

	Basic	Intermediate	Advanced
1	Armbar Straight Up	2 Hand Choke Defense	Arm Drag / Guard
2	Armbar to the Side	Abort to Kneeride	Armbar to Kneebar
3	Armbar-Guard	Ankle Esc/Lockdown	Armbar/Backmount
4	Armbar-Triangle/Gd	Arm/Lapel Choke-Knee	Armbar-Triangle-Mount
5	Back Sweep	Armbar Defense-Tilt	Back Mount Escape #2
6	Bear Hug Takedown	Armbar Def-Mechanic	Ballbat Choke-Kneeride
7	Bridge Reversal	Armbar Def-Wishbone	Butterfly Reversal
8	Chicken Wing/Sleeve Chk	Armbar to Omoplata	Clock Choke
9	Guillotine Choke	Attacking the Lightside	Fig 4 Neck Crank - Mnt
10	Headlock Esc #1	B Hug DK Under Sit&Trip	Foot/Bicep Omoplata
11	Headlock Esc #2	Back Door Escape	Foot/Bicep Reversal
12	Hip Escape	Back Mount Escape #1	Foot/Bicep Triangle
13	Kimura-Guard	Bodylock Sitout Escape	Footlock Defense
14	Mount/Side Control	Bow & Arrow Choke	Front Neck Crank & Def
15	Rear Naked Choke	Can Opener & Defense	Frnt Head & Arm Choke
16	Simple Sweep	Catch & Sweep	Half Guard Escape #1
17	Sit-Up Sweep	Cow Catcher	Headlock Escape #3
18	Spin Flip	Double Leg Take down	Heel Hook
19	Take Back-Guard	Forced Armbar-Mount	Hip Bump/Heel Hook
20	Tight Roll	Frame Esc 2 to Back Mnt	Hip Spring
21	Topside Escape	Ft Grab def Arms trapped	Hook Flip to X Guard
22	X-Choke- Guard	Ft. Grab tDef Arms Free	In/Outside Armbar-KneeRide
23		Full Nelson Defense	Inside Heel Hook-Topside
24		Gramby	Kimura to Cutter Choke
25		Guillotine Defense	Knee Pin Pass
26		Hair Grab Defense	Kneebar/HalfGuard
27		Head & Arm Choke	Leg Lace Pass
28		High Elbow Reversal	Leg Press Reversal
29		High Guard Armbar	North South Escape
30		Hip Scoop	Omo Reversal Attack Series
31		Hook Flip	Omoplata Reversal
32		Kimura Defense Guard	Outside Armbar
33		Kimura to Armbar	Paper Cutter Choke
34		Kimura-Topside	Peruvian Necktie/Jchoke
35		Merry Go Round Pass	Reverse Hook Flip
36		OS Knee Drive Pass	Roll Arm/Lapel Choke
37		Punch Block-Guard	Rolling Ankle Pick
38		Push Pull Triangle	Rolling Kneebar
39		Raider	Rolling Toe Hold
40		Shoulder Roll to Guard	Sickle Sweep
41		Single Leg Take down	Sit Out Escape
42		Smash Pass - Guard	Steer the Legs Pass
43		Sprawl to Back Mount	Step Behind Pass/Kneebar
44		SS Knee Drive Pass	Stepover Kimura
45		Triangle Armbar	Straight Anklelock
46		Triangle Defense	Straight Jacket H. Flip
47		VTM to Armbar	Trap Door Reversal
48		VTM to Backmount	Truck Driver Pass
49		Wrist Grab Escapes	Wing Sweep