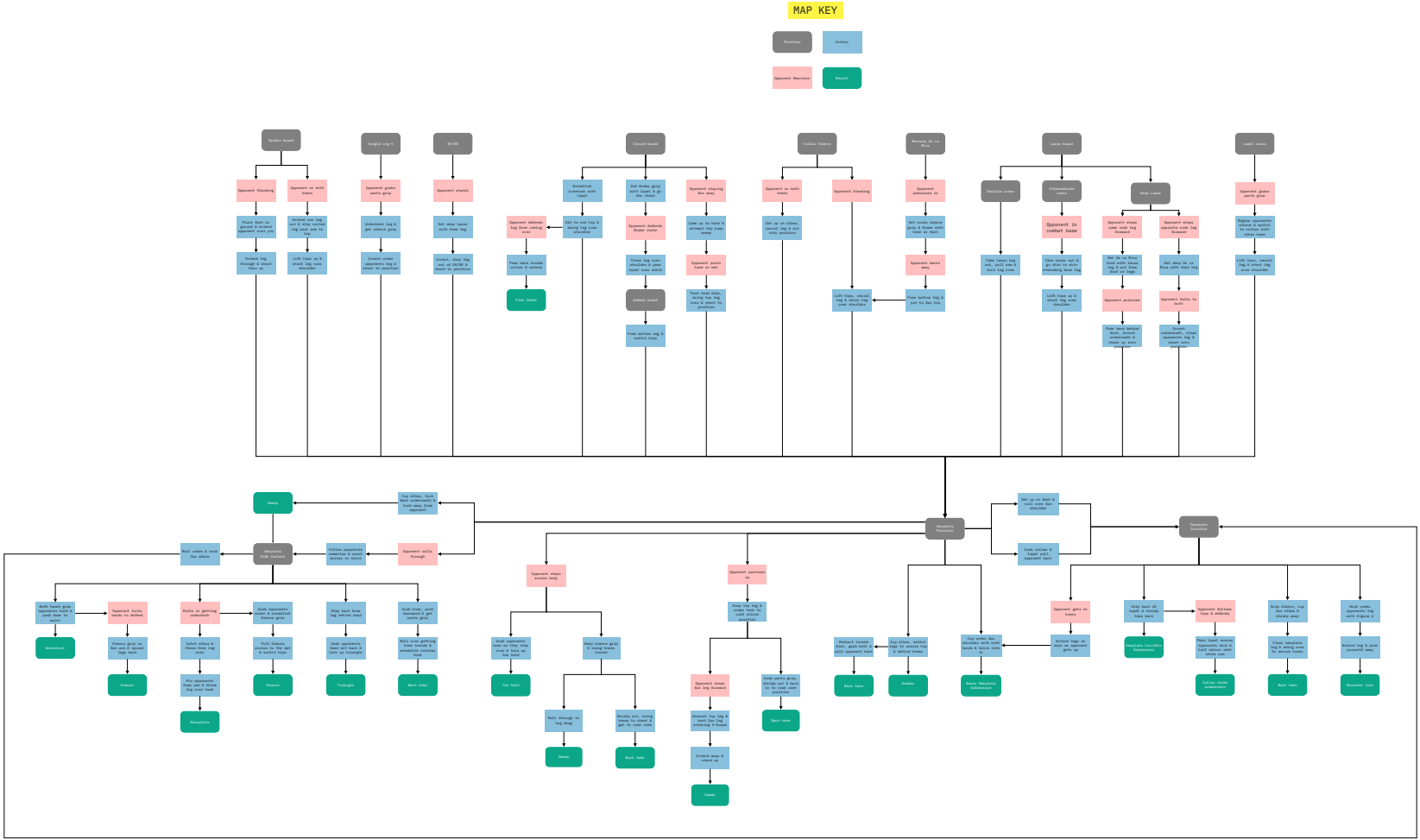
MAP KEY
Position
Action
Opponent Reaction
Result
Spider Guard
Opponent Standing
Opponent on both knees
Plant foot on ground & extend opponent over you
Extend leg through & shoot hips up
Extend one leg out & slip outside leg past one to top
Lift hips up & shoot leg over shoulder
Single Leg X
Opponent grabs pants grip
Underhook leg & get sleeve grip
Invert under opponents leg & shoot to position
RG/DD
Opponent stands.
Get deep lasso with free leg
Invert, deep leg out of DD/RG & shoot to position
Closed Guard
Establish overhook with lapel
Get to one hip & swing leg over shoulder
Opponent defends leg from coming over
Pass hand inside collar & extend
Pick Choke
Get Kneeo grip with lapel & go for choke
Opponent defends Kneeo choke
Throw leg over shoulder & pass lapel over ankle
Gubbee Guard
Pass bottom leg & switch hips
Opponent stepping flat away
Come up to hand & attempt hip bump sweep
Opponent pushs hand on mat
Push hand down, shoot hips back & move leg to position
Collar Sleeve
Opponent on both knees
Get up on elbow, smash leg & sit into position
Opponent Standing
Lift hips, smash leg & shoot leg over shoulder
Reverse De La Riva
Opponent pressures in
Get knees alieve grip & Kneeo with knee on shelf
Opponent backs away
Pass bottom leg & put to Kneeo trip
Lasso Guard
Shoulder Lasso
Take Lasso leg out, pull over & back leg over
Intermediate Lasso
Opponent in combat base
Take Lasso out & go wide to stay extending lasso leg
Lift hips up & shoot leg over shoulder
Deep Lasso
Opponent steps same side leg forward
Get De La Riva hook with lasso leg & pull down leg
Opponent pressures
Pass hand behind leg & shoot underneath & shoot up into position
Opponent steps opposite side leg forward
Get deep De La Riva with free leg
Opponent falls to back
Shoot underneath, climb opponents leg & shoot into position
Lapel Lasso
Opponent grabs pants grip
Regrip opponents pants with lapel to collar with other hand
Lift hips, smash leg & shoot leg over shoulder
Complete Position
Set up on Back & roll over Kneeo shoulder
Grab collar & lapel pull opponent back
Complete Controlle
Opponent gets to knees
Extend legs on mom as opponent gets up
Deep back of knee with free hips back
Opponent follows hips & defends
Complete Controlle Submission
Pass lapel across opponents neck & hold collar with other pass
Grip sleeve, cup shoulder & shove away
Clear shoulder leg & slide free to secure hooks
Back take
Hook under opponents leg with figure 4
Extend leg & push powerful away
Shoulder lock
Opponent steps across body
Grab opposite knee as they step over & lock up low hold
Tow hold
Deep sleeve grip & lasso knee inside
Roll through to leg drag
Sweep
Strong out, hang on knee & shoot to get to side control
Back take
Opponent pushses up
Step low leg & stroke back to self sleeve position
Opponent steps Kneeo leg forward
Unwind leg leg & shoot back to embracing X-Guard
Extend away & stand up
Sweep
Grab sleeve grip, strong out & back in to side position
Back take
Retract inside foot, grab belt & pull opponent back
Back take
Cup elbow, switch legs to access hip & behind knee
Armbar
Cup under Kneeo shoulder with both hands & pull elbow
Basic Complete Submission
Sweep
Roll under & hook for elbow
Complete Side Control
Pulling opponents momentum & attack access to block
Opponent rolls through
Cup elbow, lock Back underneath & lock away from opponent
With hands grab opponent & push down to assist
Wristlock
Opponent locks hands to defend
Kimura grip on Kneeo leg & attack back hook
Kimura
Rolls in getting underhook
Catch elbow & Kneeo over leg over
Pin opponents Kneeo over Kneeo leg over head
Kneeplate
Grab opponents wrist & establish Kimura grip
Pull Kneeo over opponent & switch hips
Kimura
Step back free leg behind head
Grab opponents head & lock up triangle
Triangle
Grab knee, push downward & get pants grip
Roll over getting knee inside & establish hamstring hook
Back take