

**DRILL 4: Standing 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. Establish the Clinch
  - i. Aggressive Opponent (L7) + Leg Hook Takedown (L6)
  - ii. Conservative Opponent (L15) + Body Fold Takedown (L14)
2. Haymaker Punch Defense (L30) + Rear Takedown (L29)
3. Double Leg Takedown (L17)
  - i. Aggressive Opponent
  - ii. Conservative Opponent
4. Pull Guard (L21)
5. Guillotine Choke (L23)
  - i. Standing Variation
  - ii. Guard Pull Variation
6. Standing Armbar (L34)
7. Standing Headlock Defense (L26)
8. Guillotine Defense (L32)