

Jr. Fundamentals

No. / Ref. Lesson	Technique
1	Trap and Roll Escape
2	Americana Armlock
3	Positional Control (Mount)
4	Take the Back (Mount)
5	Leg Hook Takedown
6	Clinch (Aggressive Opponent)
7	Punch Block Series (Stages 1-4)
8	Straight Armlock - side variation
9	Elevator Sweep
10	Elbow Escape
11	Positional Control (Side Mount)
12	Body Fold Takedown
13	Clinch (Conservative Opponent)
14	Headlock Counters
15	Double Leg Takedown
16	Headlock Escape 1
17	Straight Armlock from guard - high variation
18	Double Ankle Sweep
19	Pull Guard
20	Headlock Escape 2
21	Shrimp Escape
22	Kimura Armlock
23	Standing Headlock Defense
24	Punch Block Series (Stage 5)
25	Hook Sweep
26	Rear Takedown
27	Haymaker Punch Defense
28	Take the Back (Guard)
29	Guillotine Defense
30	Elbow Escape
31	Standing Armlock
32	Twisting Arm Control
33	Double Underhook Guard Pass