

belt test

Phase 1: standing attacks

- Front Attacks
 - Defend sleeve grips
 - Same side collar
 - Break grip
 - Break with/Step across arm bar
 - Can't break, lift elbow, step under and behind with shoulder lock
 - Cross collar grip
 - Wrist lock
 - Dual collar grip
 - Break grip by raising both arms up what middle, step in and use head and arm throw.
 - If grips don't break, wrap over their arms and step across with a throw.
 - Shoulder grab
 - Wrap over their arm, hand back to your ribs and slide forward catching the elbow for a shoulder lock.
 - Pushing
 - Block on the inside by pushing their shoulders.
 - Punch
 - Block with your forearm, over wrap both biceps, head across their body
 - Step across for head and arm
 - Spin them into an RNC
 - Body lock from front
 - Under arms
 - Frame hips, push away, ogoshi
 - Over arms
 - Bring thumb to their nose, lift chin, get other hand under chin, double hands and extend away, step through to head and arm
- Side attacks
 - Headlocks
 - If they are not punching posture up, trap hand, rotate shoulders to break grip, pivot them around and walk to the guillotine.
 - If they try to punch, posture up, block punch and trap arm to side then rotate behind them and use shoulder lock to control.

- If they take you to the ground with headlock, bring hips close, connect your arms around the body under their ribs, bridge and roll them across while up on your shoulders.
 - 2nd option from ground, rotate towards them and fight to go belly down while putting your arm to the mat between their head and your head. Throw in a back hook and rotate your shoulders away to break grip and clear your head.
- Back Attacks
 - RNC moving forward, grab arms, strong base and bend forward flipping them over.
 - RNC pulls you backwards, control their arm, rotate around and step behind their leg, bend forward at the waist and tip them over.
 - Body lock under arms
 - If they pick you up, hook their leg, get your hands to floor, grab their foot and back into them, when they fall, hit the knee bar.
 - Other option would be to break grip with kimura and spin into sumi gaeshi, come up on top and kimura

Phase 2: Progressive Guard

- Kicks
 - When pushed onto your back, block kicks by kicking their shin as they kick with the bottom of your feet. Rotate around as they move by rocking and keeping feet off the ground.
 - While on your back, kick knee and recover with technical standup
- Progressive guard
 - Make connection with hips
 - Move one foot, recover with hip rotation (use one no hands sweep)
 - Move both feet, recover with shrimp (use a second no hands sweep)
 - Run to head, recover to tripod sweep
 - Run to head, slide through legs for back take
 - Grab their shins with your shins/knees behind their knees, push them forward, grab their hips as they fall and come up on to their back, RNC finish
 - Other option is to grab their belt, lift them and sit them own in front of you, ste back hooks and RNC
 - If they pull your feet

- Flex your hamstring and drag your hips to them, grab their ankles with outside wrap, hip up and hook your feet behind their ribs, sweep and start to come to mount, take arm bar and roll belly down.
- If they run at you or lean over. Grip cross collar and sleeve, feet to their hips, lift and back roll with the balloon sweep. Immediately take the arm bar.