

**DRILL 1: Mount Techniques**

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

1. Trap & Roll Escape (L1)
  - i. Standard Variation + Base Get-Up
  - ii. Punch Block Variation + Americana Armlock – Standard Variation (L2)
  - iii. Headlock Variation + Americana Armlock – Neck-Hug Variation (L2)
2. Elbow Escape (L12)
  - i. Standard Variation
  - ii. Hook Removal
  - iii. Fish Hook
  - iv. Heel Drag
3. Positional Control (L3)
  - i. Anchor & Base
  - ii. Low Swim
  - iii. High Swim
4. Take the Back (L4)
  - i. Take the Back + Rear Naked Choke – Strong Side Variation (L5)
  - ii. Remount Technique
5. Headlock Counters (L16)
  - i. Prevent the Get-Up
  - ii. Back Mount Finish + Rear Naked Choke – Weak Side Variation (L5)
  - iii. Armbar Finish
6. Armbar (L9)
  - i. Standard Variation
  - ii. Side Variation
7. Twisting Arm Control (L35)
  - i. Back Mount Finish + Remount Technique (L4)
  - ii. Armbar Finish