg removal
   - Core Principles: Redirection (29), Reconnaissance (12)
   - Drill Orders: Stage 1 start, 1 rep, reverse roles
4. Bonus: Slam Prevention
   - *Indicator:* Opponent attempts to pick you up and slam you from within the Triangle Choke
   - Essential Detail: Immediate underhook on the opponent's leg
   - Most Common Mistake: Failure to hold your own shin with the other arm
   - Core Principles: Anchor (25), Pivot (22)
   - Drill Orders: Guard start, 1 rep, reverse roles

Reflex Development Drill
Practice all variations of the
Punch Block Series (Stages 1-4) – Guard (L8)
in combination with all variations of the
Triangle Choke – Guard (L10)

Fight Simulation Drill
1. Trap & Roll Escape – Mount – Punch Block (L1)
2. Positional Control – Mount – Anchor & Base (L3)
3. Armbar – Mount – Standard Variation (L9)
4. Punch Block Series – Guard – Stages 1-4-1 (L8)
5. Triangle Choke – Guard – Stage 1.5 (L10)

Mindset Minute
Perfect the Triangle because it may save your life. Don't forget to respect the punches. Know your leg limitations and learn to trust the power of a partial Triangle lockup since that may be your only option against a much larger opponent. During the final squeeze, be sure to give the choke a chance to work by focusing on a controlled prolonged squeeze rather than an explosive short squeeze.

Lesson 11

Technique: Elevator Sweep
Position: Guard

Overview
If you can't maintain the mount, use the guard to control your opponent. While trapped in your guard, an unskilled larger opponent may attempt to drive their weight forward onto your upper torso, in an attempt to immobilize you or submit you with their body weight. Little do they know, because they are inside your legs, their weight is distributed in such a way that it makes it quite easy to withstand the forward pressure. In fact, any time a larger opponent is driving all their weight forward from within your guard, there is a good chance that they are actually creating an opportunity for the Elevator Sweep. In this lesson you will learn two variations of the Elevator Sweep starting with the Standard Variation.

Technical Slices

1. Standard Variation
   - *Indicator:* Opponent posts one leg to drive their weight forward from within your guard
   - Essential Detail: Effective body angle for 3 reasons: hook insertion, elevation power, front leg "lowness"
   - Most Common Mistake: Failure to lift the opponent's weight "north" prior to the sweep
   - Bad Guy Reminder: Post the leg on the side of your free arm
   - Core Principles: Kuzushi (11), Tagalong (23)
   - Drill Orders: Guard start, 1 rep, reverse roles
2. Headlock Variation
   - *Indicator:* Opponent establishes a headlock and posts the opposite leg to drive their weight forward
   - Essential Detail: Effective "chopping" of the opponent's upper- and lower-body base points
   - Most Common Mistake: Failure to activate the hook immediately after the base chop
   - Core Principles: Kuzushi (11), Tension (14)
   - Drill Orders: Guard start, 1 rep, reverse roles
3. Bonus: Late Angle Acquisition
   - *Indicator:* Opponent neutralize your angle by squaring up their hips to yours
   - Essential Detail: Immediate activation of the hook/lift after the late angle acquisition
   - Most Common Mistake: Failure to use the shin as the push point for the shrimp
   - Core Principles: Velocity (7), Mobility (30)
   - Drill Orders: Guard start, 1 rep, reverse roles

Reflex Development Drill
Practice all variations of the
Elevator Sweep – Guard (L11)
in combination with all variations of the
Armbar – Mount (L9)

Fight Simulation Drill
1. Clinch – Standing – Aggressive Opponent (L7)
2. Leg Hook Takedown – Standing (L6)
3. Punch Block Series – Guard – Stages 1-3-4-1 (L8)
4. Elevator Sweep – Guard – Headlock Variation (L11)
5. Armbar – Mount – Side Variation (L9)

Mindset Minute
When your opponent attempts to use their body weight to crush you, don't panic. Swivel your hips out and insert your leg hook and go for it. If it doesn't work, go back to Stage 1, block punches, and remain calm until another sweep or submission opportunity presents itself.

Street Tip: Intervention Options
The choice to intervene during an altercation is one that shouldn't be taken lightly, and if you don't have the jiu-jitsu tools to do so safely, you should probably find a way to help that doesn't land you in a situation you're not capable of handling. Besides tactical empathy, the rear takedown and the arm drag removal are two of our favorite intervention techniques. If you choose not to get physical, you can call for help and/or record the incident for useful evidence down the line.

Lesson 12

Technique: Elbow Escape
Position: Mount

Overview
Any time you find yourself trapped underneath your opponent in the mount position you should aim to use the Trap & Roll Escape, since it will place you on top of the fight. If your opponent is too big, or the Trap & Roll is not possible, the Elbow Escape will serve as your emergency escape. First, you will learn the Standard Elbow Escape and then you'll learn several variations to call on when the primary doesn't work.

Technical Slices

1. Standard Elbow Escape
   - *Indicator:* Opponent prevents the Trap & Roll Escape by establishing wide base from the mount
   - Essential Detail: Curl body sideways during knee shove and flat leg removal
   - Most Common Mistake: Failure to consider strikes and prevent posture throughout the technique
   - Bad Guy Reminder: Keep your body rigid to make it realistic
   - Core Principles: Frame (10), Mobility (30)
   - Drill Orders: Mount start, 1 rep, reverse roles
2. Hook Removal
   - *Indicator:* Opponent inserts the leg hooks or "grapevines" for better control
   - Essential Detail: One foot helps the other to remove hook
   - Most Common Mistake: Forgetting to block the knee with hand during hook removal process
   - Bad Guy Reminder: Insisting on the grapevines can cause you to sustain a knee injury
   - Core Principles: Ratchet (26), Tension (14)
   - Drill Orders: Mount start, 1 rep, reverse roles
3. Fish Hook
   - *Indicator:* Opponent resists the Standard Elbow Escape by keeping their leg heavy
   - Essential Detail: Use elbow or hand to shove leg south to facilitate the Fish Hook
   - Most Common Mistake: Failure to use the flat leg to expose the opponent's foot
   - Core Principles: Connection (1), Redirection (29)
   - Drill Orders: Mount start, 1 rep, reverse roles
4. Heel Drag
   - *Indicator:* Opponent neutralizes the Fish Hook by keeping their knee heavy while making the foot light
   - Essential Detail: Use your flat leg to chock the opponent's lower leg off the ground
   - Most Common Mistake: Weak ankle bite with the back leg
   - Core Principles: Reconnaissance (12), Pivot (22)
   - Drill Orders: Mount start, 1 rep, reverse roles
5. Bonus: Surprise Rolls
   - *Indicator:* Opponent locks up from half guard to prevent the second leg removal
   - Essential Detail: Bridge and roll in the direction the opponent is most off balance
   - Most Common Mistake: Failure to revert back to Elbow Escape when opponent bases out to avoid the roll
   - Bad Guy Reminder: Change your behavior with each repetition
   - Core Principles: Kuzushi (11), Creation (5), River (9)
   - Drill Orders: Mount start, Elbow Escape to half guard, Surprise Roll, reverse roles

Reflex Development Drill
Practice all variations of the
Elbow Escape – Mount (L12)
in combination with all variations of the
Triangle Choke – Guard (L10)

Fight Simulation Drill
1. Elbow Escape – Mount – Hook Removal (L12)
2. Punch Block Series – Guard – Stages 1-2-1 (L8)
3. Elevator Sweep – Guard – Standard Variation (L11)
4. Take the Back – Mount (L4)
5. Rear Naked Choke – Back Mount – Weak Side (L5)

Mindset Minute
Always attempt the Trap & Roll Escape first because it will put you on top of the fight. If you cannot Trap & Roll your opponent, then use the Elbow Escape to achieve the guard against virtually any opponent. While not as dominant as the mount, from the guard you can neutralize punches, exhaust your opponent, and eventually win the fight. For this reason, you must master all variations of this "emergency escape" from the mount position.

Lesson 13

Technique: Positional Control
Position: Side Mount

Overview
Your objective in a ground fight should be to neutralize the threat and subdue your opponent with the lowest level of force necessary. To achieve this, you'll want to rely on one of many fundamental ground control positions, not the least of which is Side Mount. This position gives you unparalleled control of your opponent with the lowest energy expenditure due to the inherently strong base it provides the top person and the rate at which it depletes the bottom person. In this lesson you will start by learning how to counter the most common escape attempts that a larger opponent is likely to use, and then you'll learn how to transition to the mount position once they have exhausted all their energy.

Technical Slices

1. Roll Prevention
   - *Indicator:* Opponent attempts to escape by bridging and rolling explosively to either side
   - Essential Detail: Keep hips low, chest heavy, and use hand and foot for base
   - Most Common Mistake: Failure to switch to Modified Side Mount when the frame is applied
   - Core Principles: Depletion (18), Pyramid (4)
   - Drill Orders: Side mount start, control for 15-30 seconds, reverse roles
2. Guard Prevention
   - *Indicator:* Opponent attempts to put you in their guard by pushing your hip and inserting the bottom leg
   - Essential Detail: Early recognition of guard attempt and quick hip switch
   - Most Common Mistake: Weak leg positioning and weight distribution while hips are switched
   - Core Principles: Detachment (2), Prevention (13)
   - Drill Orders: Side Mount start, control for 15 seconds, reverse roles
3. Mount Transition
   - *Indicator:* Opponent exhausts their escape attempts and you wish to mount
   - Essential Detail: Effective weight distribution and solid base points
   - Most Common Mistake: Ineffective front side stretch of opponents blocking leg
   - Bad Guy Reminder: Verify effective base points at each step of the technique
   - Core Principles: Velocity (7), Pyramid (4)
   - Drill Orders: Side Mount start, control for 15 seconds, mount transition, reverse roles
4. Bonus: Knee-on-Belly Control
   - *Indicator:* Opponent is pushing you away from side mount too aggressively
   - Essential Detail: Dynamic outer foot movement and absorption of energy
   - Most Common Mistake: Failure to drop to side control when necessary
   - Core Principles: Detachment (2), Reconnaissance (12)
   - Drill Orders: Standing entry, 2 reps, disengage, reverse roles

Reflex Development Drill
Practice all variations of the
Positional Control – Side Mount (L13)
in combination with all variations of the
Positional Control – Mount (L3)

Fight Simulation Drill
1. Positional Control – Side Mount – Roll Prevention (L13)
2. Americana Armlock – Mount – Neck-Hug Variation (L2)
3. Punch Block Series – Guard – Stages 1-2-4-1 (L8)
4. Elevator Sweep – Guard – Headlock Variation (L11)
5. Armbar – Mount – Standard Variation (L9)

Mindset Minute
Strikes and submissions are typically more achievable from the mount, but control is better in side mount. As a result, do not rush to the mount. Instead, focus on establishing a good base and allowing your opponent to burn all their energy, so that when you finally transition to the mount your opponent will be too exhausted to avoid defeat.

Street Tip: Weapon Considerations
If you find yourself in an altercation, and the opponent brandishes a weapon, get out and to safety as quickly as possible. If your exit would put others in harm's way, then focus on pinning the weapon bearing arm to the ground while dismounting to the opposite side. This cross control will allow you to maintain control of the weapon while maintaining your balance at the same time. You'll learn more about these techniques including what to do if you end up underneath the knife in the Master Cycle program.

Lesson 14

Technique: Body Fold Takedown
Position: Standing

Overview
Instead of exchanging punches with a larger opponent, we recommend that you establish the clinch and take them to the ground where you can exhaust and submit them. Once you establish the clinch, there is a good chance that they will get desperate and try to hit you in the face. In doing so, they will lean back and unknowingly create the perfect opportunity for the Body Fold Takedown.

Technical Slices

1. Body Fold Takedown
   - *Indicator:* Opponent attempts to throw punches after you establish the clinch
   - Essential Detail: Tight clinch and slight body pickup prior to the fold
   - Most Common Mistake: Failure to lift the opponent slightly prior to the fold
   - Safety Tip: Release the clinch and take a “safety step” to control the descent
   - Bad Guy Reminder: Hold onto the good guy and put your butt on the ground first then roll back
   - Core Principles: Connection (1), Kuzushi (11)
   - Drill Orders: Clinch start, 1 rep, reverse roles
2. Bonus: Inside Trip
   - *Indicator:* Opponent maintains base in the clinch
   - Essential Detail: Deep hook insertion
   - Most Common Mistake: Weak propulsion off the back leg
   - Bad Guy Reminder: Break your fall and keep your head up
   - Core Principles: Centerline (31), Kuzushi (11), Anchor (25)
   - Drill Orders: Clinch start, 1 rep, reverse roles

Reflex Development Drill
Practice the
Body Fold Takedown – Standing (L14)
in combination with
Take the Back – Mount (L4)
and all variations of the
Rear Naked Choke – Back Mount (L5)

Fight Simulation Drill
1. Clinch – Standing – Aggressive Opponent (L7)
2. Body Fold Takedown – Standing (L14)
3. Positional Control – Side Mount – Guard Prevention (L13)
4. Take the Back – Mount (L4)
5. Punch Block Series – Guard – Stages 1-2-1 (L8)
6. Triangle Choke – Guard – Giant Killer Variation (L10)

Mindset Minute
Any time your opponent makes a serious effort to strike at you from the clinch they are exposing themselves to the Body Fold Takedown. The advantage of the Body Fold Takedown is that it can be applied relatively quickly when the opportunity is right. If ever you attempt to use it and it doesn’t work, because their base is too strong or they are too large to fold, you can try the Leg Hook Takedown.

Lesson 15

Technique: Clinch (Conservative Opponent)
Position: Standing

Overview
The goal in a fight is to avoid getting knocked out, establish the clinch, and get the fight to the ground where we can neutralize the opponent with greater efficiency. The easiest time to do this is when your opponent commits to attacking you aggressively. For this reason, it is best to keep the distance and wait for their attack if at all possible. In the event that your opponent approaches you conservatively during the fight, and you would like to close the distance, you can use the “surprise entry” method to establish the clinch.

Technical Slices

1. Surprise Entry
   - *Indicator:* Opponent advances towards but does not commit to striking you
   - Essential Detail: Timing your entry to take place during one of their forward steps
   - Most Common Mistake: Failure to maintain effective distance prior to the clinch entry
   - Bad Guy Reminder: Step forward very conservatively and verify your partner’s safe distance
   - Core Principles: Distance (3), Velocity (7)
   - Drill Orders: Standing start, 1 rep, reverse roles
2. Bonus: Pisaõ Front Kick
   - *Indicator:* Opponent is not committing to the attack but you need to close the distance
   - Essential Detail: Immediate Follow-Up with clinch after the kick
   - Most Common Mistake: Failure to push off the back leg to generate leverage for the kick
   - Bad Guy Reminder: Use your hand to give them a target for the kick
   - Core Principles: Velocity (7), Posture (16)
   - Drill Orders: Standing start, 1 rep, reverse roles

Reflex Development Drill
Practice the
Clinch (Conservative Opponent) – Standing (L15)
in combination with
Body Fold Takedown – Standing (L14)

Fight Simulation Drill
1. Clinch – Standing – Conservative Opponent (L15)
2. Leg Hook Takedown – Standing (L6)
3. Take the Back – Mount – Remount Technique (L4)
4. Armbar – Mount – Side Variation (L9)
5. Punch Block Series – Guard – Stages 1-4-1 (L8)
6. Triangle Choke – Guard – Stage 1.5 (L10)

Mindset Minute
Against an aggressive opponent, establish the clinch as fast as possible. Against a conservative opponent, take your time and keep the distance so that they think you are scared, then surprise them by shooting in during one of their confident steps forward. Most importantly, once you decide to shoot in, do not retreat and do whatever it takes to establish the clinch.

Street Tip: Traction Considerations
In a street fight, whoever manages the distance, manages the damage that can be done, and closing the distance on our opponent often requires us to change directions quickly, but depending on the surface we’re fighting on, traction can be compromised. Grass, dirt, and leaves, are just a few of the terrains that may adversely affect our connections, so when fighting in these environments just remember that the harder you push, the harder you’ll slip, so you’ll need to adjust your footwork and your expectations accordingly.

Lesson 16

Technique: Headlock Counters
Position: Mount

Overview
The goal in a fight is to achieve the mount where you can control and exhaust your opponent with relative ease. Once you accomplish this, your opponent will panic and desperately attempt to escape. One of the most common escape strategies used by unskilled individuals is to establish a headlock and throw you off of them. The Headlock Counters from the mount will keep you from getting rolled off of a larger opponent and prepare you to take advantage of the submission opportunities that will inevitably arise. First, you will learn how to prevent the escape attempts, and then you will learn how to finish the fight in two different ways.

Technical Slices

1. Basic Positioning (Preparation Drill)
   - Essential Detail: Smooth transition to modified mount and solid hand base
   - Most Common Mistake: Incorrect back knee position and hips too high
   - Bad Guy Reminder: Check partner's base by twisting the headlock
   - Core Principles: Acceptance (6), Mobility (30)
   - Drill Orders: Mount start, 1 rep on each side, reverse roles
2. Prevent the Get-Up
   - *Indicator:* Opponent attempts to roll to their knees with the headlock intact
   - Essential Detail: Effective head positioning to keep your opponent's shoulders slightly supine
   - Most Common Mistake: Failure to revert back to full mount when the opponent turns back in
   - Core Principles: Tension (14), Pyramid (4)
   - Drill Orders: Mount start, 3 reps, reverse roles
3. Back Mount Finish
   - *Indicator:* Opponent releases the headlock and rolls to their knees
   - Essential Detail: Good hand base and quick back hook entry
   - Most Common Mistake: Weak torso and head alignment from back mount
   - Core Principles: Creation (5), Buoyancy (27)
   - Drill Orders: Mount start, 1 rep, reverse roles
4. Armbar Finish
   - *Indicator:* Opponent exhausts their escape attempts but keeps the headlock intact
   - Essential Detail: Effective frame positioning and "slack" removal
   - Most Common Mistake: Using neck strength instead of body weight to apply pressure
   - Safety Tip: Avoid kicking partner's nose/mouth during armbar spin
   - Core Principles: Frame (10), Fork (15), Tension (14)
   - Drill Orders: Mount start, 1 rep, reverse roles
5. Bonus: Guillotine Dismount
   - *Indicator:* Opponent catches a guillotine choke from mount bottom
   - Essential Detail: Dismounting to the opposite side of the choke
   - Most Common Mistake: Failure to keep your neck tucked for protection
   - Bad Guy Reminder: Make sure our partner's hips aren't so high that they become rollable
   - Core Principles: Pivot (22), Detachment (2)
   - Drill Orders: Mount start, 1 rep, reverse roles

Reflex Development Drill
Practice all variations of the
Elevator Sweep – Guard (L11)
in combination with all variations of the
Headlock Counters – Mount (L16)

Fight Simulation Drill
1. Elbow Escape – Mount – Fish Hook (L12)
2. Elevator Sweep – Guard – Standard (L11)
3. Headlock Counters – Mount – Armbar Finish (L16)
4. Triangle Choke – Guard – Giant Killer (L10)

Mindset Minute
When your opponent grabs you in a headlock from the bottom of the mount, keep in mind that time is on your side. The harder they try to escape, the quicker they will exhaust. Don't be in a hurry to win, instead just focus on maintaining a good position and the submission opportunities will soon follow.

Lesson 17

Technique: Double Leg Takedown
Position: Standing

Overview
The advantage of establishing an upper body clinch is that once you take your opponent down you end up in the very dominant mount position, and you can disengage from the clinch if necessary (e.g., in a multiple attacker situation). If you anticipate difficulty in establishing the clinch, however, the Double Leg Takedown is a great alternative. In this lesson you will learn the basic mechanics of the Double Leg Takedown, and then you will learn how to apply it against opponents of varying levels of aggression.

Technical Slices

1. Basic Application (Preparation Drill)
   - Essential Detail: Tight leg control, solid base, and a powerful shoulder drive
   - Most Common Mistake: Failure to position your head to the opposite side of the penetration step
   - Safety Tip: Bad guy must keep core tight and prevent head from hitting ground
   - Core Principles: Kuzushi (11), Connection (1)
   - Drill Orders: Standing start, 1 rep, reverse roles
2. Aggressive Opponent
   - *Indicator:* Opponent advances towards you aggressively
   - Essential Detail: Solid base to stop the opponent's forward momentum
   - Most Common Mistake: Releasing the legs too soon after the takedown
   - Bad Guy Reminder: Take 2 slow steps and then become "aggressive"
   - Core Principles: Distance (3), Depletion (18)
   - Drill Orders: Standing start, 1 rep, reverse roles
3. Conservative Opponent
   - *Indicator:* Opponent advances towards you conservatively
   - Essential Detail: Jabbing for distraction while simultaneously shooting for the legs
   - Most Common Mistake: Ineffective distance management
   - Core Principles: Creation (5), Velocity (7)
   - Drill Orders: Standing start, 1 rep, reverse roles
4. Bonus: Clinch Climb
   - *Indicator:* Opponent doesn't fall after your initial Double Leg shot
   - Essential Detail: Immediate step forward with the trailing leg to initiate the climb
   - Most Common Mistake: Failure to maintain connection during the climb
   - Core Principles: River (9), Detachment (2)
   - Drill Orders: Standing start, 1 rep, reverse roles

Reflex Development Drill
Practice all variations of the
Double Leg Takedown – Standing (L17)
in combination with all variations of the
Positional Control – Side Mount (L13)

Fight Simulation Drill
1. Double Leg Takedown – Standing – Conservative (L17)
2. Positional Control – Side Mount – Roll Prevention (L13)
3. Headlock Counters – Mount – Back Mount Finish (L16)
4. Rear Naked Choke – Back Mount – Weak Side (L5)
5. Elevator Sweep – Guard – Headlock Variation (L11)
6. Armbar – Mount – Standard Variation (L9)

Mindset Minute
One advantage of Double Leg Takedown is the surprise element you utilize when going for the opponent's legs, one disadvantage is that you end up inside your opponent's open guard. If you don't think you can effectively control your opponent in the clinch, this takedown may be more effective than the upper body strategies. Perfect them both so that your instincts can choose the best option in the heat of battle. If you shoot the Double Leg and your opponent sprawls to neutralize your takedown, you may need to sit back and transition to the guard.

Street Tip: Pre-Assault Indicators
Right before someone is about to engage in an act of physical violence or aggression, there are several significant indicators that may reveal their assaultive intentions. While the complete list of indicators is virtually endless, the four big ones we want you to focus on are: 1) the feet, 2) the hands, 3) the eyes, and 4) the distance.

Lesson 18

Technique: Headlock Escape 1
Position: Side Mount

Overview
Besides punches, headlocks are the single most common form of aggression used by untrained individuals on the streets. Although they aren't as effective as a true submission hold, getting caught in a headlock by a stronger opponent can be a very painful and demoralizing experience. The Frame Escape is the first of two headlock escape strategies that we recommend you perfect for use against larger adversaries in a ground fight. In this lesson, you will start by learning the Standard Frame Escape, and then you will see what to do if it doesn't work.

Technical Slices

1. Standard Frame Escape
   - *Indicator:* Opponent establishes a headlock from the top side mount position
   - Essential Detail: Sideways body position and quick frame entry
   - Most Common Mistake: Insufficient hip scoots
   - Bad Guy Reminder: Observe the proper way to establish a headlock
   - Safety Tip: Tighten neck muscles to prevent injury to the trachea during the scissor choke
   - Core Principles: Frame (10), Pivot (22)
   - Drill Orders: Headlock start, 1 rep, reverse roles
2. Scissor Follow-Up
   - *Indicator:* Opponent effectively resists the Scissor Choke
   - Essential Detail: Strategic release of the Scissor Choke for optimum control
   - Most Common Mistake: Weak leg work during transition
   - Bad Guy Reminder: Neutralize the initial choke by turning and tucking chin
   - Core Principles: Detachment (2), Pyramid (4)
   - Drill Orders: Headlock start, 1 rep, reverse roles
3. Super Lock Variation
   - *Indicator:* Opponent does not release the headlock when you execute the Standard Frame Escape
   - Essential Detail: Use the momentum from the initial scissor initiate the Follow-Up
   - Most Common Mistake: Failure to get the leg over the head and chop effectively
   - Bad Guy Reminder: Hold the headlock snug enough to avoid the first two variations
   - Safety Tip: Be careful not to hurt your partner's neck during the chop
   - Core Principles: Momentum (21), Tagalong (23)
   - Drill Orders: Headlock start, 1 rep, reverse roles
4. Bonus: Headlock Prevention
   - *Indicator:* Opponent attempts to wrap your neck in a headlock
   - Essential Detail: Effective arm control and heavy head pressure
   - Most Common Mistake: Failure to recognize early headlock indicator/preparation
   - Core Principles: Anchor (25), Prevention (13)
   - Drill Orders: Side mount start, 1 rep, reverse roles

Reflex Development Drill
Practice all variations of
Headlock Escape 1 – Side Mount (L18)
in combination with all variations of the
Headlock Counters – Mount (L16)

Fight Simulation Drill
1. Double Leg Takedown – Standing – Aggressive (L17)
2. Positional Control – Side Mount – Guard Prevention (L13)
3. Positional Control – Mount – High Swim (L3)
4. Armbar – Mount – Side Variation (L9)
5. Punch Block Series – Guard – Stages 1-3-4 (L8)
6. Headlock Escape 1 – Side Mount – Super Lock (L18)
7. Headlock Counters – Mount – Armbar Finish (L16)

Mindset Minute
Although headlocks are rarely used by skilled opponents, you must learn and perfect all of the escape techniques since you will almost certainly need them against any unskilled, larger street fight opponent.

Street Tip: Elevation Awareness
Besides the traction and impact concerns of various terrains, one factor unique to street fights is the existence of various elevations and obstacles. Be aware of steps, roots, curbs, stumps, and other objects that would cause you to trip, particularly while you're keeping the distance in a standing altercation. Fortunately, even if you do trip and end up on the ground, it's no big deal since you know jiu-jitsu.

Lesson 19

Technique: Armbar
Position: Guard

Overview
The most common type of attack you will encounter from an opponent who is trapped inside your guard is a punch to the face. Once they realize that they can't effectively punch you they will try to get access to your neck or face by any means necessary. Whenever someone attacks your neck or face from within your guard, they are giving you the opportunity to catch them in an Armbar. In this lesson you will learn two variations of the Armbar as well as what to do if the opponent escapes by pulling their arm out.

Technical Slices

1. Low Variation
   - *Indicator:* Opponent swims inside to attack your chest or throat with their head low
   - Essential Detail: Constant head control and effective body angle
   - Most Common Mistake: Weak inside leg movement and body bite
   - Bad Guy Reminder: Help your partner achieve the 90-degree angle if they have trouble
   - Core Principles: Head Control (28), Pivot (22)
   - Drill Orders: Guard start, 1 rep, reverse roles
2. High Variation
   - *Indicator:* Opponent attacks your chest or throat with fully extended arms and their head high
   - Essential Detail: Quick angle acquisition and high hip shot
   - Most Common Mistake: Weak clamps with both legs
   - Bad Guy Reminder: Sit tall and grab throat with extended arms while leaning forward
   - Safety Tip: Squeeze very slow since the arm is already fully extended
   - Core Principles: Momentum (21), Overload (24)
   - Drill Orders: Guard start, 1 rep, reverse roles
3. Triangle Transition
   - *Indicator:* Opponent pulls their arm out during your Armbar attempt
   - Essential Detail: Quick transition to the Triangle Setup position with constant high hips
   - Most Common Mistake: Late reaction to the pull out with sagging hips
   - Safety Tip: After the transition walk your shoulders back to avoid the spinal stack
   - Core Principles: Fork (15), Acceptance (6)
   - Drill Orders: Guard start, 1 rep, reverse roles
4. Bonus: Cross Grip Variation
   - *Indicator:* Opponent is kneeling inside your guard
   - Essential Detail: Solid cross grip control of the arm and effective pivot
   - Most Common Mistake: Failure to bite high enough with the inside leg
   - Core Principles: Anchor (25), Pivot (22)
   - Drill Orders: Guard start, 1 rep, reverse roles

Reflex Development Drill
Practice all variations of the
Elbow Escape – Mount (L12)
in combination with all variations of the
Armbar – Guard (L19)

Fight Simulation Drill

1. Clinch – Standing – Conservative Opponent (L15)
2. Body Fold Takedown – Standing (L14)
3. Positional Control – Mount – Anchor & Base (L3)
4. Take the Back – Mount (L4)
5. Punch Block Series – Guard – Stages 1-2-1 (L8)
6. Armbar – Guard – High Variation (L19)

Mindset Minute
Punch protection is the number one concern from the guard. Only if your opponent's arms are exposed and they are not actively punching should you consider an Armbar, and once you commit, go for it. If you go for the Armbar and your opponent falls over onto their back, simply sit up, adjust your hips and finish it. You'll either catch the arm or they'll pull out and you'll transition to the Triangle – you win, or they lose?

Lesson 20

Technique: Double Ankle Sweep
Position: Guard

Overview
Your most important task from the bottom of the guard is to avoid all knockout punches. Depending on what your opponent does from within your guard, there are many techniques you can use to reverse the position or win the fight. One situation in which your opponent is vulnerable for a sweep is when they stand up directly over you to throw punches from within the guard. The Double Ankle sweep is a premium example of how leverage and timing can overcome size and strength. In this lesson you will learn two variations of this powerful sweep.

Technical Slices

1. Knee Thrust Variation
   - *Indicator:* Opponent stands up with their feet very close to your hips
   - Essential Detail: Simultaneously grabbing the ankles and thrusting the knees
   - Most Common Mistake: Letting go of the head and uncrossing the feet too soon
   - Bad Guy Reminder: Stand tall with your feet very close to your partner's hips
   - Safety Tip: Keep your head from hitting the ground during the sweep
   - Core Principles: Clock (8), Momentum (21)
   - Drill Orders: Guard start, 1 rep, reverse roles
2. Kick Variation
   - *Indicator:* Opponent is too tall for the Knee Thrust Variation to be effective
   - Essential Detail: Keep control of the head until the opponent is completely standing
   - Most Common Mistake: Attempting to go directly to the mount after the kick
   - Bad Guy Reminder: Be sure to stand up with your hips high to warrant the Kick Variation
   - Safety Tip: When sitting up after the sweep (bad guy) be sure to keep your hands off the ground to avoid injury
   - Core Principles: Tension (14), Buoyancy (27)
   - Drill Orders: Guard start, 1 rep, reverse roles
3. Bonus: Double Ankle Counter
   - *Indicator:* Opponent attempts the Double Ankle Sweep on you
   - Essential Detail: Solid base and quick step-out
   - Most Common Mistake: Failure to redirect the energy of the opponent's knees
   - Core Principles: Redirection (29), Pyramid (4)
   - Drill Orders: Top guard start, 1 rep, reverse roles

Reflex Development Drill
Practice all variations of the
Double Leg Takedown – Standing (L17)
in combination with all variations of the
Double Ankle Sweep – Guard (L20)

Fight Simulation Drill
1. Elbow Escape – Mount – Heel Drag (L12)
2. Double Ankle Sweep – Guard – Knee Thrust (L20)
3. Armbar – Mount – Standard Variation (L9)
4. Punch Block Series – Guard – Stages 1-2-4-1 (L8)
5. Armbar – Guard – Low Variation (L19)
6. Headlock Escape 1 – Side Mount – Standard (L18)

Mindset Minute
If the opponent stands and the ankles are within reach, the Double Ankle sweep is the best option. If you are not 100% certain that you will be able to reach the ankles do not attempt this technique, you are much safer resorting to Stage 4 defensive position. The best indicator of the closeness of your opponent's ankles is their weight distribution, the more they are leaning on you the further back their feet usually are. If you are not sure whether or not the ankles are within reach, don't go for it.

Street Tip: Clothing Considerations
What your opponent is wearing determines what grips are available to you in a fight. When they have less clothing on, you'll need to rely more on contact grips like underhooks, wrist controls, and neck hugs. But when they have loose fitting clothing on, not only do you have virtually unlimited ways you can grab and control your opponent, you also have many "Street Chokes" available to you that wouldn't otherwise be possible. If you like what you see here, learn them all in the Street Choke Mastery Seminar exclusively available online at GracieUniversity.com.

Lesson 21

Technique: Pull Guard
Position: Standing

Overview
In an ideal situation, you would be able to close the distance, establish the clinch, execute a takedown, achieve the mount and win the fight. Sometimes however, your opponent is expecting the clinch and is very resistant when you try to establish control of them. If you get into a clinch and you are unable to take your opponent down because they are too strong or you lose control of their hips, you have two options: let go and try again or Pull Guard. If you let go, you risk getting knocked out when you try to reestablish the clinch. If you pull the opponent in your guard, you can neutralize the punches, exhaust their energy, and eventually win the fight in a variety of ways.

Technical Slices

1. Pull Guard
   - *Indicator:* Opponent prevents you from controlling their hips after you close the distance
   - Essential Detail: Quick surprise pull on the opponent's shoulders
   - Most Common Mistake: Ineffective squat and hip shot
   - Bad Guy Reminder: Make sure to back your hips away and stay bent over to simulate reality
   - Safety Tip: Squat and shoot far back to minimize risk of the knee to the groin
   - Core Principles: Acceptance (6), Kuzushi (11)
   - Drill Orders: Clinch start, 1 rep, reverse roles
2. Bonus: Posture Prevention
   - *Indicator:* Opponent is inside your guard and wants to establish posture
   - Essential Detail: Using a single underhook or double underhooks to prevent posture
   - Most Common Mistake: Failure to use your hamstrings to push south on the opponent's thighs
   - Bad Guy Reminder: Make sure your partner doesn't allow you step over to full mount
   - Core Principles: Prevention (13), Posture (16)
   - Drill Orders: Guard start, posture prevention for 15 seconds, reverse roles

Reflex Development Drill
Practice
Pull Guard – Standing (L21)
in combination with all variations of the
Armbar – Guard (L19)

Fight Simulation Drill
1. Clinch – Standing – Aggressive Opponent (L7)
2. Pull Guard – Standing (L21)
3. Double Ankle Sweep – Guard – Kick Variation (L20)
4. Positional Control – Side Mount – Guard Prevention (L13)
5. Headlock Escape 1 – Side Mount – Scissor Follow-Up (L18)
6. Armbar – Mount – Side Variation (L9)

Mindset Minute
Whenever possible, you should focus entirely on achieving the takedown and the top position. When you can't take the opponent down, Pulling Guard may be the next best option. Even though you end up on the bottom of the fight, by taking away their balance and incorporating your legs in the fight, you can neutralize their strikes and control the opponent with greater efficiency than if you were standing.

Lesson 22

Technique: Headlock Escape 2
Position: Side Mount

Overview
Headlocks are one of the most common attacks in street fights. If you can anticipate the headlock before it happens, chances are you will be able to use Headlock Escape 1, the Frame Escape, to neutralize the threat. If you are caught by surprise, and don't have enough time to use the first option, you can resort to option number two - the Leg Hook Escape. In this lesson, you will learn the Standard Leg Hook escape along with two variations that you might need if the opponent resists.

Technical Slices

1. Standard Leg Hook Escape
   - *Indicator:* Opponent establishes a tight headlock and neutralizes Headlock Escape 1
   - Essential Detail: Sideways body and inside elbow tuck
   - Most Common Mistake: Pulling yourself up rather than pushing off the ground
   - Bad Guy Reminder: Observe the proper way to secure a headlock
   - Safety Tip: Insert leg hook carefully to avoid kicking your partner in the groin
   - Core Principles: River (9), Buoyancy (27)
   - Drill Orders: Headlock start, 1 rep, reverse roles
2. Super Base Variation
   - *Indicator:* Opponent establishes a very wide base and prevents the rollover
   - Essential Detail: Effective use of the front hand/foot to clear the base knee of the opponent
   - Most Common Mistake: Failure to continue the roll immediately after the base leg is cleared
   - Bad Guy Reminder: Be careful with the twist this technique puts on your lower back
   - Core Principles: Pyramid (4), Kuzushi (11)
   - Drill Orders: Headlock start, 1 rep, reverse roles
3. Punch Block Variation
   - *Indicator:* Opponent attempts to punch while maintaining the headlock
   - Essential Detail: Use both arms to control the punch initially then release grips as you climb over
   - Most Common Mistake: Failure to tuck bottom arm in prior to the shoulder get-up
   - Core Principles: Anchor (25), Overload (24), Sacrifice (20)
   - Drill Orders: Headlock start, 1 rep, reverse roles
4. Bonus: Surprise Roll
   - *Indicator:* Opponent drives towards you with their weight, negating the leg hook
   - Essential Detail: Shifting the hips under the opponent prior to the reversal
   - Most Common Mistake: Not selling the leg hook prior to the direction change
   - Bad Guy Reminder: Drive all your weight over the opponent
   - Core Principles: Reconnaissance (12), Redirection (29), Creation (20)
   - Drill Orders: Headlock start, 1 rep, reverse roles

Reflex Development Drill
Practice all variations of
Headlock Escape 2 – Side Mount (L22)
in combination with all variations of
Headlock Escape 1 – Side Mount (L18)

Fight Simulation Drill
1. Clinch – Standing – Conservative (L15)
2. Leg Hook Takedown – Standing (L6)
3. Punch Block Series – Guard – Stages 1-4-1 (L8)
4. Armbar – Guard – Triangle Transition (L19)
5. Triangle Choke – Guard (L10)
6. Headlock Escape 2 – Side Mount – Standard (L22)
7. Headlock Counters – Mount – Armbar Finish (L16)

Mindset Minute
The most important detail in any headlock escape is that your body is sideways and your elbow is tucked. Try to anticipate the headlock so that you can use the Frame Escape to neutralize the threat, and if this option fails quickly transition to the Leg Hook Escape. If you ever are having difficulty inserting the leg hook during Headlock Escape 2, consider resorting back to Headlock Escape 1 by inserting a quick and powerful frame.

Street Tip: Egos & Alcohol
The hardest fights are the ones we walk away from. Losing control of your emotions and getting into a fight to keep your fragile ego intact is the easy choice. The real challenge is to know you could fight but choose not to. When you remove egos and alcohol from the equation it's easy to see that the ONLY good reason to fight is if someone's life is in danger.

Lesson 23

Technique: Guillotine Choke
Position: Standing

Overview
In a street fight, your opponent will most likely try to defeat you using one of two methods: 1) knock you out while standing, or 2) tackle you and then knock you out on the ground. You have already learned how to establish the clinch if they attempt to knock you out while standing. If instead, they try to tackle you, you should resort immediately to the Guillotine Choke. In this lesson you will learn the Basic Application first, and then you will learn the two variations that you can resort to in a street fight.

Technical Slices

1. Basic Application (Preparation Drill)
   - Essential Detail: Hips forward and shoulders back during squeeze
   - Most Common Mistake: Loose initial wrap
   - Safety Tip: Tighten neck muscles for protection
   - Core Principles: Tension (14), Overload (24)
   - Drill Orders: Standing start, 1 rep on each side, reverse roles
2. Standing Variation
   - *Indicator:* Opponent attempts to tackle you
   - Essential Detail: Sprawl out until the choke is fully secure then stand up to apply pressure
   - Most Common Mistake: Trying to apply pressure from the sprawled position
   - Bad Guy Reminder: Keep ample forward pressure during the initial entry
   - Core Principles: Prevention (13), Pyramid (4), Frame (10)
   - Drill Orders: Standing start, 1 rep on each side, reverse roles
3. Guard Pull Variation
   - *Indicator:* Opponent effectively resists the Standing Variation
   - Essential Detail: High guard and full body extension during the squeeze
   - Most Common Mistake: Loose neck control during the transition to guard
   - Bad Guy Reminder: Tighten up your neck muscles and post your hands to soften the fall
   - Safety Tip: Squat down and shoot your hips far back to avoid a knee to groin
   - Core Principles: Fork (15), Kuzushi (11)
   - Drill Orders: Standing start, 1 rep, reverse roles
4. Bonus: Arm-In Guillotine
   - *Indicator:* Opponent is in your guard and you aim to submit them
   - Essential Detail: Targeted lateral pressure coupled with a side curl of the body
   - Most Common Mistake: Shooting the arm too deep around the opponent's neck
   - Bad Guy Reminder: Give feedback on the effectiveness
   - Core Principles: Isolation (19), Overload (24)
   - Drill Orders: Standing start, 1 rep, reverse roles

Reflex Development Drill
Practice all variations of the
Guillotine Choke – Standing (L23)
in combination with all variations of the
Double Ankle Sweep – Guard (L20)

Fight Simulation Drill
1. Guillotine Choke – Standing (L23)
2. Guillotine Choke – Guard Pull (L23)
3. Headlock Escape 2 – Side Mount – Punch Block (L22)
4. Take the Back – Mount (L4)
5. Rear Naked Choke – Back Mount – Strong Side (L5)
6. Elevator Sweep – Guard – Standard Variation (L11)
7. Americana Armlock – Mount – Standard Variation (L2)

Mindset Minute
Of all the techniques that have been used successfully by Gracie Jiu-Jitsu students around the world, the Guillotine Choke is one of the most common. It is an extremely simple technique that is easy to catch on an unsuspecting opponent. Focus on perfecting your ability to establish the initial wrap quickly and tightly, and be sure to give the choke enough time to take effect.

Lesson 24

Technique: Shrimp Escape
Position: Side Mount

Overview
Against a much larger opponent, there is a good chance that you will find yourself on the bottom of the fight. If this happens, the safest thing to do is to get your opponent in your guard, because from there, you can neutralize punches and win the fight. If your opponent is able to get past your guard, you will need to use the Shrimp Escape to put them back where they belong. In this lesson you will learn three variations of the Shrimp Escape, starting with the Block & Shoot Variation.

Technical Slices

1. Block & Shoot Variation
   - *Indicator:* Opponent passes your guard and attempts to establish the side mount
   - Essential Detail: Shoot the legs into position immediately after the block
   - Most Common Mistake: Inefficient removal of the inside leg after the initial shot
   - Bad Guy Reminder: Don't post your insider hand on the ground (you might get kneed)
   - Core Principles: Velocity (7) Momentum (21)
   - Drill Orders: Distant kneeling side mount start, 1 rep, reverse roles
2. Shrimp & Shoot Variation
   - *Indicator:* Opponent establishes the side mount
   - Essential Detail: Effective frames and immediate guard shot after the shrimp
   - Most Common Mistake: Shooting one leg at a time instead of both legs together
   - Core Principles: Frame (10), Mobility (30)
   - Drill Orders: Side mount start, 1 rep, reverse roles
3. Rider Variation
   - *Indicator:* Opponent establishes the side mount and prevents your initial escape attempts
   - Essential Detail: Conserve energy and establish punch-safe positioning
   - Most Common Mistake: Trying to escape while the opponent is focusing on control
   - Bad Guy Reminder: Control very tight for a few seconds then attempt to create space for a punch
   - Core Principles: Clock (8), False Surrender (17), Tagalong (23)
   - Drill Orders: Side mount start, 1 rep, reverse roles
4. Bonus: Half Guard Recovery
   - *Indicator:* Opponent has established side mount but the Shrimp Escape doesn't work
   - Essential Detail: Effective control of the opponent's inside leg
   - Most Common Mistake: Failure to consider punch exposure during the escape
   - Bad Guy Reminder: Change your leg behavior to force different variations
   - Core Principles: River (9), Ratchet (26)
   - Drill Orders: Side mount start, 1 rep, reverse roles

Reflex Development Drill
Practice all variations of the
Shrimp Escape – Side Mount (L24)
in combination with all variations of
Headlock Escape 2 – Side Mount (L22)

Fight Simulation Drill
1. Double Leg Takedown – Standing – Conservative (L17)
2. Positional Control – Side Mount – Roll Prevention (L13)
3. Armbar – Mount – Standard Variation (L9)
4. Punch Block Series – Guard – Stages 1-2-4 (L8)
5. Shrimp Escape – Side Mount – Block & Shoot (L24)
6. Triangle Choke – Guard – Stage 1.5 Variation (L10)

Mindset Minute
You want to avoid getting trapped in the bottom of the side mount at all costs, but in the event you do get trapped, conserve energy and only escape when you're sure the opportunity is available. One of the most important principles of Gracie Jiu-Jitsu is to know when to relax and do nothing. Until you become a master at relaxing and waiting, you will have extreme difficulty any time you are faced with a more athletic opponent who has you trapped against your will.

Street Tip: Sand Concerns
Fighting on sand can be very forgiving, but it doesn't come without risks of its own. If your opponent gets desperate, there is a very high probability they'll try to use the sand to temporarily blind you. To avoid this, always know where their hands are, control the wrists whenever possible, and when you can't control the wrists, make sure your face is turned away from the free hand. If you get sand in your eyes, stay as close to the opponent as possible to minimize their striking potential while searching for your submission.

Lesson 25

Technique: Kimura Armlock
Position: Guard

Overview
The Kimura shoulder lock was named after the Japanese Jiu-Jitsu champion, Masahiko Kimura, after he used the technique against Helio Gracie in 1951. Although this technique can be applied from several different positions, we have chosen to teach it to you from the bottom of the guard, since that is where you are most likely to end up against a larger opponent. In the first slice you will learn the Basic Application, then we'll discuss two reliable variations that can be applied from the guard.

Technical Slices

1. Basic Application (Preparation Drill)
   - Essential Detail: Effective double wrist grab and 90-degree elbow bend
   - Most Common Mistake: Failure to acquire the proper hip and body angle
   - Safety Tip: Squeeze very slowly
   - Bad Guy Reminder: Start with both hands planted on the ground
   - Core Principles: Overload (24), Anchor (25)
   - Drill Orders: Guard start, 1 rep, reverse roles
2. Rider Variation
   - *Indicator:* Opponent pushes off the ground from within Stage 1 guard control
   - Essential Detail: Effective head control and hip scoot during the "ride"
   - Most Common Mistake: Grabbing the wrist too soon
   - Core Principles: Tagalong (23), Velocity (7)
   - Drill Orders: Guard start, 1 rep, reverse roles
3. Forced Variation
   - *Indicator:* Opponent exhausts and remains stationary in Stage 1 guard control
   - Essential Detail: Scoot hips to the side of the opponent's head to facilitate the Get-Up
   - Most Common Mistake: Failure to use one hand to push the head under the other armpit
   - Core Principles: Redirection (29), Ratchet (26), Overload (24)
   - Drill Orders: Guard start, 1 rep, reverse roles
4. Bonus: Stage 1.5 Variation
   - *Indicator:* Opponent is being controlled in Stage 1.5
   - Essential Detail: Effective counter pressure generated by your knee and hand
   - Most Common Mistake: Failure to redirect the opponent's head out of your chest
   - Core Principles: Tension (14), Redirection (29), Grandmaster (32)
   - Drill Orders: Guard start, 1 rep, reverse roles

Reflex Development Drill
Practice all variations of the
Guillotine Choke – Standing (L23)
in combination with all variations of the
Kimura Armlock – Guard (L25)

Fight Simulation Drill
1. Trap & Roll Escape – Mount – Headlock Variation (L1)
2. Positional Control – Mount – Low Swim (L3)
3. Headlock Counters – Mount – Back Mount Finish (L16)
4. Rear Naked Choke – Back Mount – Weak Side (L5)
5. Punch Block Series – Guard – Stages 1-4 (L8)
6. Shrimp Escape – Side Mount – Shrimp & Shoot (L24)
7. Kimura Armlock – Guard – Forced Variation (L25)

Mindset Minute
Allow your opponent to exhaust their initial barrage of punches before attempting the Kimura so they will have less energy to escape once you attack. Focus most of your efforts on effectively shooting your top arm into position since that is the arm that will prevent their escape. Once the double wrist grab is established, hug it tight, keep it bent, and focus on scooting out to achieve the proper body angle, because without it you have no breaking leverage.

Lesson 26

Technique: Standing Headlock Defense
Position: Standing

Overview
Once you establish the clinch on your opponent, there is a good chance that they will get desperate and try to catch you in a headlock. Without the proper escape strategy, the Standing Headlock can be a very painful and demoralizing experience, but with the proper technique you can turn the tables and use their hold to your advantage.

Technical Slices

1. Standard Variation
   - *Indicator:* Opponent catches you in a headlock while standing
   - Essential Detail: Step, sit, and spin in one fluid motion
   - Most Common Mistake: Incorrect sitting position and bending the back leg
   - Bad Guy Reminder: Hold the headlock loosely to protect your partner's neck
   - Safety Tip: Tighten up your neck muscles for protection
   - Core Principles: Anchor (25), Momentum (21)
   - Drill Orders: Headlock start, 1 rep, reverse roles
2. Bonus: Smart Base Variation
   - *Indicator:* Opponent establishes a standing headlock while maintaining a very wide stance
   - Essential Detail: Sitting straight down after the setup step and the through step
   - Most Common Mistake: Failure to roll to the top position after the takedown
   - Core Principles: Kuzushi (11), Momentum (21)
   - Drill Orders: Headlock start, 1 rep, reverse roles

Reflex Development Drill
Practice the
Standing Headlock Defense – Standing (L26)
in combination with all variations of the
Headlock Counters – Mount (L16)

Fight Simulation Drill
1. Clinch – Standing – Conservative Opponent (L15)
2. Standing Headlock Defense – Standing (L26)
3. Headlock Counters – Mount – Armbar Finish (L16)
4. Kimura Armlock – Guard – Rider Variation (L25)
5. Double Ankle Sweep – Guard – Knee Thrust (L20)
6. Armbar – Mount – Standard Variation (L9)

Mindset Minute
Once caught in the headlock, don't hesitate, just step, sit and spin. If you don't go right away, they may take you to the ground and gain the upper hand (forcing you to resort to another technique). Keep in mind that it must be conducted in one smooth motion for the momentum to take full effect.

Street Tip: Bite Prevention
If someone wants to bite you in the course of a fight, it's because they're desperate. To avoid this, always pay attention to where your opponent's mouth is. If you have a control position and they attempt to bite, reposition yourself or use your body to redirect their face so they can't bite you. If you have a submission locked in and they attempt to bite you, never underestimate the power of the submission; give them a little pressure and watch how quickly they release the bite.

Lesson 27

Technique: Punch Block Series (Stage 5)
Position: Guard

Overview
From Stage 4 it is important that you drop your opponent back to Stage 1 as quickly as possible so that you are safest from punches and have the best control over their body. If, while in Stage 4, your opponent is not leaning forward heavily enough to be dropped to Stage 1, it is best to kick them away to Stage 5. In this lesson you will learn how to defend from Stage 5 as well as what to do if the opponent tries to throw your legs aside in their quest for a knockout punch.

Technical Slices

1. Stage 5
   - *Indicator:* Opponent refrains from leaning forward in Stage 4 of the Punch Block Series
   - Essential Detail: Use your front leg to push and pivot while keeping the other leg coiled and ready to kick
   - Most Common Mistake: Blocking leg too extended making it too easy to grab
   - Bad Guy Reminder: From Stage 5 move side to side then rush in for a punch
   - Core Principles: Distance (3), Clock (8)
   - Drill Orders: Stage 1 start, cycle: 1-4-5-4-1, reverse roles
2. Rollover Technique
   - *Indicator:* Opponent grabs your leg and throws it aside to punch or pass
   - Essential Detail: Tight core and effective shoulder turn during rollover motion
   - Most Common Mistake: Swiping instead of blocking with the rollover leg
   - Bad Guy Reminder: Throw the leg and then step forward so that your partner has something to block
   - Core Principles: Tagalong (23), Frame (10)
   - Drill Orders: Stage 5 start, conduct 3 rollovers on each side, reverse roles
3. Bonus: High-Low Guard
   - *Indicator:* Opponent throws your legs aggressively to pass your guard
   - Essential Detail: One leg over the head, one leg blocking the opponent's torso
   - Most Common Mistake: Failure to keep your head away from opponent's control
   - Bad Guy Reminder: Aim for head control as you pass the guard
   - Core Principles: Connection (1), Head Control (28)
   - Drill Orders: Standing open guard start, 1 rep, reverse roles

Reflex Development Drill
Practice all variations of the
Punch Block Series (Stage 5) – Guard (L27)
in combination with all variations of the
Shrimp Escape – Side Mount (L24)

Fight Simulation Drill
1. Guillotine Choke – Standing – Guard Pull Variation (L23)
2. Punch Block Series – Guard – Stages 1-4-5-1-5 (L27)
3. Double Leg Takedown – Standing – Aggressive (L17)
4. Headlock Escape 2 – Side Mount – Super Base (L22)
5. Take the Back – Mount (L4)
6. Rear Naked Choke – Back Mount – Strong Side (L5)
7. Triangle Choke – Guard – Giant Killer Variation (L10)

Mindset Minute
If your opponent backs up far enough, do not hesitate to stand up in base. If your opponent rushes in for a punch, use both feet to block their hips then drop them into Stage 1 immediately after the first punch is thrown. If they throw your legs aside for easier access to your face use the Rollover Technique stop them, and if the Rollover Technique doesn't work, you may need to resort to the Shrimp Escape from the side mount.

Lesson 28

Technique: Hook Sweep
Position: Guard

Overview
If your opponent leans all their weight forward from Stage 4, drop them into Stage 1. If they stand in Stage 4 without leaning any weight, kick them back to Stage 5. If they are leaning forward from Stage 4 but have one leg forward for base, you may have difficulty dropping them back into Stage 1, and this is precisely when you would use the Hook Sweep to reverse the position.

Technical Slices

1. Hook Sweep
   - *Indicator:* Opponent stands with one leg forward in Stage 4 of the Punch Block Series
   - Essential Detail: Kick the hips up and back while pulling the foot off the ground
   - Most Common Mistake: Weak inside knee hook with the non-kicking leg
   - Bad Guy Reminder: Keep your base strong to verify the legitimacy of the sweep
   - Safety Tip: Make sure to push the hips and pull the legs powerfully to minimize the foot crush
   - Core Principles: Tension (14), Kuzushi (11)
   - Drill Orders: Guard start, 1 rep, reverse roles
2. Sweep Follow-Up
   - *Indicator:* Opponent attempts to stand up after the Hook Sweep is executed
   - Essential Detail: Stand up in base and be ready to rush your partner before they stand up
   - Most Common Mistake: Ineffective chest push during side mount Follow-Up
   - Bad Guy Reminder: Get up slowly after the sweep to give your partner time to follow all steps
   - Safety Tip: Bad guy should avoid placing hands on the ground to prevent injury
   - Core Principles: Buoyancy (27), Depletion (18)
   - Drill Orders: Guard start, 1 rep, reverse roles
3. Bonus: Knee Slice Open Guard Pass
   - *Indicator:* Opponent attempts to prevent your open guard pass
   - Essential Detail: Clearing the opponent's feet from posting on your body
   - Most Common Mistake: Failure to achieve the underhook during the pass
   - Safety Tip: Be considerate of the shin slicing onto your opponent's inner thigh during the pass
   - Core Principles: Centerline (31), Frame (10)
   - Drill Orders: Standing open guard start, 1 rep, reverse roles

Reflex Development Drill
Practice the
Hook Sweep – Guard (L28)
in combination with all variations of the
Kimura Armlock – Guard (L25)
and all variations of the
Elbow Escape – Mount (L12)

Fight Simulation Drill
1. Clinch – Standing – Aggressive Opponent (L7)
2. Pull Guard – Standing (L21)
3. Punch Block Series – Guard – Rollover Technique (L27)
4. Hook Sweep – Guard (L28)
5. Positional Control – Side Mount – Guard Prevention (L13)
6. Positional Control – Mount – High Swim (L3)
7. Armbar – Guard – High Variation (L19)

Mindset Minute
From Stage 4, focus on what your opponent is doing with their bodyweight. If they are leaning forward aggressively, chances are their feet are sprawled back and the best option would be a transition back to Stage 1. If they are leaning some of their weight, but not all of it, chances are they are standing with one leg more forward than the other. When this happens, chances are they are creating the perfect opportunity for the Hook Sweep, so verify that the foot is within reach and go for it. If the foot is out of reach DO NOT attempt the sweep, if you do, you may get knocked out.

Street Tip: Eye Gouges
Eye gouges are one of the most feared street fight behaviors, and if you aren't expecting them, they can be quite an unpleasant surprise. Regardless of the position you're in, the key is to get the over-arm positioning on your opponent, so they don't have direct access to your eyes. Alternatively, you can use any number of techniques, submissions or control positions that put your face too far out of the opponent's reach.

Lesson 29

Technique: Rear Takedown
Position: Standing

Overview
When you establish the clinch, your opponent's arm may end up over your head. In some cases it happens inadvertently, in other cases it's a deliberate attempt to catch you in a Guillotine Choke. Either way, any time your head ends up under your opponent's arm, you can use it to transition into the Rear Clinch control position, from where you can set up the Rear Takedown. In this lesson you will learn how to transition from front to back of your opponent as well as how to take them down once you get there.

Technical Slices

1. Rear Clinch Acquisition
   - *Indicator:* Opponent positions their arm over your head after you establish the clinch
   - Essential Detail: Hips close and head high during the transition
   - Most Common Mistake: Weak base and control from the rear clinch
   - Bad Guy Reminder: Check opponent's base in the rear clinch by moving in every direction
   - Core Principles: Acceptance (6), River (9)
   - Drill Orders: Clinch start, 1 rep, reverse roles
2. Rear Takedown
   - *Indicator:* Opponent is standing from within you rear clinch control
   - Essential Detail: Proper sitting angle and effective "bungy-cord" pull on the hips
   - Most Common Mistake: Too much twist on the fall, failure to keep blocking leg straight
   - Bad Guy Reminder: Keep your head from hitting the ground
   - Safety Tip: Be sure to avoid sitting laterally on the bad guy's knee during the rear takedown
   - Core Principles: Detachment (2), Tension (14), Momentum (21)
   - Drill Orders: Rear clinch start, 1 rep, reverse roles
3. Bonus: Standing Rear Naked Choke
   - *Indicator:* Opponent is aggressing towards another person and you intervene from the rear
   - Essential Detail: Simultaneous knee kick and shoulder pull
   - Most Common Mistake: Failure to kick the knee with the correct foot
   - Safety Tip: Protect their head from hitting the ground during the full descent
   - Core Principles: Velocity (7), Posture (16)
   - Drill Orders: Rear entry start, 1 rep, reverse roles

Reflex Development Drill
Practice the
Rear Takedown – Standing (L29)
in combination with all variations of
Take the Back – Mount (L4)
and the
Rear Naked Choke – Back Mount (L5)

Fight Simulation Drill

1. Clinch – Standing – Aggressive Opponent (L7)
2. Rear Takedown – Standing (L29)
3. Headlock Counters – Mount – Armbar Finish (L16)
4. Punch Block Series – Guard – Stages 1-3-4 (L8)
5. Shrimp Escape – Side Mount – Rider (L24)
6. Elevator Sweep – Guard – Standard (L11)
7. Americana Armlock – Mount – Neck-Hug (L2)

Mindset Minute
There are many ways in which you can end up behind someone in the Rear Clinch but regardless of how it happens, once you get there you should have only one objective – execute the Rear Takedown and end the fight as efficiently and humanely as possible.

Lesson 30

Technique: Haymaker Punch Defense
Position: Standing

Overview
In many cases, the precise movement and aim of your opponent's strikes are hard to predict. Sometimes, however, your opponent is so eager to attack you that their punch is totally predictable. The Haymaker Punch Defense is used when a determined attacker comes at you from a distance with the objective of putting all of their bodyweight behind one fight-ending punch. Because of this punch's power and predictability, the best option is to slip underneath it and get behind your opponent.

Technical Slices

1. Haymaker Punch Defense
   - *Indicator:* Opponent throws very predictable haymaker punch at your face
   - Essential Detail: Step with the front leg and protect your head with the front arm
   - Most Common Mistake: Head remains in front of chest instead of slipping around the back
   - Bad Guy Reminder: Aim for the head to make the punch as real as possible
   - Safety Tip: Start slowly and increase speed as proficiency grows
   - Core Principles: Distance (3), Mobility (30)
   - Drill Orders: Standing start, 1 rep, reverse roles
2. Bonus: Verbal De-Escalation
   - *Indicator:* Opponent is behaving aggressively but hasn't attacked physically
   - Essential Detail: Distance and communication to lower the combative energy of the interaction
   - Most Common Mistakes: Egos and alcohol
   - Bad Guy Reminder: Play the part to make the drill the most fun
   - Core Principles: Sacrifice (20), Distance (3)
   - Drill Orders: Verbally aggressive start, 1 rep, reverse roles

Reflex Development Drill
Practice the
Haymaker Punch Defense – Standing (L30)
in combination with the
Rear Takedown – Standing (L29)

Fight Simulation Drill
1. Haymaker Punch Defense – Standing (L30)
2. Rear Takedown – Standing (L29)
3. Headlock Escape 1 – Side Mount – Super Lock (L18)
4. Headlock Counters – Mount – Back Mount Finish (L16)
5. Rear Naked Choke – Back Mount – Weak Side (L5)
6. Triangle Choke – Guard – Stage 1.5 Variation (L10)

Mindset Minute
If the punch is totally predictable, use the Haymaker Punch Defense. If the punches are not predictable, protect your face and use the standard Clinch entry strategies for an aggressive opponent.

Street Tip: Sloped Terrain
If you've never done it, fighting on sloped terrain presents all sorts of unique challenges and opportunities. For the clinch and takedown, you'll want to pivot around your opponent so your shooting downhill. If you're on the bottom of the guard, you'll want to use your feet to pivot your head uphill to make punch protection more comfortable and submissions more achievable. If you're on the bottom of the mount, you'll want to pivot your opponent so that your spine is parallel to the hill and you can roll them with gravity. There are other considerations that you can explore, but the bottom line is that gravity can be manipulated when you're fighting on a slope and our hope is that it's manipulated in your favor, instead of theirs.

Lesson 31

Technique: Take the Back
Position: Guard

Overview
Against a trained opponent, you can expect them to sit back and establish posture from within your guard; but against an untrained opponent, you can expect the exact opposite. When a person drives all their weight forward from within your guard, they unknowingly create a perfect opportunity for you to take their back especially when they are attacking your neck or face with one of their hands. In this lesson, you will learn how to Take the Back from the guard, but in order to simplify the process of learning all the steps, we're going to break everything down into three slices.

Technical Slices

1. Head & Arm Control
   - *Indicator:* Opponent drives their forearm in your throat from Stage 1
   - Essential Detail: Effective use of legs to control opponent's weight and neutralize forearm choke
   - Most Common Mistake: Weak initial angle and loose head and arm control
   - Bad Guy Reminder: Lean forward heavily to give your partner the chance to redirect your energy
   - Safety Tip: Tighten up your neck muscles and turn your chin to the side of the elbow to protect neck
   - Core Principles: Sacrifice (20), Redirection (29)
   - Drill Orders: Guard start, 1 rep, control for 5-10 seconds, reverse roles
2. Angle Acquisition
   - *Indicator:* Opponent calms down after you establish Head and Arm Control
   - Essential Detail: Wait until the opponent stops trying to pull their arm out before achieving the angle
   - Most Common Mistake: Creating the arm escape opportunity by dropping the head to the ground
   - Bad Guy Reminder: Stay strong on your knees rather than falling limp to the ground after the leg chop
   - Core Principles: Centerline (31), Ratchet (26)
   - Drill Orders: Guard start, 1 rep, control for 5-10 seconds, reverse roles
3. Final Get-Up
   - *Indicator:* Opponent calms down after you acquire the angled body position
   - Essential Detail: Effective body hug, elbow tuck, and bottom knee base
   - Most Common Mistake: Failure to pronate the shoulders prior to the shoulder Get-Up
   - Core Principles: Tagalong (23), Buoyancy (27)
   - Drill Orders: Guard start, 1 rep, reverse roles
4. Bonus: Headlock Variation
   - *Indicator:* Opponent establishes a headlock from within your guard
   - Essential Detail: Use a solid frame and a guard extension to create the duck-under window
   - Most Common Mistake: Failure to connect to the opponent immediately after the head slip
   - Bad Guy Reminder: Check the control at each phase of the technique
   - Core Principles: Frame (10), Velocity (7)
   - Drill Orders: Guard start, 1 rep, reverse roles

Reflex Development Drill
Practice all variations of the
Punch Block Series (Stage 5) – Guard (L27)
in combination with
Take the Back – Guard (L31)

Fight Simulation Drill
1. Elbow Escape – Mount – Fish Hook (L12)
2. Take the Back – Guard (L31)
3. Rear Naked Choke – Back Mount (L5)
4. Double Ankle Sweep – Guard – Kick Variation (L20)
5. Positional Control – Side Mount – Roll Prevention (L13)
6. Take the Back – Mount – Remount Technique (L4)
7. Armbar – Mount – Side Variation (L9)

Mindset Minute
Your top priority during each step of this technique is control. Wait for your opponent to calm down before you progress to the next step. If you move too quickly, you risk allowing them to escape and having to start over. Techniques like this teach you to look for the good that is hidden in a bad situation. While choking you, they are creating the perfect opportunity for you to Take the Back and finish the fight.

Lesson 32

Technique: Guillotine Defense
Position: Standing

Overview
When you establish the clinch, and your opponent no longer has the space or distance to strike you effectively, they will often wrap your neck in an attempt to submit you. For this reason, the Guillotine Choke is one of the most common techniques used by unskilled individuals because it's simple and it gives them a feeling of control during the chaos. Although the proper clinch position should prevent the Guillotine Choke, your opponent may surprise you if your head is too low, and in this lesson, you will learn the most important Guillotine Defense principles.

Technical Slices

1. Standard Variation
   - *Indicator:* Opponent catches you in a Guillotine Choke while standing
   - Essential Detail: Move to the side opposite the choke
   - Most Common Mistake: Weak knee chop and body fold
   - Bad Guy Reminder: Keep your feet in a fixed position to allow your partner to achieve the angle
   - Safety Tip: Control the descent by shuffling your feet north after the chop
   - Core Principles: Anchor (25), Pivot (22)
   - Drill Orders: Guillotine start, 1 rep, reverse roles
2. Bonus: Outside Trip Variation
   - *Indicator:* Opponent catches you in a Guillotine Choke while standing
   - Essential Detail: Effective propulsion after the hook is inserted
   - Most Common Mistake: Failure to "triangulate" immediately after the neck wrap
   - Bad Guy Reminder: Keep your head from hitting the ground
   - Safety Tip: Avoid crashing into your partner's ribs with too much weight
   - Core Principles: Kuzushi (11), Overload (24)
   - Drill Orders: Guillotine start, 1 rep, reverse roles

Reflex Development Drill
Practice the
Guillotine Defense – Standing (L32)
in combination with the
Standing Headlock Defense – Standing (L26)

Fight Simulation Drill
1. Clinch – Standing – Aggressive Opponent (L7)
2. Guillotine Defense – Standing (L32)
3. Headlock Escape 1 – Side Mount – Standard (L18)
4. Shrimp Escape – Side Mount – Shrimp & Shoot (L24)
5. Kimura Armlock – Guard – Forced Variation (L25)

Mindset Minute
Never forget the Golden Rule: When stuck in the Guillotine, always move to the opposite side of the choke! If the standard knee chop is not successful, you may need to resort to a more assertive outside trip to get the fight to the ground. Either way, keep your chin tucked and act quickly.

Street Tip: No Time Limit
In sport BJJ practice, time limits play a huge role in determining the outcome. For example, if you know you're only going to be competing for five minutes, you're going to use much more energy in much less time and when you're fully exhausted, you can rely on the clock to end the match and save you. In a street fight, you don't have the same safety net. The fight could last 10 seconds, or it could last 10 minutes, no one knows. Knowing that you can't rely on the clock to save you, you'll want to identify as many "check points" or safety positions where you can conserve energy and control your opponent without sustaining any damage. In a street fight, oftentimes it's not who attacks the most who wins, but rather, who exhausts the least.

Lesson 33

Technique: Elbow Escape
Position: Side Mount

Overview
If your opponent is able to achieve the side mount, chances are they will be so eager to punch you that they will create space for you to execute the Shrimp Escape (Lesson 24). If they are able to prevent the Shrimp Escape, the best thing to do is conserve energy and wait until the opponent transitions from side mount to full mount so that you can use the Elbow Escape to recompose the guard. In this lesson you will learn two variations of the Elbow Escape from the side mount.

Technical Slices

1. Knee Drive Variation
   - *Indicator:* Opponent attempts to transition to the full mount by driving their knee across your stomach
   - Essential Detail: Keep your leg flat and elbow blocking their knee at all times
   - Most Common Mistake: Failure to escape at the right time
   - Bad Guy Reminder: Start on both knees and slide one knee across the belly to mount
   - Core Principles: False Surrender (17), Frame (10)
   - Drill Orders: Side mount bottom start, 1 rep, reverse roles
2. High Step Variation
   - *Indicator:* Opponent attempts to mount from a sitting position by stepping their leg over your body
   - Essential Detail: Filling the space with your elbow at the right time
   - Most Common Mistake: Giving up too soon when opponent's leg is heavy
   - Bad Guy Reminder: Proper side mount position and high step transition
   - Core Principles: Prevention (13), Frame (10)
   - Drill Orders: Side mount bottom start, 1 rep, reverse roles
3. Bonus: Half Guard Pass
   - *Indicator:* Opponent has you trapped in their half guard
   - Essential Detail: Elevating the hips to slide the knee up the center
   - Most Common Mistake: Failure to keep the underhook during the pass
   - Bad Guy Reminder: Check your partner's base at various points throughout the technique
   - Core Principles: Pyramid (4), Clock (8)
   - Drill Orders: Half guard start, 1 rep, reverse roles

Reflex Development Drill
Practice all variations of the
Elbow Escape – Side Mount (L33)
in combination with
Take the Back – Guard (L31)

Fight Simulation Drill
1. Clinch – Standing – Conservative Opponent (L15)
2. Body Fold Takedown – Standing (L14)
3. Punch Block Series – Guard – Stage 1-3-5 (L27)
4. Punch Block Series – Guard – Rollover Technique (L27)
5. Elbow Escape – Side Mount – Knee Drive (L33)
6. Armbar – Guard – Triangle Transition (L19)
7. Triangle Choke – Guard (L10)

Mindset Minute
If your partner achieves the side mount, chances are they will try to punch you, in which case you can escape right away. If their primary focus is to control you and achieve the mount, save your energy and let them think that you have given up so they will attempt to mount at which point you can put them in your guard with a perfectly timed Elbow Escape. If necessary, you can use the Elbow Escape from mount (Lesson 12) to assist you. Timing is everything.

Lesson 34

Technique: Standing Armbar
Position: Standing

Overview
Although we normally recommend you take the fight to the ground, sometimes your opponent will give you an opportunity to end the fight while standing. Many confrontations begin with an opponent pushing your chest with one or both hands unknowingly creating the perfect opportunity for you to apply the Standing Armbar. First, you will learn the Basic Application, then you will see how to use it in a more dynamic situation.

Technical Slices

1. Basic Application
   - *Indicator:* Opponent extends their arm towards you
   - Essential Detail: Effective pull and cutoff step
   - Most Common Mistake: Lifting up rather than driving down with your ribcage
   - Bad Guy Reminder: Notify your partner if their control of your elbow feels incorrect
   - Safety Tip: Apply pressure very slowly to avoid injury
   - Core Principles: Tension (14), Overload (24)
   - Drill Orders: Hand on chest to start, 1 rep, reverse roles
2. Walking Application
   - *Indicator:* Opponent pushes you backwards with an extended arm
   - Essential Detail: Timing the wrist grab and arm pull with your backward steps
   - Most Common Mistake: Over rotation of the elbow
   - Core Principles: False Surrender (17), Creation (5)
   - Drill Orders: Hand pushing on chest to start, 1 rep, reverse roles
3. Bonus: Standing Arm Drag
   - *Indicator:* Opponent places their hand on or near your shoulder
   - Essential Detail: Effective downward swipe of the hand to facilitate the drag
   - Most Common Mistake: Failure to immediately control the opponent's hips
   - Core Principles: Redirection (29), Centerline (31)
   - Drill Orders: Hand on shoulder, 1 rep, reverse roles

Reflex Development Drill
Practice the
Standing Armbar – Standing (L34)
in combination with the
Guillotine Defense – Standing (L32)

Fight Simulation Drill
1. Standing Armbar – Standing (L34)
2. Standing Headlock Defense – Standing (L26)
3. Headlock Counters – Mount – Back Mount Finish (L16)
4. Rear Naked Choke – Back Mount – Strong Side (L5)
5. Elevator Sweep – Guard – Headlock Variation (L11)
6. Take the Back – Mount (L4)
7. Rear Naked Choke – Back Mount – Weak Side (L5)

Mindset Minute
Don't grab the wrists until you are ready to commit to the full technique. By doing everything at once, your opponent has no time to react. Be sure to tug on their arm firmly so that they are thrown off balance and you can use their momentum against them. Also, don't break the arm unless it is absolutely necessary to neutralize the threat.

Street Tip: Pain Defiance
The world is very familiar with the concept of pain compliance, use a joint lock or other method of pain delivery to get the opponent to comply in a violent encounter. What is much less known is the concept of Pain Defiance. With every joint lock, there is a point where if you continue to apply pressure above and beyond the point where your adversary can safely surrender, it may trigger an amygdala hijack which means they lose cognitive function, survival mode kicks in, and they are biologically ignited to do anything necessary to avoid further harm. While there are some situations for which dislocating a joint is necessary for survival, it is generally MUCH harder to control someone or gain compliance once Pain Defiance kicks in, and for this reason a broken arm is often less desirable than one that remains intact, and, as such, can be used as leverage in negotiation.

Lesson 35

Technique: Twisting Arm Control
Position: Mount

Overview
The beauty of Gracie Jiu-Jitsu is that it enables you to defeat virtually anyone while controlling the amount of damage you inflict. The Twisting Arm Control is premium example of this because you can use it to set up a choke, armbar, or simply control your opponent until they surrender. In this lesson, you will first learn how to set up and maintain the Twisting Arm Control, and then you will learn two reliable finishing options.

Technical Slices

1. Basic Control (Preparation Drill)
   - *Indicator:* Opponent is non-compliant from mount bottom and you need to increase your level of control
   - Essential Detail: Solid arm control and hip drive with back leg angled out for base
   - Most Common Mistake: No chest weight during initial arm trap
   - Bad Guy Reminder: Try to pull your arm out to test the control
   - Core Principles: Centerline (31), Creation (5)
   - Drill Orders: Mount start, 1 rep, control for 10 seconds, reverse roles
2. Back Mount Finish
   - *Indicator:* Opponent rolls to their knees while trapped in the Twisting Arm Control
   - Essential Detail: Completely abort the hands in preparation for back mount transition
   - Most Common Mistake: Late back hook insertion and ineffective torso alignment
   - Bad Guy Reminder: Switch legs and get up on your shoulder for safety
   - Core Principles: Tension (14), Detachment (2)
   - Drill Orders: Mount start, 1 rep, reverse roles
3. Armbar Finish
   - *Indicator:* Opponent does not roll to their knees while trapped in Twisting Arm Control
   - Essential Detail: Invert your front leg and lean south side to facilitate the leg spin
   - Most Common Mistake: Forgetting to loop the elbow around the head prior to the leg spin
   - Safety Tip: Be careful not to kick your partner in the nose after the spin
   - Core Principles: Fork (15), Velocity (7)
   - Drill Orders: Mount start, 1 rep, reverse roles
4. Bonus: Forced Back Mount
   - *Indicator:* Opponent is trapped in Twisting Arm Control and you wish to achieve back mount
   - Essential Detail: Pulling the opponent to a seated position during the crossover
   - Most Common Mistake: Falling to the nearside shoulder instead of landing on the opposite shoulder
   - Core Principles: Momentum (21), Pivot (22)
   - Drill Orders: Mount start, 1 rep, reverse roles

Reflex Development Drill
Practice all variations of the
Elbow Escape – Side Mount (L33)
in combination with all variations of the
Hook Sweep – Guard (L28)
and all variations of the
Twisting Arm Control – Mount (L35)

Fight Simulation Drill
1. Haymaker Punch Defense – Standing (L30)
2. Rear Takedown – Standing (L29)
3. Positional Control – Mount – Anchor & Base (L3)
4. Twisting Arm Control – Armbar Finish (L35)
5. Punch Block Series – Guard – Stages 1-2-4 (L8)
6. Elbow Escape – Side Mount – High Step (L33)
7. Take the Back – Guard (L31)
8. Rear Naked Choke – Strong Side Variation (L5)

Mindset Minute
The Twisting Arm Control is a very effective way to force your opponent to roll to their knees since they will fear getting punched in the face. If ever you decide to go for the Armbar and your opponent begins rolling to their knees you MUST abort the Armbar and post your hands out for base, otherwise you will fall forward on your face and end up with nothing. In a fight and in life, you must know when to let go.

Lesson 36

Technique: Double Underhook Pass
Position: Guard

Overview
In sport jiu-jitsu practice, passing the guard is of the utmost importance. But as you know, preparing for a street fight and preparing for a recreational jiu-jitsu tournament are two different things. In a street fight, there is a 99% chance that your opponent will know nothing about jiu-jitsu and, as a result, they will not know how to use the closed guard to their advantage. As a result, you will be able to pass their guard by simply trapping their hips and stepping over their legs as you learned in lesson 1. In the unlikely event that you find yourself in your opponent's closed guard during a street fight, you can use the Double Underhook Guard Pass to break their guard and get to a more powerful position of control. First, you will learn the Open Guard Variation that will work on 99% of people, and then you'll learn the Closed Guard Variation that can be used in a fight against someone slightly more versed in the grappling arts.

Technical Slices

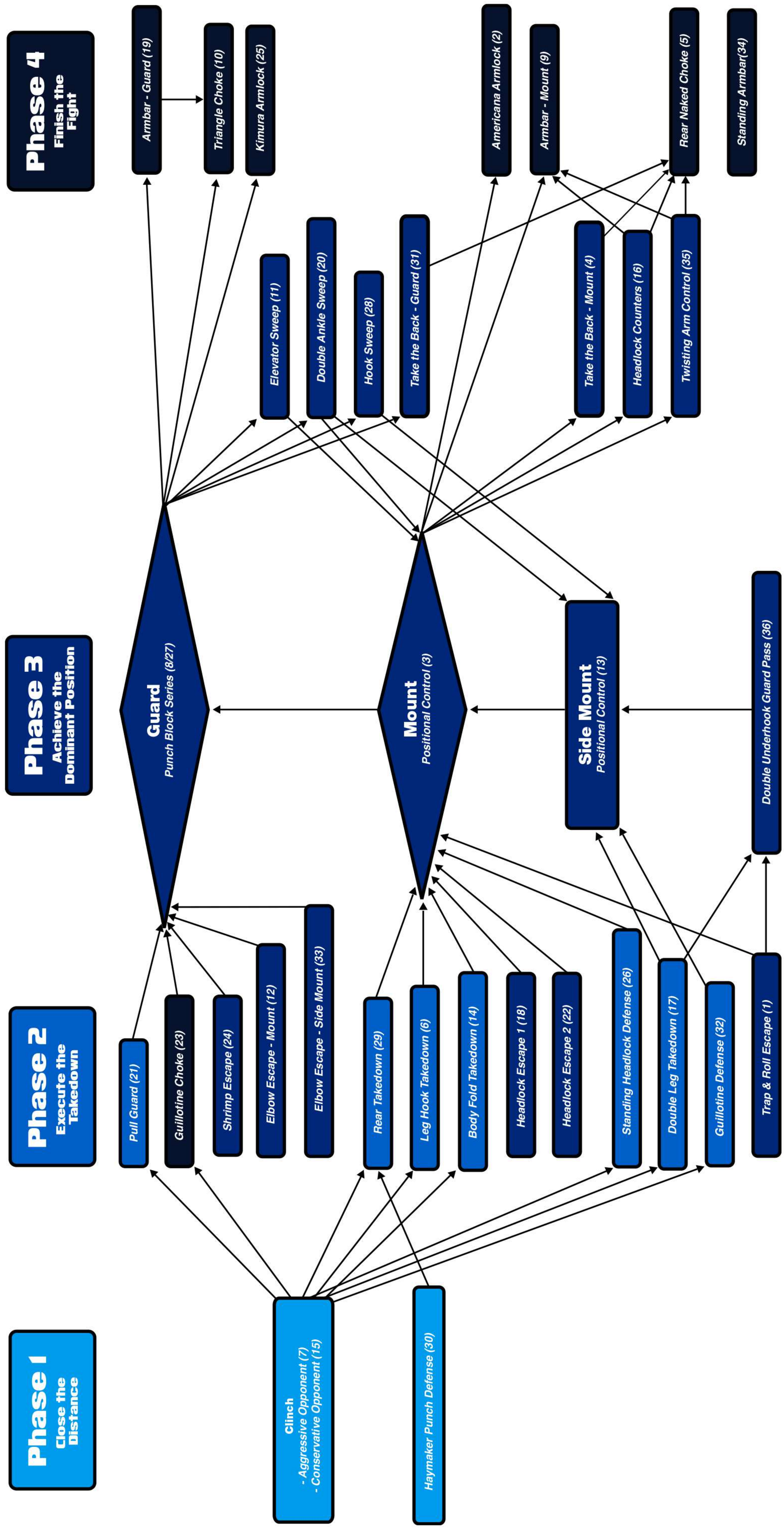
1. Open Guard Variation
   - *Indicator:* Opponent has you inside their guard with their legs uncrossed
   - Essential Detail: Dip the shoulder under the knee and drive body weight forward for an effective "stack"
   - Most Common Mistake: Failure to keep your head over your opponent's head during the stack
   - Safety Tip: Tighten up your core (bad guy) to protect your lower back during the stack
   - Core Principles: Overload (24), Mobility (30)
   - Drill Orders: Guard start, 1 rep, reverse roles
2. Closed Guard Variation
   - *Indicator:* Opponent crosses their feet and establishes the closed guard
   - Essential Detail: Solid posture and well-placed distraction strikes
   - Most Common Mistake: Rushing to create posture instead of focusing on safe hands and submission prevention
   - Core Principles: False Surrender (17), Centerline (31), Posture (16)
   - Drill Orders: Guard start, 1 rep, reverse roles
3. Bonus: Knee Split Guard Pass
   - *Indicator:* Opponent maintains closed guard and you aren't allowed to use strikes to open their guard
   - Essential Detail: Effectively pinning the opponent's hips to the ground while you use the knee to create tension
   - Most Common Mistake: Failing to prevent opponent from creating distance after the ankles pop open
   - Bad Guy Reminder: Try to keep your legs crossed at various intensity levels
   - Core Principles: Tension (14), Centerline (31)
   - Drill Orders: Closed guard start, 1 rep, reverse roles

Reflex Development Drill
Practice all variations of the
Trap & Roll Escape – Mount (L1)
in combination with the
Double Underhook Guard Pass – Guard (L36)
and all variations of the
Twisting Arm Control – Mount (L35)

Fight Simulation Drill
1. Double Leg Takedown – Standing – Aggressive (L17)
2. Double Underhook Pass – Guard (L36)
3. Positional Control – Side Mount (L13)
4. Hook Sweep – Guard (L28)
5. Positional Control – Side Mount (L13)
6. Kimura Armlock – Guard – Rider Variation (L25)
7. Triangle Choke – Guard – Giant Killer Variation (L10)

Mindset Minute
When you find yourself inside the closed guard, don't be in a hurry to pass. Time is on your side. When the time is right, establish your posture and use strikes to break the guard, and then use the Double Underhook Pass to achieve the side mount. Also, once you achieve the side mount, prevent the re-establishment of the guard with modified side mount control. Only once they stop attempting to recompose the guard should you transition to the standard side mount control and prepare to achieve the mount once they've depleted a significant amount of their energy.

Street Tip: Legal Considerations
Whether you're protecting yourself or someone else, it's important to know the legal implications of using jiu-jitsu in a real-world situation. While the laws may vary slightly from one jurisdiction to the next, the widely accepted definition of "self-defense" is the right to prevent suffering force or violence through the use of a sufficient level of counteracting force or violence. Here are the two most important considerations in determining whether your use of force was justifiable: 1) Is there an imminent threat? And 2) Is your response proportional?


Phase 4
Finish the Fight
Armbar - Guard (19)
Triangle Choke (10)
Kimura Armlock (25)
Americana Armlock (2)
Armbar - Mount (9)
Rear Naked Choke (5)
Standing Armbar(34)
Elevator Sweep (11)
Double Ankle Sweep (20)
Hook Sweep (28)
Take the Back - Guard (31)
Take the Back - Mount (4)
Headlock Counters (16)
Twisting Arm Control (35)
Phase 3
Achieve the Dominant Position
Guard
Punch Block Series (8/27)
Mount
Positional Control (3)
Side Mount
Positional Control (13)
Double Underhook Guard Pass (36)
Phase 2
Execute the Takedown
Pull Guard (21)
Guillotine Choke (23)
Shrimp Escape (24)
Elbow Escape - Mount (12)
Elbow Escape - Side Mount (33)
Rear Takedown (29)
Leg Hook Takedown (6)
Body Fold Takedown (14)
Headlock Escape 1 (18)
Headlock Escape 2 (22)
Standing Headlock Defense (26)
Double Leg Takedown (17)
Guillotine Defense (32)
Trap & Roll Escape (1)
Phase 1
Close the Distance
Clinch
- Aggressive Opponent (7)
- Conservative Opponent (15)
Haymaker Punch Defense (30)

Section 3

Gracie Combatives Test

Testing Instructions

Now that you have completed the Gracie Combatives course, you are eligible to test for promotion to blue belt – the most important promotion on your path to Gracie Jiu-Jitsu mastery. Even though the blue belt is only the second belt in the system, its award signifies that you have learned the most important Gracie Jiu-Jitsu techniques. Qualification for blue belt requires mastery of all variations of the 36 techniques in every conceivable combination.

Award of the GC belt requires successful completion of five drills. These Gracie Combatives Proficiency Drills constitute a standardized test of your proficiency in the execution of the 36 Gracie Combatives techniques. Drills 1 through 4 test your execution of the techniques from the mount, guard, side mount, and standing positions. For each drill, you have five minutes to demonstrate all variations of the techniques in the exact order that we list them (see pages 59-60). Drill 5 is the most important segment of the evaluation, since it tests your ability to execute all techniques in a continuous four-minute, unscripted *Freestyle Fight Simulation Drill*. Once you are confident in your ability to perform the all five drills, you may take the test using one of the following two methods:

Option 1 – Video Evaluation

Film yourself conducting the test. Then, upload the five videos to the internet at www.GracieUniversity.com so a certified Gracie Jiu-Jitsu instructor can view and evaluate your performance. Listed below are some important details regarding the video evaluation process:

- **Talk Through the Moves:** We understand that it may be difficult to memorize all the techniques in the exact order in GCPDs 1-4. So, you may have someone read the techniques to you while you are filming the evaluation. During Drill 5, keep talking to a minimum so that we may assess your true reflexes.

- **Continuous Shot:** In order to test your true understanding of the techniques, you must conduct GCPDs 1-4 in five minutes or less and GCPD 5 in no less than five but no longer than six minutes. As a result, you may neither edit test videos nor stop the camera at any time once a drill has started. We will not evaluate your performance if we find evidence of editing or if you fail to shoot each drill in one take. (Note: The five GCPDs do not need to be recorded on the same day.)

- **Film the Details:** We cannot give you credit unless we SEE the technique. Focus on effectively angling your body towards the camera so that we can clearly see the essential details of each move.

Option 2 – Live Evaluation

To be evaluated in person at a Certified Training Center, contact us to schedule your test with a certified instructor. Here are some important details regarding the live evaluation process:

- **Prepare Diligently:** Although the actual techniques are the same, one of the most significant differences between the video and the live evaluation is that your testing partner or “bad guy” will be a certified instructor. Throughout the test, the instructor will adjust speed and resistance levels to test your accuracy, conviction, and reflexes.

- **One Shot, One Kill:** With the video evaluation process, you can re-shoot your execution of the drills as many times as you’d like before you submit them. During a live evaluation, you will only have one chance to execute each drill. If your performance does not meet Gracie University standards, you will fail the test and must retest at a later date. For this reason, it is of the utmost importance that you prepare diligently to minimize the change of erroes during the live evaluation.

- **Stay Relaxed:** The most important consideration during any evaluation is the quality of the technique. The most common mistake you are likely to make during a live evaluation is to rush nervously through the drills and jeopardize the quality of your execution.

For more information regarding the testing process, visit ***www.GracieUniversity.com.***

Disclose Disabilities

Unlike most martial arts, nearly anyone can learn Gracie Jiu-Jitsu, regardless of their physical capabilities. In fact, we train many students with disabilities, including those who are deaf, mute, blind, and even wheelchair bound. Our simple, easy to follow instructional format makes this possible. If you have a disability or previous injury that prevents you from executing the techniques exactly as they are taught, please notify us prior to the evaluation so that we may take it into consideration.

Evaluation Criteria

During the evaluation, you will start with 100 points and receive a 1-point deduction for each significant error in the following categories:

1. **Accuracy:** *Precise* and *correct* execution of all techniques.
2. **Efficiency:** *Fluid, relaxed movements* and efficient use of energy.
3. **Reflexes:** *Instinctive* and *speedy* responses to all indicators.

If, upon completing all five drills, you amass more than 10 point deductions (previously 20 deductions were permitted), or a final score of less than 90 points, you will be notified of your shortcomings so that you may retest at a later date. If you achieve a final score of 80 points or greater, you will be recommended for promotion by the evaluating instructor. Only once your promotion is authorized by one of the head instructors of the Gracie Jiu-Jitsu Academy will the following actions take place:

- You will receive an official **Gracie Combatives Belt**
- You will receive a personalized **Certificate of Authenticity**
- Your name will be added to the list of **Certified Gracie Jiu-Jitsu Belt Holders**

Gracie Combatives Proficiency Drills*

GCPD 1: Mount Techniques

1. Trap & Roll Escape (L1)
   a. Standard Variation + Base Get-Up
   b. Punch Block Variation + Open Guard Pass + Americana Armlock - Standard Variation (L2)
   c. Headlock Variation + Open Guard Pass + Americana Armlock - Neck-Hug Variation (L2)

2. Elbow Escape (L12)
   a. Standard Variation
   b. Hook Removal
   c. Fish Hook
   d. Heel Drag

3. Positional Control (L3)
   a. Anchor & Base
   b. Low Swim
   c. High Swim

4. Take the Back (L4)
   a. Take the Back + Rear Naked Choke - Strong Side Variation (L5)
   b. Remount Technique

5. Headlock Counters (L16)
   a. Prevent the Get-Up
   b. Back Mount Finish + Rear Naked Choke - Weak Side Variation (L5)

6. Armbar (L9)
   a. Standard Variation
   b. Side Variation

7. Twisting Arm Control (L35)
   a. Back Mount Finish + Remount Technique (L4)
   b. Armbar Finish

GCPD 2: Guard Techniques

1. Punch Block Series - Stages 1-5 (L8)
   a. Stage 1
   b. Stage 2
   c. Stage 3
   d. Stage 4
   e. Stage 5 + Rollover Technique (L27)

2. Elevator Sweep (L11)
   a. Standard Variation
   b. Headlock Variation

3. Double Ankle Sweep (L20)
   a. Knee Thrust Variation
   b. Kick Variation

4. Hook Sweep (L28)

5. Triangle Choke (L10)
   a. Stage 1.5 Variation
   b. Giant Killer Variation

6. Armbar (L19)
   a. Low Variation
   b. High Variation
   c. Triangle Transition

7. Kimura Armlock (L25)
   a. Rider Variation
   b. Forced Variation

8. Take the Back (L31)

9. Double Underhook Pass (L36)
   a. Open Guard Variation
   b. Closed Guard Variation

GCPD 3: Side Mount Techniques

1. Positional Control (L13)
   a. Roll Prevention
   b. Modified Side Mount
   c. Guard Prevention
   d. Mount Transition

2. Shrimp Escape (L24)
   a. Block & Shoot Variation
   b. Shrimp & Shoot Variation
   c. Rider Variation

3. Elbow Escape (L33)
   a. Knee Drive Variation
   b. High Step Variation

4. Headlock Escape 1 (L18)
   a. Standard Frame Escape + Scissor Follow-Up
   b. Super Lock Variation

5. Headlock Escape 2 (L22)
   a. Standard Leg Hook Escape
   b. Super Base Variation
   c. Punch Block Variation

GCPD 4: Standing Techniques

1. Establish the Clinch
   a. Aggressive Opponent (L7) + Leg Hook Takedown (L6)
   b. Conservative Opponent (L15) + Body Fold Takedown (L14)

2. Haymaker Punch Defense (L30) + Rear Takedown (L29)

3. Double Leg Takedown (L17)
   a. Aggressive Opponent
   b. Conservative Opponent

4. Pull Guard (L21)

5. Guillotine Choke (L23)
   a. Standing Variation
   b. Guard Pull Variation

6. Standing Armbar (L34)

7. Standing Headlock Defense (L26)

8. Guillotine Defense (L32)

GCPD 5: Freestyle Fight Simulation

In the Freestyle Fight Simulation Drill (which is no less than five but no longer than six minutes), you will demonstrate as many different Gracie Combatives techniques as possible in response to indicators presented by your partner. In this drill, we will again assess your technical accuracy, but first and foremost, we use fight simulation to evaluate your reflexes. So, it is essential for you and your partner to remain silent. Specifically, neither you nor your partner should announce indicators or call for techniques. The sole exception to this rule is when communication is necessary to cooperatively transition to a new position in order to maximize the volume and variety of techniques. Also, make sure that your partner challenges you with realistic bad guy behaviors at a speed that will enable us to assess your true reflexes. A properly executed Freestyle Fight Simulation Drill will help us confirm your street readiness and earn your Gracie Combatives Belt.

*Visit your Dashboard online lesson library at GracieUniversity.com for detailed instructions on the testing process and complete demonstrations of all five GC testing drills.

Most Common Mistakes

Since releasing the Gracie Combatives course over a decade ago, several hundred students have taken the blue belt test using the Video Evaluation Process. Nearly half of all candidates fail the test. We have identified the four most common mistakes to help future candidates prepare for the test.

1) Lack of Attention to Details

The number one testing mistake is lack of attention to the technical details presented in each lesson. For example, most students appear to believe that achieving a “tap out” with the Triangle Choke indicates proficiency. In fact, each step from setup through finish is equally important, since an omission or mistake at any one of the critical points could “make or break” the technique in a real fight. Bottom line: you are 100% accountable for any and all details presented, however briefly, in each of the 36 video lessons. The only way to internalize every detail to this extent is through several hundred dedicated training hours and countless viewings of each video lesson.

2) Weak Reflexes

In order to earn your Gracie Combatives belt, you must be street ready. This means that you must execute your techniques without hesitation. Memorizing a technique takes one hour. Internalizing the techniques to the point of developing subconscious reflexes takes hundreds of hours. We determine the strength of your reflexes by measuring the amount of time it takes for your body to respond to each indicator presented by the bad guy (particularly during GCPD 5). Furthermore, if we see you go through the motions without the conviction borne of many hours of repetition, the street applicability of your techniques will be questioned, and your eligibility for promotion will negatively impacted.

3) Bad “Bad Guys”

We designed the Gracie Combatives techniques to counter the most common street fight behaviors. So, it is essential that your “bad guy” attack you in the most realistic fashion so we can effectively assess your street readiness. This means recreating the exact attack that we’ve described in the lesson at a speed that tests your true reflexes. A bad “bad guy” may lead to many unnecessary point deductions by failing to create the proper indicators for the evaluated technique, so choose wisely and ensure your “bad guy” knows his role.

4) Standing Up Improperly

Students have lost more points for failing to stand up in base than for any other single mistake. We use the diligence with which you stand up in base to assess your overall level of readiness and self-defense mindset. Every time you stand up, in the Gracie Combatives belt test and in life, you must do so in base - no exceptions.

In order to ensure that you do not get penalized for the aforementioned mistakes, it is highly recommended that you watch and analyze your own videos prior to submitting them for evaluation and promotion consideration.

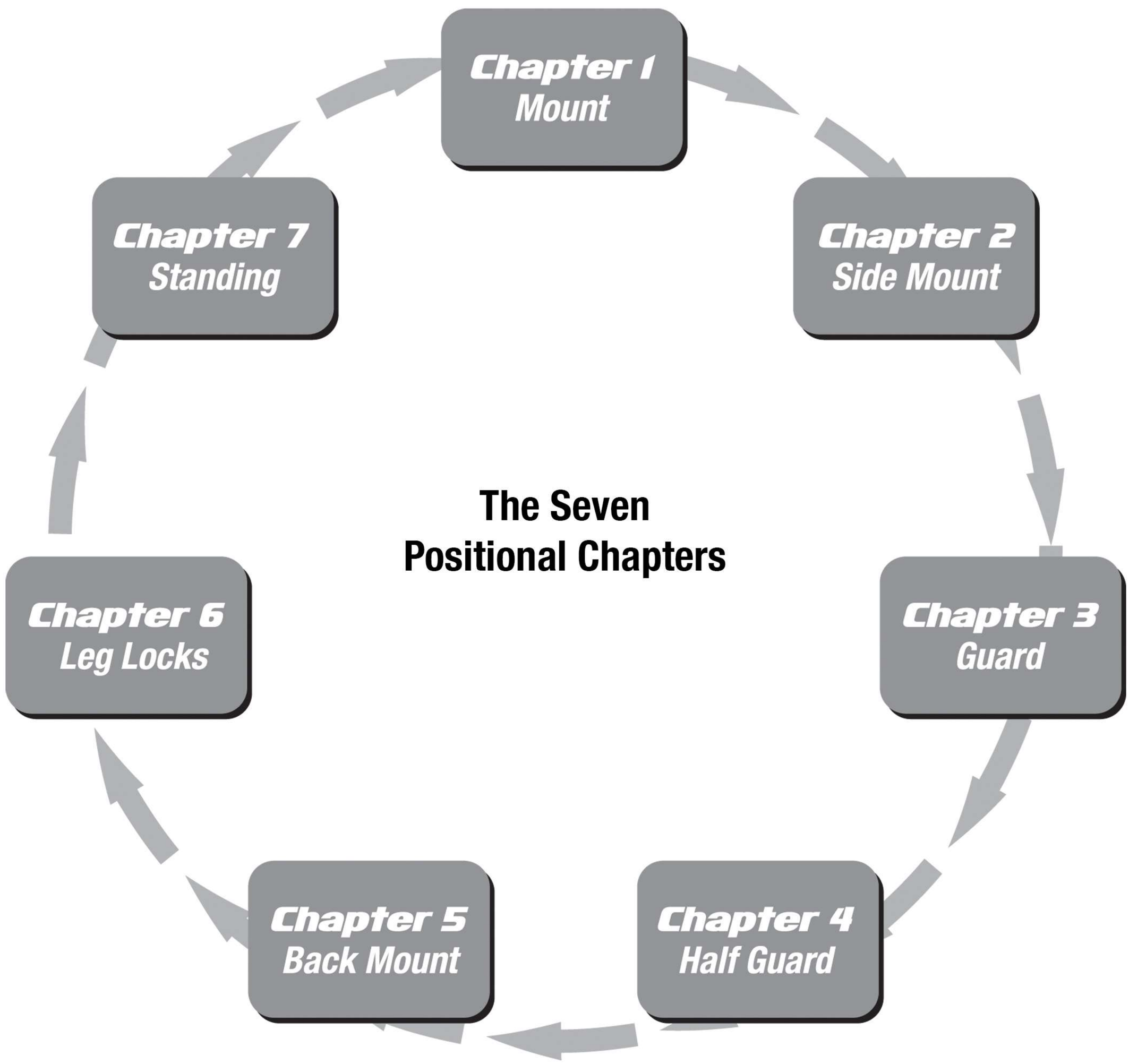
Section 4

The Path to Black Belt

In a street fight, it is highly likely that your opponent will know nothing about Gracie Jiu-Jitsu. The behaviors and attacks used by this type of opponent are very predictable and are the focal point of the Gracie Combatives course. On the rare occasion that a skilled grappler attacks you, you may need more than the 36 Gracie Combatives techniques to neutralize your attacker.

The Master Cycle™

Beyond Gracie Combatives, Gracie Jiu-Jitsu consists of more than 600 advanced techniques, all of which have been organized into a logical, clearly defined, systematic curriculum called the Master Cycle. We believe that the most efficient way to master all the advanced techniques is to focus on one position at a time. For this reason, we've categorized all the techniques of Gracie Jiu-Jitsu into what we call the Seven Positional Chapters: Mount, Side Mount, Guard, Half Guard, Back Mount, Leg Locks, and Standing. At Gracie University, we dedicate several weeks to the study of a single chapter before moving to the next. Once we complete all seven chapters, we restart the cycle. Each time a student repeats the cycle, they learn new techniques in each position and deepen their understanding of the old ones until they have fully mastered every technique.



The Seven Positional Chapters

The Path From Blue to Black

The 36 Gracie Combatives techniques are the simplest and most useful techniques in all of Gracie Jiu-Jitsu. Once you've had your Gracie Combatives belt for at least six months, and you've done extensive learning and sparring with your training partners as outlined on GracieUniversity.com in the Blue Belt Stripe 1 curriculum, you can be tested for blue belt via live evaluation at a Certified Training Center.

After blue belt, the path to black belt is broken down into three categories:

- **Blue Belt Stripe Courses** – This segment of the curriculum is comprised of 240 video lessons broken down into four distinct "stripe courses." Each time you complete a blue belt stripe course, you will demonstrate proficiency in the material via video evaluation. Once you earn all four stripes on your blue belt, you will qualify to be tested for purple belt via live evaluation with a black belt instructor at an authorized Certified Gracie Jiu-Jitsu Training Center.

- **Purple Belt Principles** – The path from purple to brown belt will require you to master the 32 Principles of jiu-jitsu, so that you can evolve from simply doing jiu-jitsu to thinking jiu-jitsu. There are four purple belt stripe courses, each containing eight principles for you explore and master. At least six months must be dedicated to the study and incorporation of the principles in each stripe course before you are allowed to demonstrate your comprehension of the principles via video evaluation. Once you pass all four stripe tests, you qualify to test for brown belt via live evaluation at an authorized Certified Gracie Jiu-Jitsu Training Center.

- **Brown to Black Belt** – Through brown belt, you exist primarily as a student of the art. In order to qualify for black belt, however, we need you to evolve into a contributor to the art. For each stripe course from brown to black, you will be required to demonstrate jiu-jitsu systems that you have either invented yourself or picked up from other sources along your jiu-jitsu journey. During your video evaluation demonstrations, you will also be required to identify which of the 32 Principles the proposed systems rely on, so that we can verify that you know the "whys" behind all the "hows."

Once you have earned all four stripes on your brown belt, you will be invited to Gracie University Headquarters for the three-day live black belt test along with other qualifying students and instructors from around the world. We will administer this test at no charge to you (other than your travel and living expenses) to show our appreciation for the years of hard work and dedication you will have invested in your training. We look forward to the honor of tying a black belt around your waist. Good luck on your journey to Gracie Jiu-Jitsu mastery…we will be with you every choke of the way!

To continue on the path to black belt, go to
www.GRACIEUNIVERSITY.com