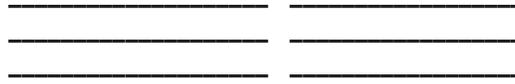


Fundamental Positions

Neutral



Open/ Seated Guard

Top

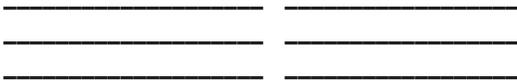


Bottom



Closed guard

Top



Bottom



Half-guard

Top



Bottom



Side Control/Mount

Top



Bottom



Full-mount

Top

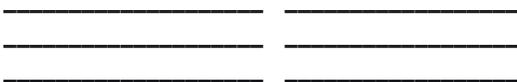


Bottom

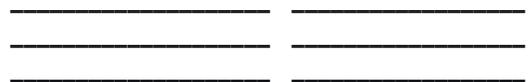


Back Control/Mount

Top

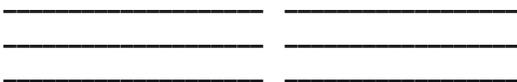


Bottom

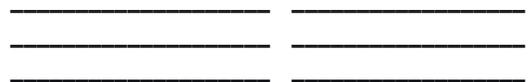


Turtle

Top

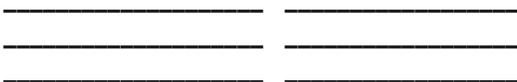


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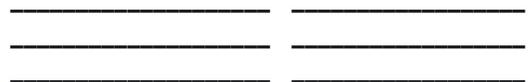


North South

Top



Bottom



Advanced Positions

Single X

Top

Bottom

Worm Guard

Top

Bottom

De Le Riva

Top

Bottom

Spider Guard

Top

Bottom

K

Top

Bottom

Z

Top

Bottom

50/50

Top

Bottom

Tornado Guard

Top

Bottom

X Guard

Top

Bottom

Outside Single X

Top

Bottom

Reverse X

Top

Bottom

Reverse Worm Guard

Top

Bottom

Lapel/Lasso

Top

Bottom

Sit up Guard

Top

Bottom

Reverse DLR

Top

Bottom

Deep DLR/Pickle Fork

Top

Bottom

Single DLR Guard

Top

Bottom

Lasso Guard

Top

Bottom

Double Lasso

Top

Bottom

Spider-Lasso

Top

Bottom

DLR-Spider

Top

Bottom

Tarantula Guard

Top

Bottom

Squid Guard

Top

Bottom

Gubber Guard

Top

Bottom

Lapel-oplata

Top

Bottom

Matrix Guard

Top

Bottom

Deep half

Top

Bottom

Quarter Guard

Top

Bottom

Lock Down

Top

Bottom

Top

Quarter Guard

Bottom

Top

Coyote Guard

Bottom

Top

Inside Sankaku

Bottom

Top

Cross Ashi

Bottom

Top

Outside Ashi

Bottom

Top

Inside Shai

Bottom

Top

Saddle

Bottom

Top

Double Ashi

Bottom

Top

Octopus Guard

Bottom

Top

Panda system

Bottom

Top

Top

Dog Fight

Bottom

Waiter Guard

Bottom

