

Blue belt two stripe techniques

Fake guard pull to ankle pick

- Grab left collar with right hand.
- Grab right sleeve with left hand.
- Pretend we're pulling to guard.
- As partner steps forward,
- Put left knee on the mat,
- Right foot on mat, right knee upright,
- Grab the right ankle with left hand,
- Turn to your left as you
- push partner down.

X Guard ankle grab sweep

- Start in (double leg) X, with partners left foot next to right ear,
- right arm around partner's left lower leg, holding their knee;
- Left foot hooked around partner's right leg behind the knee, your left knee held out forwards,
- Right foot above left, hooked around partner's hip, right knee pointing out the back at right angles to left leg.
- Lift partner's right leg up with both your legs, bringing their right foot within reach.
- Grab the right ankle with left hand,
- Extend legs to overbalance partner away from you.
- As partner falls down, take the top hook (your right foot) out,
- Put your right foot on the floor just in front of you perpendicular to the way you're facing,
- Come on top with your left knee over the top of partner's right leg.
- Keep holding onto partner's left knee and right ankle right to the end.

X Guard stand up sweep

- Start in (double leg) X as in previous technique.
- Stretch partner out, causing them to lose balance and post with left hand on floor, other on right knee,
- Put left foot on their knee,
- Right foot on the mat,
- Do a technical stand up, bringing left foot behind you,
- Keeping their left leg tight to your right shoulder,
- Walk around to your right,
- Pick up other leg to make partner fall.

X Guard backstep pass

- You are standing above your partner, who is on the floor, with you in their (double leg) X guard.
- Grab partner's left sleeve with your left to control the arm,
- Push down partner's upper leg (right leg) by pushing down on the ankle with your right arm, keep arm straight,
- Backstep right leg out high above partner's feet,
- Finish in knee ride with right knee on partner's belly.
- Keep holding onto partner's sleeve and ankle all the way to knee ride.

Single Leg X Ferraro sweep

- Start in single-leg X around partner's right leg, left arm around their ankle, ankle tight under your left arm pit, your left arm grabbing your belt to keep it tight.
- Right foot hooked behind their right knee, your right knee pointing out in front of partner,
- left foot hooked around the front of partner's hip, and your partner may be beginning to grab that left foot to push it down.
- Turn hips outwards, inwards, then outwards again, causing partner to fall.
- As partner falls, come on top:
- Bring left leg out from under partner while lifting their ankle,
- Post with left elbow on the floor,
- Put left knee on the floor,
- Post with left hand on the floor so you can move forwards leaving left leg kneeling behind, perpendicular to the direction of facing your partner.
- Bring right knee over partner's left leg as you get up.

Single leg X technical standup sweep

- Start in single-leg X as with last technique.
- Push on back of partner's left knee with your right foot,
- Put right foot on the ground,
- Do a technical stand up, drawing right foot out behind you,
- Keeping your left arm around their right ankle all the way to the end.
- Come around to your left,
- Grab the other leg,
- Make partner fall,
- Finish holding both ankles.

Modified clock choke

- Start with partner in turtle,
- You are on partner's right side, tight with lots of pressure,
- Leaning on hips, bring left arm around to underhook partner's left arm, grab wrist and grip well.
- Right arm comes under partner's neck, get a nice tight grip on lapel on the other side, thumb in, fingers out.
- Sprawl all your weight onto partner, put head on the mat on next to partner's left ear,
- Choke your partner.

Single leg X backstep pass

- Your partner has single leg X on your left leg.
- Control both ankles: push the top ankle down and away with left hand, • Hold left shin with right hand (keep holding till in side control) • Backstep left leg lifting high and around partner's legs, • Sit on partner's left arm, right knee on their chest,
- Switch base and sprawl legs back, • Get the crossface, • Move right hand from partner's left shin to get the underhook, • Come to side control by bringing knees up tight to partner.

Baseball bat choke

- You are in side control over partner from your partner's right side, with knees in tight, • Put your left thumb into the back of partner's collar, • With right hand on partner's left hip, pop up onto knee

ride right knee on their belly, • Insert four fingers of right hand into their collar, as close as possible to your other hand, • Bring elbows together, right forearm across their throat, • Move to north-south, • Put your head on the ground by partner's left side.

Guillotine escape to von flue choke

- Partner is in butterfly guard, • Partner snaps your head down with left hand, puts a guillotine choke with right hand on you, • You hop to the other side (the partner's left side), • Drive partner down, • Get a crossface as deep as you can, • Drive your shoulder all the way into partner's throat. • You are on your toes, with body tilted to put all the weight on your shoulder into your partner's throat.