

# LEVEL THREE SILVER

## Neutral

Outside Carry

Head & Arm

Butterfly Pass & Hip Heist

Inside/Outside Trip

Double Leg Lift to Turk

Arm Drags & Single/Double Leg Attacks

Duck Under

Ties: Russian 2 on 1

## Top

Lift & Return

Short Stack

Jumping Sides & Stack

$\frac{3}{4}$  Stack

Setting the Arm Bar

Arm Bar Attacks: 1 on 1 Arm Bar, Arm Bar Half

Anderson Bar: Tip It, Tilt, Roll Thru Tilt

## Bottom

Roll #2 & #3

Arm Bar Counter: Snap Down & Hip Over

Standing Switch

Knee Slide Stand Up

Tripod Attack the Head

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