

# LEVEL ONE COPPER

## Neutral

Stance, Motion & Level Change

Footwork: Close the Gap & Cut the Angle

Hand Fighting

Set Ups: Pop & go, Roll the Head, Post the Elbows

Double Legs: Cut the Corner, Pivot, Trip

Single Leg

Hi-C

Snap Down & Go Behind

Shot Defense: Lines of Defense, Down Block, Sprawl

## Top

Break Downs: Far Knee Block, Tight Waist Ankle, Far Side Near Ankle

Half Nelson, Half with Near Side Ankle

Wrist Control: 1 on 1 & 2 on 1

Attacking the post & jumping sides

Front Head Lock

Cobra

Quarter Nelson

## Bottom

Stand Up

Sit Out, Switch

Build your base

Half Nelson Counter: Snap Down, Peel the Half