

Warm Ups - E "¼ Guard"

- MTS 120/121

E1:

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

¼ shell to Mini Stomp to Push, Pull, Lockdown to Dogfight to Half and Half to Regular Side to **The Claw** to ¼ **Shell** (*cyclical*)

E2:

https://instagram.com/p/BJefEo_gytz/

Full Guard > Knee Slice > **1/4 Shell** > Capoeira > 3/4 Mount > **1/4 Force** > **1/4 Shell** > **1/4 Whip** > **Perfect Double Unders** > **Dogfight** > **Boa** > **Twister Side 3 Steps**

E3:

<https://instagram.com/p/BH5kGAagHjR/>

Full Guard > Knee Slice > **1/4Z** > **Shoot, Pull, PDU** > **Dogfight** > **Full Guard DU** > **Homie Control**

E4:

<https://instagram.com/p/BJgsDlig-P2/>

Z-Guard to Zelda to Whipper Cut to Electric Clinch to Electric Chair to Electric Sweep to Electric Cradle to Can Crusher to D'arce