

LEVEL FOUR GOLD

Neutral

Arm Throw/Spin

Arm Spin Counter Move

Lateral Drop

Fireman's Carry & Step Thru Carry

Mis-Direct Super Duck

Cooper Series: Cooper, Counter Roll Thru, Knee Lock to Counter Roll

Leg Pass

Iranian to Step Thru/Sit & Hook

Tie Up Pass By

Top

Leg Ride Drills: Start Position, Buck & Roll, Hip Down

2 Legs in & Power Half

Single Leg Ride: Far Arm Break Down, Guillotine

Bottom

Leg Ride Counters: Clear Out Leg, Slip Power Half to Sit out, Swim Out, Swing Out

Sit Out to Toe Holds, Leg Pass

Three Fitness Levels

Assist in teaching Levels 1,2 & 3