

Guard Controls

17. Posture Prevention
 - i. Hand Control (3 Variations)
 - ii. Get-up Prevention
 - iii. Emergency Punch Block
18. Double Underhook Pass Prevention
 - i. Shoulder Walk
 - ii. Underhook Counter
 - iii. High-low Recovery
 - iv. Back Roll

Guard Passes

19. Knee Split Pass
 - i. Double Underhook
 - ii. Front Side
 - iii. Inside Knee Drop
 - iv. Back Side
 - v. Two-hand Shot
20. Standing Pass
 - i. Punch Break
 - ii. Push Break
 - iii. Double Ankle Counter
 - iv. Bull Fighter Pass

Guard Submission Counters

21. Triangle Choke
 - i. Safe Hands
 - ii. Setup Slip
22. Straight Armlock
 - i. Anchor and Stack
 - ii. L-Drop
23. Kimura
 - i. Safe Positioning
 - ii. Hip Hug
 - iii. Anchor Hold

Guard Submissions

24. Wrist Control Sequence
 - i. Straight Armlock
 - ii. Belly Down Transfer
 - iii. Triangle Jump
25. Triple Threat
 - i. Cross Choke (2 Variations)
 - ii. Armlock Transition
 - iii. Triangle Transition
 - iv. Triple Threat

Guard Sweeps

26. Scissor Sweep
 - i. Standard
 - ii. Base Chop (2 Variations)
27. Cross Sweep
 - i. Cross Sweep
 - ii. Cross Hook Combo
 - iii. Same Side Wrist Control

Sport Guards

28. Butterfly Guard
 - i. Strong Side Sweep
 - ii. Weak Side Sweep
 - iii. Take the Back
29. Spider Guard
 - i. Control
 - ii. Standard Push Sweep
 - iii. Wrapping Variation
 - iv. Triangle Transitions (2 Finishes)

Half Guard Bottom

30. Guard Recovery
 - i. Lockdown Control
 - ii. Half Butterfly Recovery
 - iii. Top Knee Recovery
31. Take the Back

- i. Direct Shot
 - ii. Blade Entry
 - iii. Punch Block
32. Elevator Sweep
- i. Standard Variation
 - ii. Back Mount Transition
 - iii. Forced Elevator

Half Guard Top

33. Tripod Pass
- i. Quick Shot
 - ii. Hook Backup
 - iii. Lockdown Release
34. Sitting Pass
- i. Standard Variation
 - ii. Bottom Knee Block
 - iii. Tripod Transition
 - iv. Lockdown Release
35. Three-Quarter Guard Pass
- i. High Step
 - ii. Tripod Pass
 - iii. Heavy Hips