

Mastery Jiu-Jitsu:

SPORT BASICS. Gi: DEFENSES.

SBGD

MOUNT

3. Escapes:

- Basic defensive position.
- Elbow escape.
- Inside elbow escape.
- Combinations of elbow and upa escapes.

4. Counters:

- Americana counters. x2
- Cross collar choke counter.
- Head and arm control counter.

5. Armbar counters:

- Early block.
- Head escape.
- Elbow escape.
- Crossed feet escapes.x2

