Chapter 15: Graceful Exits

JIU JITSU X

Start

Systems
- Chapter 6: Reverse De La Worm Guard
- Chapter 4: Worm Guard
- Chapter 7: Squid Guard
- Chapter 5: Ring Worm Guard

Chapter 6: Reverse De La Worm Guard
- Opponent sits to extend
  - Squid Guard style inversion sweep
    - Berimbolo
  - Reach for far undethook, backstep to clear outside leg
- Wormnado Sweep
  - Reach for far undethook, clear leg from in between opponent's legs
- Opponent steps over your foot

Chapter 4: Worm Guard
- Worm Guard Scissor Sweep
  - Opponent puts you in Single Leg x
    - Reach behind you to grab pant grip on opponent's inside leg
      - Step over opponent, slide down and turn to face opponent
    - Pass lapel to free hand, reach behind you to pass the lapel again and perform pigeon toe pass
    - Pass lapel to free hand and back step
  - Ensure your knee is over your opponent's knee, turn away from opponent to lock it there
    - Reach for undethooks to secure position
  - Roll through after you come on top, let go of grips and bring your leg over your opponent
    - Get up to your knees to secure position

Chapter 7: Squid Guard
- Squid Guard inversion sweep
  - Grab pants grip with free hand to lift opponent and stack, let go of lapel, swim head inside to pass
- Squid Guard omplata
  - Guide opponent to roll through and follow them on top

Chapter 5: Ring Worm Guard
- Worm Guard Tilt Sweep
  - Reach for far undethook, backstep to clear outside leg
- Polish Worm Rider
  - Use deep de la riva hook to scoot around opponent and free your leg from the worm hole
    - Use your feet to push opponent away from you and stand up
  - Invert underneath opponent
    - Enter crab ride position
      - Opponent is leaning back
        - Grab pants to pull hips down and extend legs to force opponent to sit
          - Back take
      - Opponent is leaning forward
        - Grab pants and technical get up to wheel barrow position
          - Opponent moves hands on the mat
      - Opponent drops hands to back you
        - Sweep

Results / Positions
- Dominant Position / Pass
- Chapter 14: Worm Wrestling
- Back take
- Sweep