

Mastery Jiu-Jitsu:

SPORT BASICS. Gi: DEFENSES.

SBGD

BACK MOUNT

13. Escapes:

- Two on one, hip to ground.
- Escaping weak side.
- Preventing re-mount.
- Shotgun defense.

14. Turtle escapes:

- Stand up.
- Back choke.
- Side roll.
- Front wrestler escape.

