

MAP KEY

Position

Action

Opponent Reaction

Result

drills

guard recovery basic movement(no grips)

open guard

back flat on the mat

cross sleeve grip, pant grip, one foot on the hip, one foot on the bicep

2 on 1 guard

foot on bicep goes behind the knee, foot on the hip pushes for tripod sweep

foot on bicep goes to the chest, foot on hip goes behind opposite knee, push and chop

triangle

ankle

foot pushes the knee, drag arm across

sweep

sweep

elbow comes out, stretch and punch legs, pull knee to chest

opponent tries to stack, underhook the leg and cut the angle

opponent tries to stack, continue lifting hips and push away with hamstrings

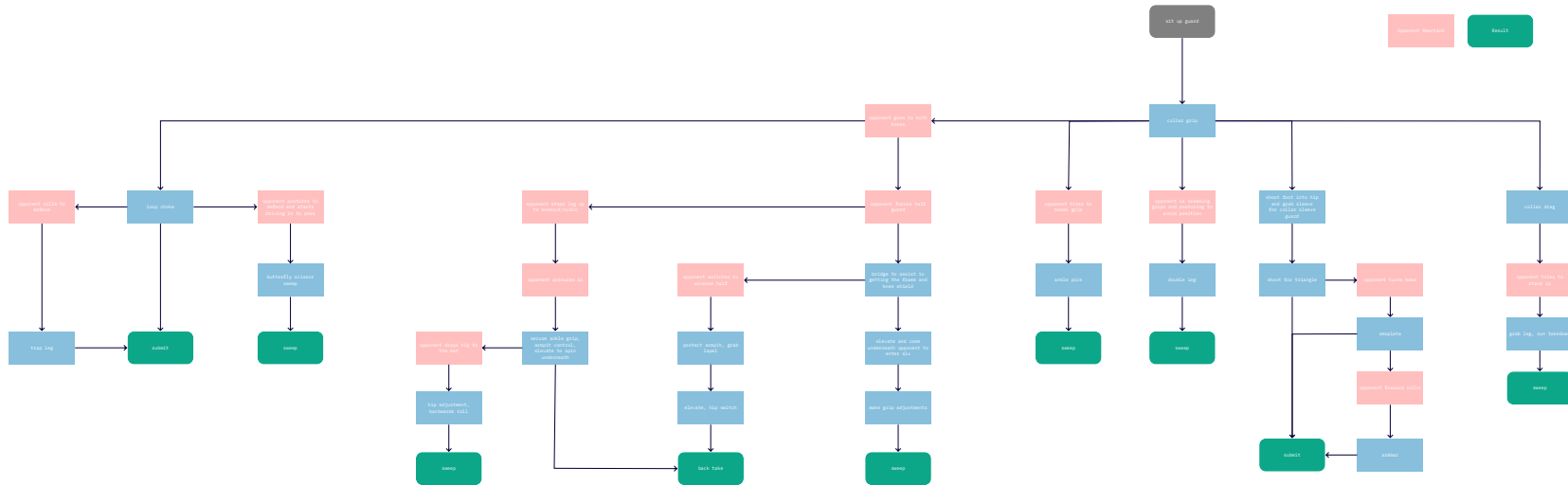
stand up on single, switch grips, run opponent down

submit

submit

takedown

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