

Mastery Jiu-Jitsu:

SPORT BASICS. Gi: DEFENSES.

SBGD

SIDE MOUNT

11. Escapes:

- High leg escape. x2.
- Under hook escape to single.
- Timing based escapes from side. x3.

12. Knee on belly defense:

- Safe hands. Push and shrimp.
- Same side hand to re-guard. Bonus: Armlock.
- Ankle grab. Push and pull.

