

LEVEL TWO BRONZE

Neutral

Sweep Single Leg & Finishes

Front Head Lock Attacks: Pass By, Far Knee Block, Head in the Hole Cradle

Crossface

Whizzer

Ties: Inside Tie, Collar, Elbow

Top

Half Nelson Variations: Reverse Half, Spike Half, Sweep Half

Anderson Bar

Reswitch

Tripping the Stand Up

Sit Out Counters: Suck Back Attack the Post, Suck Back & Sprawl

Cosmos

Bottom

Peak Out

Submarine

Arm Drag & Roll #1

Sit & Swim

Front Head Lock Counters: Drag Out, Short Carry, Elbow & Circle Out

Head & Arm Counters

Sidestep & Trip

Roll Thru

Leg Hook & Roll