



PURPLE STRIPE

STAND UP

- Sidekick to clinch (Defense)
- Sidekick to detach (Defense)
- 2 combo to set up a throw (Offense)
- Closing the distance (Offense)
- 3 Throws with proper strategy (Offense)
- Defense against throw (Offense)

MOUNT BOTTOM

- Escape combo (Defense)
- Escape side mount (Defense)
- Escape hooks and hip pressure (Defense)

GUARD BOTTOM

- 4 Sweeps (Offense)
- Combo to reverse position (Offense)
- Go to the back (Offense)
- Combo to submit (Offense)
- 6 submissions (Offense)
- Defense against punches (Offense)

HALF GUARD BOTTOM

- Go to the back (Offense)
- Bring back in the guard (Defense)
- 2 Sweep (Offense)

CROSS SIDE BOTTOM

- Hip movement and defense (Defense)
- Combo to escape (Defense)
- Escape head arm immobilization (Defense)
- 3 Headlock escape (Defense)
- Defense against striking (Defense)

KNEE ON STOMACH

- Approach from standing (Offense)
- Weight distribution (Offense)
- Grip and control (Offense)
- Approach from crossside (Offense)
- Escape (Defense)

TURTLE BOTTOM

- Escape face down flat out (Defense)
- Escape without hooks (Defense)

ON OPPONENT BACK

- Offensive combo (Offense)
- Control of position (Offense)

SELF DEFENSE

- Explain principles of leverage
- 2 Head lock defenses standing
- 4 Grab front
- 3 Grab from the back
- 2 Grab from the side
- 2 Grab against the wall
- Self defense under Low pressure (sparring)

MOUNT TOP

- Combo to submit (Offense)
- Maintain position (Offense)
- 6 Submissions (Offense)

GUARD TOP

- Pass standing with proper base (Offense)
- 5 ways to pass (Defense)
- Combo to pass (Defense)
- Handle De la Riva guard (Defense)
- Handle spiderguard (Defense)
- Handle 50 / 50 guard (Defense)
- Handle berimbolo (Defense)

HALF GUARD TOP

- 2 Passing (Offense)
- 2 Submissions (Offense)

CROSS SIDE TOP

- Weight distribution (Offense)
- Movement & grip (Offense)
- Combo to mount (Offense)
- 2 Combo to submit (Offense)
- 6 Submissions (Offense)

FOOT LOCK

- Foot lock setup (Offense)
- Theory of defense (Defense)

TURTLE TOP

- Move to cross side (Offense)
- Move to back mount (Offense)
- Clock choke (Offense)

BACK MOUNT DEFENSE

- 2 Combo to escape (Defense)
- Choke defense and protection (Defense)
- 1 submission (Offense)