

Blue belt one stripe techniques

Single To Double leg

- Back leg forward
- Pick up the single
- Can't finish the single
- Put head on the outside
- Put left arm around partner's other leg around or just above their knee,
- Drive partner down (knees not on the ground). . .
- for the double leg takedown.

Basic Butterfly Sweep

- First get a nice deep underhook
- Post with other hand behind
- Grab the wrist, push it in partner's stomach,
- Bring heel to own bum,
- Lift with right hook all the way to mount.

Armdrag Sweep

- From butterfly guard, get arm drag around tricep with opposite arm, take partner's arm across to your own hip
- Partner doesn't want you to take their back, so sits facing you, with knee up (same side as arm being dragged)
- Post with other arm, behind you, use that to push off.
- If dragging right arm, put left knee and shin onto the mat near your body, come up on right leg, with left knee on the mat
- Pull the leg up,
- Finish with partner on their back, your leg between your partner's.

Butterfly sweep pass to dope mount

- Partner begins to perform butterfly sweep on you
- Shift hips and crush legs together
- From there, bring knee through between partner's legs
- Get cross face, pin partner to the ground
- Move to mount.

Butterfly guard steering wheel pass

- Partner is in butterfly guard
- Get a guillotine type chin strap
- Underhook the leg and steer the partner like a steering wheel into side control.

Cross choke from mount

- You're mounted on partner
- Get right hand nice and deep, four fingers into the partner's right side collar; can use left hand to open up collar first.
- Drop elbow into partner's chest
- Put forehead onto the mat on opposite side some distance

away from partner's head

- Bring left hand around, thumb into collar,
- Bring elbow across partner's face
- Pull and squeeze arms together.

Armbar switch finish

- In armbar position, partner has arms in rear naked choke defence, can't pull arm out;
- Get back hand grab around other elbow, hold them all tight together,
- Put front hand on the mat to post,
- Sit up on the partner's chest, facing the direction of their head, back facing their feet,
- S-mount on other side,
- Collect the arm and do the arm bar.

Wristlock from closed guard

- You have your partner in closed guard
- Partner grabs same-side sleeve;
- Bring that arm up,
- Bring other arm over their arm,
- Get a rear-naked choke grip, push down on top of wrist, driving their elbow into your stomach.

Armbar hitchhiker escape

- Partner has you in the arm bar position, but not controlling your wrist,
- Put thumb out like hitchhiking,
- Turn on side (this forces the partner onto their side too), run, run, run
- Come on top from behind your partner into side control.

Triangle escape sit down cross ankles

- Your partner has you in a triangle choke, but not fully locked in,
- Wrap trapped arm around the partner's same side leg (so it doesn't cross their body),
- Get up on feet,
- Sit back on bum,
- Both feet over chest, cross feet
- Bridge up,
- Bring legs over to one side by underhooking them with your arm,
- Come up onto other elbow,
- hip escape out, holding partner by belt or pants,
- Put your leg back so you can drive into partner's legs to lift them up,
- Also bring your leg that is under your partner up with knee up, foot on the floor,
- Drive into your partner to get them into side control, from their back. This is going the other way from the initial direction you moved into.