

Blue belt three stripe techniques

High crotch to back to takedown

- Control the left wrist with right hand
- Shoot in, left knee next to partner's left foot
- Grab a high crotch with left arm in deep up to the elbow
- Stand up, lift them up
- Turn to the back (going under partner's left arm)
- Place the right foot out behind partner's right foot
- Spin to your right, arms around the partner's waist with a guillotine grip
- Take partner down into side control.

RDLR backward roll sweep

- Start in reverse de la riva with left foot on partner's right hip, right leg going back through the partner's legs, foot wrapped around behind their right leg, toes pointing forward. Partner has left knee on the ground, in combat base.
- Left hand grips left collar.
- Right hand is controlling their left sleeve
- Push partner away
- Then pull partner towards you, onto your legs,
- Roll over your left shoulder
- Finish on top in half guard.

RDLR Kiss of the dragon

- Start in RDLR as before, but with right hand holding right ankle instead of sleeve
- Push
- Pull
- Spin under
- Grab the other ankle
- Knee behind
- Foot behind
- Grab the belt (So partner is sitting on your legs)
- Push them forwards with your legs
- Take the back.

RDLR butflop pass

- Partner is on back, has right foot threaded around your right leg in RDLR. Control right collar with left hand
- Control left knee by holding inside of pants with right hand, pushing partner's leg outwards
- Step to one side, moving towards the centre line of partner,
- Kick right leg out high and wide behind you, with knee pointing up, and bum on the floor
- Cross face
- Switch base
- Get to side control.

Basic spider guard sweep

- Partner kneeling
- Grip each sleeve
- Left foot on the right bicep near elbow
- Right foot on left hip
- Scoot out a little bit
- Pull partner up and forwards
- Right foot move to the floor
- Kick partner over
- Pull yourself up onto mount, keeping grip on sleeves.
- Optional: two thumbs up!!

Basic spider guard lasso sweep

- Partner kneeling
- Start gripping both sleeves, feet on hips of partner, knees inside arms
- Thread right leg around partner's left arm and under their arm pit to get a leg lasoo
- Bring left shin across their stomach
- Grab the end of the right pants leg with left hand
- Pull them forwards
- Kick them to your right side
- Sprawl back into side control, holding sleeve till partner is on their back, holding pants until stabilised.
- End in cross face.

Spider guard lasoo pass

- Partner has you in lasoo with their right leg, you are standing.
- Break partner's left grip of your right sleeve by putting left foot on their left thigh.
- Control the right ankle with your now free right hand,
- Circle out, coming around partner's back,
- Kneel with left knee first, moving to side control position,
- Circle out your left arm from their grip and put it under partner's head.

High Elbow guillotine choke

- Partner kneels in your butterfly guard
- Snap the head down
- Shoot arm right through
- Grab your own hand with guillotine grip
- Place right elbow all the way over their shoulder
- Lie on left side as you bring your right leg up onto their hip.
- You are in a shallow half guard.

Rolling kimura from top half guard

- You are in top half guard, with partner having underhook.
- Switch your hips, putting your left forearm on the floor against side of partner, looking back towards partner's feet, leaning on partner's upper body,
- Grab the kimura grip with right arm, left arm threading through to grab your wrist,
- Do a forward roll over your left shoulder to the side of your partner so you wind up quite parallel to partner
- Come on top to north south on your knees
- Bring partner onto their side
- Finish the kimura.

Ankle lock escape

- Partner has you in straight ankle lock position, with your right foot under their left arm pit, left knee on your hip, right knee pinching against your right leg, right toes under your right thigh, hands together.
- Control partner's right knee with your left hand, pulling it to your left
- Push partner's left foot down to the floor from your hip
- Pull partner's knees apart
- Sit out, moving bum over their left foot, moving right past the foot,
- Bring left foot behind so you can push towards partner,
- Come up, planting right foot flat on the ground,
- Bring left knee in around partner's left knee to their belly,
- Sprawl right leg back, breaking partner's hold on that leg, to side control.