

Blue belt four stripe techniques

Drop seoi nage using collar grip

- Control the same side collar with left arm
- Pull partner forward as you
- step and turn with your feet between partner's, hips under partner's
- right arm comes up under partner's right armpit, hand over the partner's shoulder
- drop to your knees as you
- bring partner over your right shoulder.

How do you stop partner from taking your back?

Deep DLR hook to back take

- Partner is standing, bent over because you have their left collar with your right hand.
- You are in deep De La Riva position, with
- left foot hooked around behind partner's right leg above right leg,
- your right foot around front of partner's right leg, on their left thigh.
- Your left hand is a C-grip around partner's right ankle
- Your right hand is hanging on their right collar
- Your back is towards the mat, though you are somewhat on your left side, your right arm pulling your right side upwards.
- Bridge up (you are now on your side)
- Shoot your left leg, your De La Riva hook, all the way to the partner's left side, turning your partner away from you
- your right left is against the inside of the partner's left leg
- Lean behind partner to your left and grab the belt
- Move your left hand from the right ankle to the left ankle,
- Bring your right foot behind partner and thread through so both shins are under partner's knees, feet in from of their knees
- Kick legs out, with partner riding on your shins
- Get over under (seatbelt) grip, left arm over partner's left shoulder, right under their armpit
- Put both hooks in to take the back.

Berimbolo

- Partner has right knee on mat, left knee up thigh pointing to you, left foot on mat. They are posting with right hand on mat, left elbow on left knee
- You are sitting on the mat, right leg threaded under partner's left knee through to foot hooked around partner's right hip (a De La Riva hook)
- Your left foot is on the mat, with knee up, behind your right calf.
- Hold partner's left collar with left hand
- Grab partner's left ankle with right hand — keep hold as you invert
- Bring your right shoulder to the mat, pulling partner down so they must post on left arm behind
- Grab partner's

- belt on their left side with your left hand,
- Invert onto left shoulder, pulling partner onto their back.
- Your right leg is still hooked behind their left leg, your right leg across their chest,
- Pull partner's hips towards you
- Now move right hand from left ankle to right ankle
- kick down to roll partner to their left
- you are coming up behind your partner
- Grab the left collar with your left hand,
- Pull yourself up on partner's back as you reach across under their right arm with your right arm, grabbing the partner's left collar to pull yourself around their back
- Get top hook in with right foot
- Get seatbelt position for the back take.

DLR leg drag pass

- Your partner has a De La Riva guard on you, with left hand C-clamping their right ankle, left leg hooked around outside and behind partner's right leg, their right leg on your hip, their right hand has no grips
- Grab partner's left leg with both hands, right on the ankle
- Drag partner's left leg behind you to your right, bend over to prevent leg getting back in
- Control their right collar with left hand, elbow behind the partner's left knee, over the top of their right knee,
- Step to your right, towards the side with the De La Riva hook, knee on their left leg,
- Move back to get side control on partner's left side with crossface.

Berimbolo crossface pass

- You have your right foot on the mat, knee up, left knee on mat, active toes, sitting on left heel
- Partner is on left side, holding your belt on your right side with their right hand, left hand holding your ankle.
- Partner tries to berimbolo
- You grab partner's left collar with your right hand, your right elbow on the mat,
- Hold your partner's right leg by holding the bottom of their pants with a fingers in grip,
- Push their right leg down as you sit up, based on your right elbow,
- Pull yourself in, bringing head to under partner's chin onto their chest,
- Drive into your partner, right hand grabbing further up their collar, flattening them out, with your left leg behind, knee, calf and foot on the mat.
- Get crossface
- Pull your leg out and come to side control on partner's left side.

Estima lock

- Partner is on their back, with knees up, feet out in open guard, no grips.
- You are standing with right leg between their feet,
- Grab right foot,
- put it in your stomach with toes pointing to your left,
- Put your right arm under their ankle, hand over left bicep as you
- put your right arm over their calf/shin, in a rear-naked choke grip,
- Grab their calf with your right hand,
- Push your hips forward and squeeze.

Crucifix choke from turtle

- Partner is in turtle, hands under their head
- You are at their right side, left knee on the mat, right foot down, knee up to base,
- Lean on top of partner, reaching under their armpit for their left wrist with your left hand, pull it in.
- Partner's arm is "lazy", out in front of them,
- Put your left foot on the inside of their forearm, and peel their arm back.
- Put your left hand on the mat in front of partner,
- Roll over your left shoulder,
- pinch your knees together to keep partner's right arm trapped,
- Finish the rear-naked choke with one hand.

Omoaplata grab far arm finish

- Partner is kneeling
- You are on your back, legs around partner's knees,
- grab their right sleeve with your left hand,
- Grab their right collar with your right arm,
- put your left foot on their right

- hip, and other foot on other hip,
- Throw left leg over partner's right arm to get the omoaplata
- Partner defends by rolling over the shoulder,
- Come up onto knees,
- control partner's right elbow,
- re-roll in a berimbolo style,
- As partner comes up,
- reach under their left arm with your left arm,
- grab their triceps,
- Put your right foot on the ground,
- and scoot out, with your left leg still trapping their right arm.
- You are on your back.

Omoaplata escape jump to other side

- Partner is on their back, has your right arm by the sleeve by their side, their left leg under your arm, about to go to the omoaplata
- You are on your knees.
- Partner does the omoaplata,
- You put your left hand on the mat and jump your legs over your partner to the other side
- Get your crossface, sprawl out.

Bow and arrow choke escape

- Partner has your back, both hooks in, with right arm across your right shoulder, gripping your sleeve, their left hand gripping your left pants leg at the knee, about to do the bow and arrow.
- Control the choking arm with your left hand
- Push their choking arm up with your right hand pushing their elbow up,
- duck under,
- get your back on the ground,
- As partner comes up on top,
- go to half guard.