

Back Mount Controls

- 36. Crossover Control
 - i. Standard Crossover
 - ii. TAC Transfer
- 37. Triple Threat
 - i. Getup Prevention
 - ii. Crossover Prevention

Back Mount Submissions

- 38. Choke Sequence
 - i. Rear Naked Choke (2 Variations)
 - ii. Lapel Choke (3 Variations)
- 39. Double Threat
 - i. Straight Armlock
 - ii. Choke Combination (2 Variations)

Back Mount Submission Counters

- 40. Early Escape
 - i. Sitting Variation
 - ii. Kneeling Variation
- 41. Frame Escape
 - i. Patient Entry
 - ii. Forced Entry
 - iii. Emergency Entry

Straight Foot Locks

- 42. Open Guard Setup
 - i. Quick Drop
- 43. Primary Counter
 - i. Peel Jump
 - ii. Early Block
 - iii. Wrap Prevention

Toe Hold Foot Locks

- 44. Standard Toe Hold
 - i. Standard Finish

- ii. Rolling Finish
- 45. Primary Counter
 - i. Spiral Dive

Knee Locks

- 46. Reverse Drop
 - i. Reverse Drop
 - ii. Foot Control
- 47. Primary Counter
 - i. Triangle Getup
 - ii. Quick Block

Heel Hooks

- 48. Standard Heel Hook
 - i. Standard Finish
 - ii. Rolling Finish
- 49. Primary Counter
 - i. Spiral Dive

Standing Front Attack Defenses

- 50. Sucker Punch Defense
 - i. Sucker Punch Defense
- 51. Standing Headlock Defense
 - i. Punch Block Variation
 - ii. Smart Base Variation

Standing Rear Attack Defenses

- 52. Rear Choke
 - i. Standard Variation
- 53. Rear Choke
 - i. Pullback Variation

Standing Weapon Defenses

- 54. Club Defense – Close Range
 - i. Standard Variation
 - ii. Leg Hook Variation

- 55. Knife Defense – Overhand
 - i. Standard Variation
 - ii. Side Variation
- 56. Gun Defense – Front
 - i. Low Stickup
 - ii. High Stickup

Clinch & Takedowns

- 57. Over-under Clinch Control
 - i. Defensive Pummel
 - ii. Offensive Pummel
 - iii. Guillotine Transition
- 58. Pisão (Front Kick)
 - i. Defensive Pisão
 - ii. Offensive Pisão
- 59. Takedown Chain
 - i. Advanced Double Leg
 - ii. Corner Cut
 - iii. Clinch Transition
- 60. Double Leg Counter
 - i. Solo Sprawl
 - ii. Sprawl and Spin

CONGRATULATIONS!

You've reached the end of the BBS1 Technical Drill Portion!
Good luck on your Sparring Drills!