Chapter 3: Recovering if things go wrong

MAP KEY

Position
Active
Passive
Opponent Reaction
Result
System

Start

Chapter 9: Bonus Submissions

Side control
Opponent passes to side control
Stick foot in the collar behind the neck to extend opponent away, bring legs back in front of opponent
Grab pants to pull hips down and extend legs to force opponent to sit
Opponent drops, turns to face you
Sweep

Open guard with just the lapel
Grab pants to pull hips down and extend legs to force opponent to sit
Back take

Open guard with no lapel
Cross sleeve grip to upside down spider hook
Grab lapel
Opponent stands up straight
Enter crab ride position

Open guard with just the lapel
Grab pants to pull hips down and extend legs to force opponent to sit
Back take
Opponent keeps hands on the mat

Open guard with just the lapel
Cross sleeve grip to upside down spider hook
Grab lapel

CHAPTER 9: BONUS SUBMISSIONS

Stick foot in the collar behind the neck to extend opponent away, bring legs back in front of opponent

Sweeps

Grab pants to pull hips down and extend legs to force opponent to sit

Chapter 3: Recovering if things go wrong
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