



1. Rules of Engagement- Must Learn
 - 1.1. Avoid the fight at all costs
 - 1.2. If physically attacked, defend yourself
 - 1.3. If verbally attacked, follow the Three T-steps (talk, tell, tackle)
 - 1.4. Never punch or kick the bully. Establish control and negotiate
 - 1.5. When applying submissions, use minimal force and negotiate
2. Gracie Games
 - 2.1. Spider kid
 - 2.2. Shark Bite
 - 2.3. Bulldozer
 - 2.4. Crazy Horse
 - 2.5. Tackle the Giant
 - 2.6. Crocodile Control
 - 2.7. Base Battle
 - 2.8. Snake Bite
 - 2.9. Guard Monster
 - 2.10. Crazy Legs
3. Jr. Combatives Techniques
 - 3.1. Trap and Roll Escape
 - 3.2. Americana Armlock
 - 3.3. Positional Control (Mount)
 - 3.4. Take the Back (Mount)
 - 3.5. Leg Hook Takedown
 - 3.6. Clinch (Aggressive Opponent)
 - 3.7. Punch Block Series (Stages 1-4)
 - 3.8. Straight Armlock (Mount)
 - 3.9. Elevator Sweep
 - 3.10. Elbow Escape (Mount)
 - 3.11. Positional Control (Side Mount)
 - 3.12. Body Fold Takedown
 - 3.13. Clinch (Conservative Opponent)
 - 3.14. Headlock Counters
 - 3.15. Double Leg Takedown
 - 3.16. Headlock Escape 1
 - 3.17. Straight Armlock (Guard)
 - 3.18. Double Ankle Sweep
 - 3.19. Pull Guard
 - 3.20. Headlock Escape 2
 - 3.21. Shrimp Escape
 - 3.22. Kimura Armlock
 - 3.23. Standing Headlock Defense
 - 3.24. Punch Block Series (Stage 5)
 - 3.25. Hook Sweep
 - 3.26. Rear Takedown
 - 3.27. Haymaker Punch Defense
 - 3.28. Take the Back (Guard)
 - 3.29. Guillotine Defense
 - 3.30. Elbow Escape (Side Mount)
 - 3.31. Standing Armlock
 - 3.32. Twisting Arm Control
 - 3.33. Double Underhook Guard Pass