

# White belt two stripe techniques

## Hip Throw from over under

- Grap the underhook
- Grab the tricep
- Step and turn, hip to hip,
- Squat down and throw your partner over your hip.

## Pulling closed guard

- Grab same side collar with right hand
- Grab left sleeve with other hand
- Put left foot on partner's right hip,
- Fall to the left side, turning quite considerably
- Pull partner into closed guard.

## Standing RNC escape leaning forward

- Protect your neck,
- Squat down,
- Throw partner over your shoulder using your hips.
- Keep hold of choking arm.

## Standing RNC escape leaning backwards

- Partner has right arm around your neck in RNC.
- Protect your neck,
- Put your right foot behind his right foot,
- Turn to your right so you are facing in the line of your partner's feet, looking backwards from partner,
- Bend over so partner is on the ground in front of you, and you are holding your partner's arm to your shoulder to control them.

## Single arm throat grab defense

- Partner grabs your throat by their right hand,
- Circle your left arm in and around their arm and over,
- Step to the side,
- Grab the body lock with your head in partner's chest, (arms under partner's).

## Double arm throat grab defense

- Partner holds your throat with both hands;
- Put both arms in under partner's arms,
- Put left arm around partner's head and shoulders, getting hold in the arm pit,
- Grab partner's triceps with right hand,
- Turn, squat and hip throw.

## Single arm collar grab defense

- Partner grabs your left collar with right hand,
- Circle your left arm in and over partner's arm,
- Bring left arm up and make an RNC grip over your right arm; your right arm straight, pressed against partner's face,
- Push partner's head away.

One of our instructors showed pushing the head down, so locking the arm.

## Double wrist grab defense

- Partner grabs your right wrist with both hands.
- Cup the top wrist (the right wrist, grabbing from the inside),
- Pull it off,
- Circle your right hand (wax-on-wax off style) and grab partner's left wrist with your right hand.

## Control distance and get underhook from half guard

- Start in Z-guard, on your side, curled with hands protecting from cross-face,
- Put your left leg on partner's chest, with left elbow supporting knee,
- Put your arms blocking partner's left arm from getting cross-face,
- Straighten your leg following directly with your arm,
- Get the underhook, up on right elbow, head close to partner's chest.
- Although not visible in video, underhook should be low rather than high on their back.

## Old school sweep from half guard

- Start from Z-guard as in previous technique, and get the underhook.
- Grab the far ankle,
- Move your left leg over their right leg,
- Hook their right leg out with your left leg and
- lift their right leg up a bit to
- Get your bottom leg out, bring it out to post on to help you to
- Come to your knees, pinch them together and sit on your partner's right leg,
- Push partner down,
- Step over,
- Come to side control from their back.
- Keep hold of the partner's ankle right till you establish side control.

## Basic sweep from closed guard

- Your partner is in your closed guard.
- Open partner's right collar with your left hand.
- Feed four fingers of right hand high into their right collar (cross-collar grip).
- Grab their right sleeve with your left hand,
- Open your legs,
- Elbow escape a big hip movement,
- Put your right leg across their body,
- Sit up,
- Pull partner onto you,
- Scissor your legs, causing partner to fall onto their back,
- Come on top into mount.

## Back Sweep

- Partner is in your full guard.
- Partner stands up.
- You grab the back of both ankles.
- Open your legs, bring knees together,
- Kick partner forward.
- Sit up and post to the right on right arm,
- Walk around the right side with arms • to mount.

## Hip Bump sweep from closed guard

- Partner is in your full guard, sitting high<sup>1</sup>.
- Open your legs,
- Post on your left elbow,
- Then sit up posting on your left arm,
- Hold partner's

right triceps with your right, • Lift your hips up high, • Turn to your left, • Come to mount.

## Kimura from closed guard

- Partner is in your full guard.
- Break partner's posture (sweep arms around those of partner, bring them inside, causing partner to base on arms on floor),
- Grab partner's right wrist with your left,
- Sit to your left side, bending over partner's right arm,
- Get kimura grip with your right arm onto your left,
- Fall onto your back,
- Scoot out with a hip escape to give yourself enough room,
- Put your left leg over partner's back,
- Finish the kimura by moving partner's arm towards their opposite shoulder.

## Guillotine from closed guard

- Partner is in your full guard.
- Break partner's posture as with kimura,
- Sit to the left side,
- Wrap your right arm over and around partner's neck,
- Move your bum back to give yourself space to get your left arm in to join to your right arm,
- Fall back,
- Close your legs again around your partner,
- Finish the guillotine.

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<sup>1</sup>None of Eddie Bravo's special training accessories needed here.