

Mastery Jiu-Jitsu:

SPORT BASICS. Gi: DEFENSES.

SBGD

GUARD

6. Counters from top:

- Basic posture.
- Choke defense. x2
- Armlock defense.
- Kimura defense. x2.

7. Triangle escapes

- Basic posture.
- Stack and rotate towards outside arm.
- Stack and rotate towards inside arm.

8. Sweep counters.

- Hip bump sweep counter.
- Scissors sweep counter.
- Spider guard counter.

9. Counters from bottom:

- Standing counter, sleeve grips, over head roll.
- Standing counter, waiter sweep.
- Toreando counter.

