



15 Classes	20 Essential Techniques
1	<b>Combat Base</b> (3 Variations) (GU 1)* <b>Trap &amp; Roll Escapes (1 &amp; 2)</b> (GU 4) (Standard   Hair Grab)
2	<b>Standard Wrist Releases</b> (3 Variations) (GU 2) <b>Trap &amp; Roll Escapes (3, 4 &amp; 5)</b> (GU 4) (Punch Block   Wrist Pin   Spread Hand)
3	<b>Front Choke Defenses</b> (3 Variations) (GU 5) <b>Guard Get-ups (1 &amp; 2)</b> (GU 8) (Standard   False Surrender)
4	<b>Inverted Wrist Releases</b> (4 Variations) (GU 3) <b>Guard Get-ups (3 &amp; 4)</b> (GU 9) (Rider   Heavy Chest)
5	<b>Super Slap</b> (GU 6) <b>Guard Get-ups (5 &amp; 6)</b> (GU 9) (Choke   Wrist Pin)
6	<b>Stop-Block-Frame</b> (3 Variations) (GU 10) <b>Punch Defense</b> (GU 11) (Clinch Entry)
7	<b>Punch Block Series</b> (GU 7) (Stages 1-5)
RD	<b>Standing Reflex Development</b> All standing techniques practiced in combination with one another.
8	<b>Elbow Escape</b> (GU 14) (Standard   Heel Drag   Face Down) <b>Guillotine Choke (Guard)</b> (GU 12)
9	<b>Rear Choke Defenses</b> (2 Variations) (GU 17) <b>Drag Defenses</b> (GU 19) (Wrist Drag   Ankle Drag)
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15	<b>Rear Naked Choke</b> (GU 16) <b>Triangle Choke</b> (GU 12) (Giant Killer   Stage 3)
RD	<b>Ground Reflex Development</b> All ground techniques practiced in combination with one another.

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## May - June 2024

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