

Mastery Jiu-Jitsu:
SPORT BASICS. Gi: DEFENSES.

SBGD

STANDING

1. Front counters:

- O soto gari counter. x2
- Hip throw counter.
- Single leg counter 1.
- Single leg counter 2.

2. Rear takedown counters:

- Early. Open hands.
- Elbow in and turn.
- Step back and get up.

