

G-FORCE BLUE BELT



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

TAKE DOWNS

21. Kouchi gari
22. Ashi waza
23. Ankle pick
24. Double leg

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. Escape scarf hold (using hook)

CROSS BODY (SIDE CONTROL)

36. Armbar
37. Figure 4 armlock
38. Kimura

GUARD

39. 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)
40. Double lapel choke
41. Over hook choke
42. Standard arm bar
43. Triangle choke
44. Kimura
45. Guillotine
46. Scissor sweep
47. Double ankle back sweep

BACK MOUNT

48. Rear naked choke
49. Double lapel choke
50. Half nelson choke
51. Bow and arrow choke
52. Armbar

GUARD PASSING

53. Double leg stack pass
54. Single leg stack inside & outside pass
55. Knee cut pass

G-FORCE PURPLE BELT



ESCAPES

01. Recover guard from side control & mount
02. Escape armbar (hitchhiker)
03. Escape armbar from side control & mount
04. Ghost escape
05. Escape back control

ATTACKS

06. Standing ankle lock
07. Standing estima lock
08. S-Mounted armbar
09. Mounted armbar
10. Hammer lock armbar
11. Closed guard armbar
12. Crushing armbar from top and bottom
13. Goose neck wrist lock
14. Triangle choke from mount and guard
15. Omoplata from mount and guard
16. Keylock from guard
17. Head arm choke from mount
18. Darce choke from side control
19. Short choke guillotine
20. Mir lock

GI CHOKES

21. Clock choke
22. Crucifix choke
23. Ezekiel choke
24. Paper cutter choke
25. Step over choke
26. Loop choke
27. Baseball choke

TAKE DOWNS

28. Low single
29. Armdrag outside trip
30. Tani Otoshi
31. Sumi Gaeshi

TRANSITIONS

32. Top half guard to back control
33. Bottom half guard to back control
34. Lasso to omoplata
35. Butterfly to ashi garami
36. Bottom mount to ashi garami
37. Spider to X guard
38. De la riva to back control

SWEEPS

39. De la riva sweep (ball & chain)
40. De la riva X backward roll
41. De la riva inversion to mount
42. De la riva inversion to back control
43. X-guard to knee ride
44. Reverse X-guard to knee ride
45. Sickle sweep
46. Lasso sweep from half guard
47. Omoplata log sweep
48. Spider guard sweep
49. Inverted spider guard sweep
50. Half nelson sweep
51. Loop choke sweep
52. Keylock sweep
53. Kimura sweep

GUARD PASSING

54. Folding the knee pass
55. Hug pass
56. X-pass
57. Cradle pass

G-FORCE BROWN BELT



ESCAPES

01. Escape RNC
02. Escape bow & arrow choke
03. Escape triangle choke
04. Escape ankle lock
05. Escape kneebar
06. Escape toe hold
07. Escape short choke
08. Escape guillotine (thread)
09. Escape inside & outside heelhook

ATTACKS

10. Cross ashi garami double trouble ankle lock
11. Reverse ashi garami double trouble kneebar
12. Reverse ashi garami double trouble toehold
13. Attack Z guard (kneebar)
14. Heelhook (inside & outside)
15. Rolling toehold
16. Rolling kimura
17. Calf slice from half guard
18. Bicep slice (failed armbar)
19. Giftwrap armbar (from mount)
20. Gogoplata from omaplata

GI CHOKES

21. Modified clock choke
22. Spinning lapel choke (from side control)
23. Modified ezekiel choke (from mount)
24. Gi peruvian necktie (attack turtle)
25. Baseball choke (attack turtle)
26. Modified bow & arrow choke
27. North south choke

TAKE DOWNS

28. Fireman
29. Single leg (head inside)
30. Single leg (head outside)
31. Tomoe Nage

TRANSITIONS

32. Back take (sit-up sweep counter)
33. Back take (hug pass counter)
34. Armbar (kimura counter)
35. Crazy legs (stack counter)
36. Granby roll from turtle to triangle
37. Sit-up sweep to triangle
38. Sit-up sweep to kimura

SWEEPS

39. Basic de la riva sweep (opponent on knees)
40. Reverse de la riva sweep
41. Entangled leg sweep
42. Back trip stand up sweep
43. Reverse de la riva kneecut counter
44. Kiss of the dragon
45. Waitor sweep
46. Butterfly guard to X guard standup sweep
47. Knee grip guard sweep
48. Deep-half foot grab sweep
49. Deep-half roll under sweep
50. God father sweep from lockdown
51. Pendulum sweep
52. Star sweep
53. Double shin sweep

GUARD PASSING

54. Back step pass
55. Toreando pass
56. Sprawl pass (passing lockdown)
57. Body lock pass

G-FORCE BLACK BELT



ESCAPES

01. Escape ashi garami
02. Escape cross ashi garami
03. Escape head arm choke
04. Escape cross color choke
05. Escape loop choke
06. Escape armbar (Roger Gracie)
07. Escape armbar (chase half guard)

ADVANCED ATTACKS

08. Kneebar while passing
09. Kneebar bottom deep half
10. Kneebar (bottom reap)
11. Kneebar (attacking de la riva)
12. Kneebar (from closed guard)
13. Toehold (bottom reap)
14. Toehold (defending back)
15. Omoplata pretzel
16. Triangle from omoplata
17. Mounted kimura crank
18. Mounted guillotine (single arm)
19. 50/50 inverted kneebar
20. 50/50 estima lock
21. 50/50 double trouble attack
22. Inverted armbar from closed guard

ATTACKS & REVERSALS

23. Kimura reversal to head arm choke
24. Mounted gift wrap to armbar
25. Top half guard to back control
26. Mounted sling control to suicide ezekiel
27. Mounted sling control to keylock & Choke
28. Side control kimura to RNC
29. Gogoplata from mount

TAKE DOWNS

30. Armdrag slide tackle
31. Armdrag back trip
32. Guillotine head tuck takedown
33. Ko uchi single leg

TRANSITIONS

34. Single X to X guard
35. Tripod sweep to sickle sweep
36. Omoplata to mount
37. Passing butterfly to dope mount
38. Inverted entry to ashi garami
39. 50/50 to ashi garami
40. Victor roll standing and from turtle

SWEEPS

41. Berimbolo (attack combat base)
42. Omaplata sweep (standing opponent)
43. Worm guard scissor sweep
44. Worm guard kick sweep
45. Spider guard axe sweep
46. Single spider ankle grip sweep
47. De la reva bottle spin sweep
48. Toureando trap sweep
49. Lasso lift sweep
50. Lasso tripod sweep
51. Lasso sickle sweep
52. Deep-half lapel trap sweep
53. Deep-half leg switch sweep
54. Deep-half waiter sweep
55. Elevator sweep (backward roll)

GUARD PASSING

56. Tip toe pass
57. Leg drag pass
58. Cart wheel pass
59. Over under pass
60. Low sit-out pass