

(\$) = top man from start.
(#) = bottom man from start.

A1 : Solo Drills

<https://instagram.com/p/BILIPJg9vP/>

- Ass to ass granby
- Knee to knee granby
- Power granbys, keep hips off ground

A2 :

<https://instagram.com/p/BS2XS88jKNC/>

- (\$) **Knee slide** pass
- (#) Strong frame, maintain inside control
- (\$) **Twister pass** to **Twister side control**
- forces opponent to turtle direction
- (#) frames, granbys and recovers
- (\$) double unders, **Baby Wipe Pass** to standard side control.
- (#) frame, granby and recover
- (\$) double unders, **Baby Wipe Pass** to other side.
- (#) frame, granby and recover
- (\$) pin the knees, **Chemtrail** truck transition to back w/ seatbelt.
- (\$) back control to **Pre-web** then to **Spiderweb**
- (#) RNC grip to defend arm from armbar
- (\$) pummel leg through from **Spiderweb** to triangle, finish with **Triangle Armbar**.

*Pre-Web

<https://instagram.com/p/BRv556QjrUN/>

A3 :

<https://instagram.com/p/BJ4TLneAwIH/>

- (#) Shoot
- (\$) Sprawl
- (#) Peak, wrestling sit out
- (\$) Rear Granby
- (#) Wrestling sit out, take the back w/ **Seatbelt**
- (#) Trap arm then **RNC** - *finish then back to seatbelt*
- (\$) **Safe Haven** escape
- (#) Counter above with a **Rear Crucifix**
- (#) Finish **Short Choke** from crucifix.

A4 : Cauliflower Ear Escape

<https://instagram.com/p/BS37mdOgG9x/>

(#) Inverts, **Triangle** from inversion

(\$) Posture, frame on their hip, stand up then **Cauliflower Ear Escape**

(\$) Backstep to mount, **Chopping Block**, finish **Head/Arm Choke** from Mount

(#) **Answers the phone** to defend choke

(\$) **Combs his hair**, **Butter Mount**, finish the **Head/Arm choke**