

## Fundamentals

No	Topic 1	Technique 1	Ref. 1	Topic 2	Technique 2	Ref. 2
1	Striking Defense	Clinch against Aggressive Opponent Body Fold Takedown	7 14	Mount Escapes	Trap and Roll Escape	1
2		Clinch against Conservative Opponent Leg Hook Takedown	15 6		Elbow Escape (Mount)	12
3		Over-Under-Clinch Control (Pummeling)	BB1 57	Mount Controls & Submissions	Positional Control from Mount	3
4		Haymaker Punch Defense Rear Takedown	30 29		Americana	2
5		Sucker Punch Defense	BB1 50		Straight Armlock from Mount	9
6	Front Grab Defense	Wrist Releases/Grip Fighting	BB4 49	Guard Bottom	Taking the Back (Mount)	4
7		Standing Armlock Single-hand Collar Grab Defense (Var. 1)	34 BB2 49		Rear Naked Choke	5
8		Front Choke Defense (Var. 1, 3, 4)	BB2 50		Headlock Counters (Mount)	16
9		Bear Hug Defense (Front)	BB2 51		Twisting Arm Control from Mount	35
10		Pulling Guard	21		Knee on Stomach Basic Control (Var. 1, 2)	BB1 11
11		Guillotine Choke	23		Punch Block Series 1-4	8
12		Guillotine Choke Defense	32		Punch Block Series 5	27
13		Standing Headlock Defense 1	26		Elevator Sweep	11
14		Standing Headlock Defense 2	BB1 51		Double Ankle Sweep	20
15		Rear Grab Defense	Rear Choke Defense		BB1 52 BB1 53	Hook Sweep
16	Over Arm Bear Hug Defense (Rear)		BB2 52	Straight Armlock (Guard)	19	
17	Under Arm Bear Hug Defense (Rear)		BB2 53	Triangle Choke	10	
18	Striking	Basic Striking: Jab, Cross, Hook, Elbow Strike	* BB4 47	Guard Top	Kimura	25
19		Pisão Knee Strike	BB1 58 BB4 47		Taking the Back from Guard	31
20		Striking Padwork	*		Double Underhook Guard Pass	36
21	Wrestling	Double Leg Takedown	17	Side Mount Top	Positional Control from Side Mount	13
22	Back Escapes	Early Escape (Back)	BB1 40	Side Mount Escapes	Shrimp Escape (Side Mount)	24
23		Frame Escape (Back) (Var. 2)	BB1 41		Elbow Escape (Side Mount)	33
24	Foot Locks	Straight Foot Lock	BB1 42		Headlock Escape 1	18
25		Straight Foot Lock Defense	BB1 43		Headlock Escape 2	22
						Headlock Escape 3

\* Basic introduction to boxing: [sneakpunch.com](http://sneakpunch.com)  
<https://www.youtube.com/playlist?list=PL91748CB7E4E1EB76>