Chapter 4: Worm Guard

MAP KEY

- Position
- Action
- Opponent Reaction
- Result
- System

Start

- De La Riva
- Open Guard with just the lapel
- Single Leg X

Lasso Lapel

Grab Lapel, wrap around yours and opponent's leg

Chapter 12: Single Leg X Worm

Chapter 10: Lapel Lasso

Grab lapel, wing leg to sit up

Pass grip around both yours and your opponent's legs

Free leg from in between opponent's leg, pass the lapel to the far hand

Chapter 5: Ring Worm Guard

Grip switch

Hip escape, free bottom leg to go in front of opponent's

Worm Guard

Opponent Steps over foot

Hip escape, bring bottom leg behind opponent's leg

Opponent is not engaging

Worm Guard scissor sweep

Worm Guard technical get up sweep

Shoot deep Da La Riva Hook

(Optional, but recommended) Switch lapel grip to palm up

Remove foot from the Wormhole

Escape worm guard leg back in front of opponent's hips

Opponent's knee is over your knee

Chapter 14: Worm Wrestling

Opponent sits back for foot lock

Opponent forward rolls

Opponent cartwheels

Shin on shin control to force knees to the mat

Grip switch

Chapter 6: Reverse De La Worm

Come up with the sweep

Maintain grips, backwards roll with them

Maintain grips

Grab pants to pull and then extend legs to force opponent to sit

Pull yourself on top of your opponent rather than pulling them to you

Sweep

Opponent ends up facing away from you

Back take

Chapter 16: Graceful Exits

Tuck non lapel knee to chest, put shin behind opponent's knee

Bring non lapel leg across body, pivot to face opponent again

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 keeps hands on the mat

Opponent drops, turns to face you

Sweep

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