

Mount Controls

1. Super Hooks
 - i. Full Hips
 - ii. Tuck and Shoot
 - iii. High Hooks
 - iv. Emergency Hooks
2. High Mount
 - i. Wrist Scoop
 - ii. Elbow Scoop
 - iii. Choke Scoop

Mount Escapes

3. Surprise Rolls
 - i. Neck-hug Variation
 - ii. Punch Block Variation
 - iii. Forearm Choke Variation
4. Surprise Elbows
 - i. Spread Foot
 - ii. Spread Knee
 - iii. Spread Hand

Mount Submission Counters

5. Americana Armlock
 - i. Bump and Recover
 - ii. Emergency Escape
 - iii. Crossover Tuck
6. Straight Armlock
 - i. Block and Sit
 - ii. Slip and Sit
7. Twisting Arm Control
 - i. Head Slip
 - ii. Full Spin
 - iii. Block and Sit

Mount Submissions

8. Neck-hug Sequence
 - i. Wrist Isolation
 - ii. Figure-Four Armbar
 - iii. TAC Transfer
9. Cross Choke Sequence
 - i. Palm Up
 - ii. Thumb Inside
 - iii. Choke Combos (6 Options)
 - iv. Super Hooks

Side Mount Controls

10. Control Flow
 - i. Smart Knee (Standard and Cross Chest)
 - ii. Modified Side Mount Transition
 - iii. High Step Mount Transition
11. Knee on Stomach
 - i. Basic Control
 - ii. Bridge Entry
 - iii. Side Drop
 - iv. Mount Drop

Side Mount Escapes

12. Bump and Shoot
 - i. Standard
 - ii. Cross Chest
 - iii. Foot Release
13. High-low Guard
 - i. Bump and Shoot
 - ii. Modified Shot
 - iii. Shrimp Failure

Side Mount Submissions

14. Americana Armlock
 - i. Standard Setups (2 Variations)
 - ii. Rat Trap
 - iii. Shoulder Drive

- iv. Extended Americana
- 15. Elbow Cup Armbar
 - i. Standard Variation
 - ii. Americana Fake

Side Mount Submission Counters

- 16. Safe Hands
 - i. Outside Hook
 - ii. Inside Hook
 - iii. Isolated Arm
 - iv. Body Lock