

DRILL 2: Guard 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. Punch Block Series – Stages 1-5 (L8)

- i. Stage 1
- ii. Stage 2
- iii. Stage 3
- iv. Stage 4
- v. Stage 5 + Rollover Technique (L27)

2. Elevator Sweep (L11)

- i. Standard Variation
- ii. Headlock Variation

3. Double Ankle Sweep (L20)

- i. Knee Thrust Variation
- ii. Kick Variation

4. Hook Sweep (L28)**5. Triangle Choke (L10)**

- i. Stage 1.5 Variation
- ii. Giant Killer Variation

6. Armbar (L19)

- i. Low Variation
- ii. High Variation
- iii. Triangle Transition

7. Kimura Armlock (L25)

- i. Rider Variation
- ii. Forced Variation

8. Take the Back (L31)**9. Double Underhook Pass (L36)**

- i. Open Guard Variation
- ii. Closed Guard Variation