

G-FORCE SELF DEFENSE



PREPARATION

01. Forward roll
02. Backward roll
03. Side break fall
04. Front break fall
05. Back break fall

SELF DEFENCE

06. Single lapel grab
07. Double lapel grab
08. Shoulder grab
09. Front waist grab
10. Standing rear choke (early)
11. Standing rear choke (late)
12. Rear bear hug
13. Rear waist grab
14. Standing guillotine (early)
15. Standing guillotine (late)
16. Haymaker to hip throw
17. Haymaker to rear trip
18. Standing headlock (punches)
19. Standing headlock (bent forward)
20. Stand in base with knee kick

THROWS

21. O uchi gari
22. O soto gari
23. Ko uchi gari
24. Ippon seionage

MOUNT

25. Escape mount (bridge and roll)
26. Escape mount (knee/elbow escape)
27. Control the mount (high and low)
28. Figure four arm lock
29. Head/arm choke from mount
30. Arm bar from mount
31. Lapel choke from mount

SCARF HOLD (KESA GATAME)

32. Control scarf hold
33. Escape scarf hold (bridge and roll)
34. Escape scarf hold (leg lever)
35. Straight arm bar (using leg)

OPEN SIDE SIT OUT

36. Control open side sit out
37. Bridge and walk reversal
38. Arm lock (leg over head)
39. Figure four arm lock

CROSS BODY (SIDE CONTROL)

40. Recover closed guard
41. Figure four arm lock
42. Kimura arm lock

GUARD

43. Four distances of guard
 - a. Over hook with head control
 - b. Shin bicep block
 - c. Feet on hips with closed knees
 - d. Feet on hips (stand in base)
44. Double lapel choke
45. Over hook choke
46. Standard arm bar
47. Triangle choke
48. Kimura
49. Guillotine
50. Scissor sweep
51. Double ankle back sweep

BACK MOUNT

52. Escape back mount
53. Rear naked choke
54. Double lapel choke