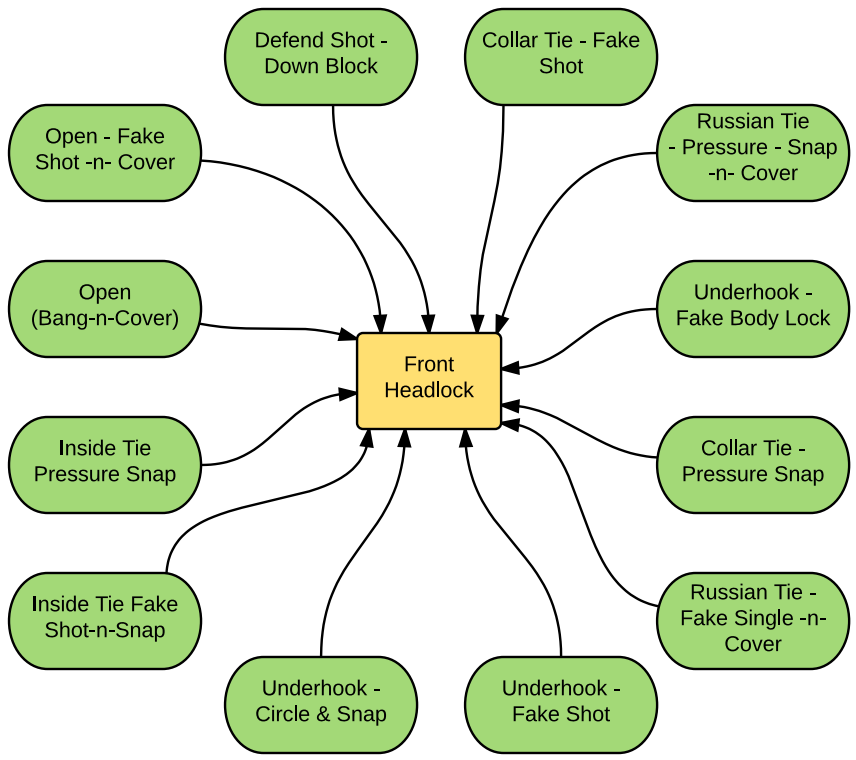
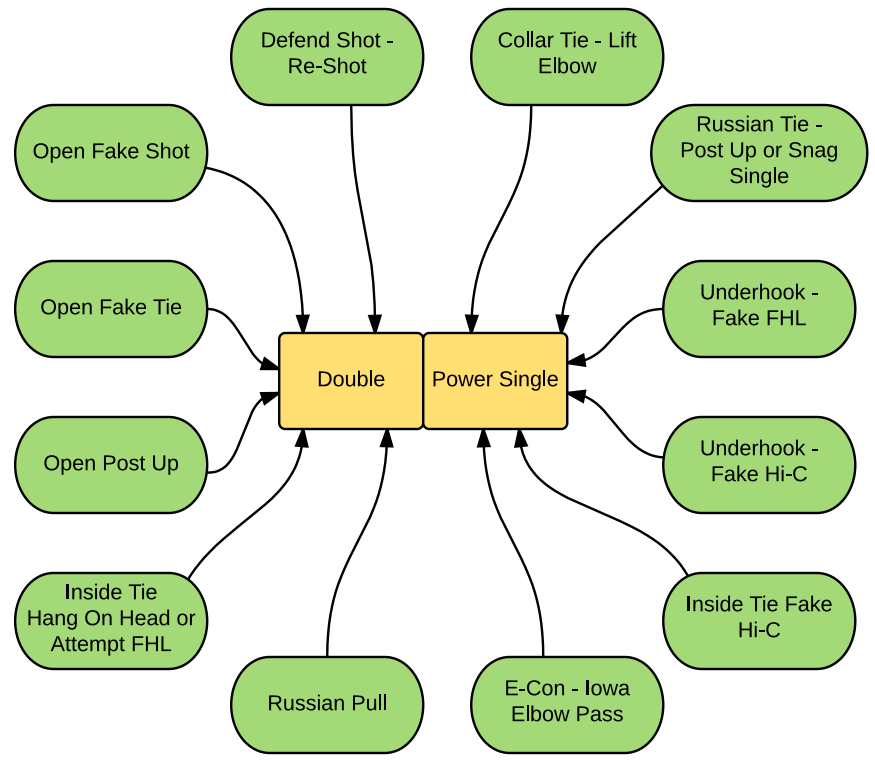
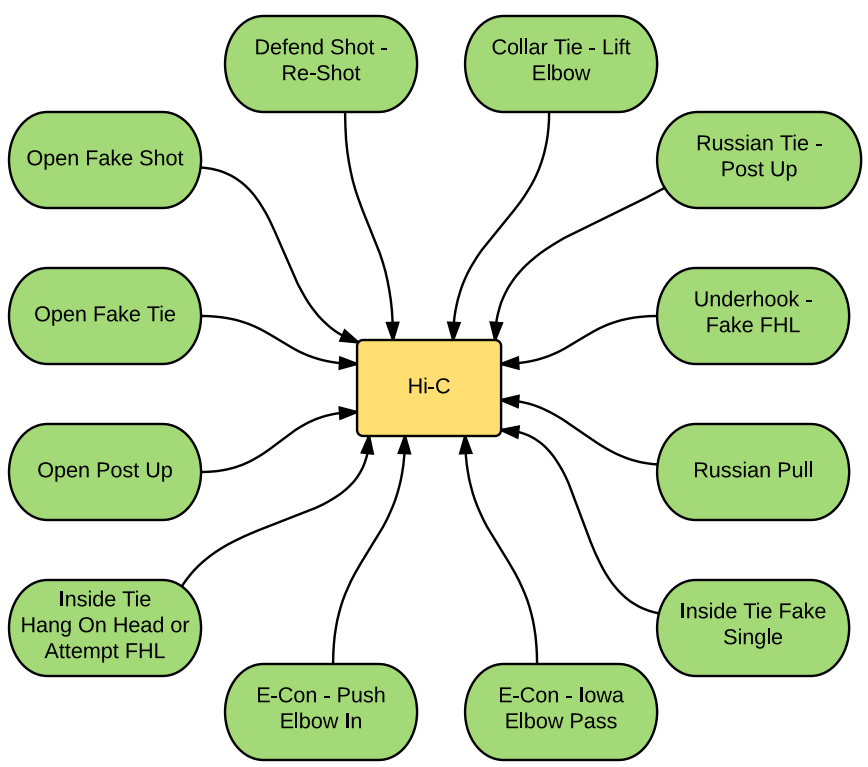
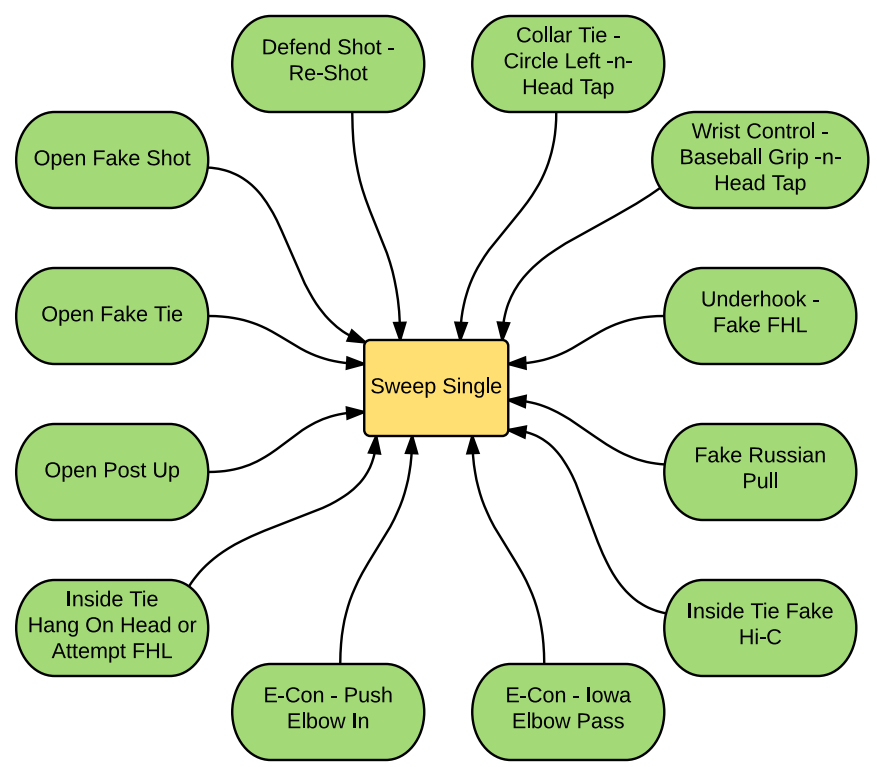
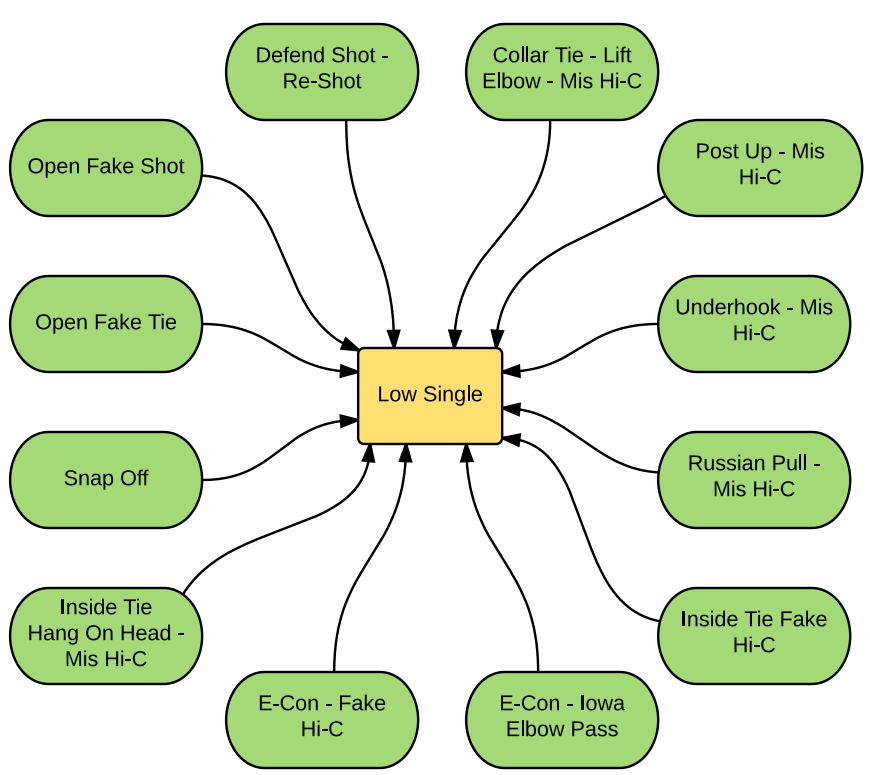

Front Headlock
Defend Shot - Down Block
Collar Tie - Fake Shot
Open - Fake Shot -n- Cover
Russian Tie - Pressure - Snap -n- Cover
Open (Bang-n-Cover)
Underhook - Fake Body Lock
Inside Tie Pressure Snap
Collar Tie - Pressure Snap
Inside Tie Fake Shot-n-Snap
Russian Tie - Fake Single -n- Cover
Underhook - Circle & Snap
Underhook - Fake Shot


Double
Power Single
Defend Shot - Re-Shot
Collar Tie - Lift Elbow
Open Fake Shot
Russian Tie - Post Up or Snag Single
Open Fake Tie
Underhook - Fake FHL
Open Post Up
Underhook - Fake Hi-C
Inside Tie Hang On Head or Attempt FHL
Inside Tie Fake Hi-C
Russian Pull
E-Con - Iowa Elbow Pass


Hi-C
Defend Shot - Re-Shot
Collar Tie - Lift Elbow
Open Fake Shot
Russian Tie - Post Up
Open Fake Tie
Underhook - Fake FHL
Open Post Up
Russian Pull
Inside Tie Hang On Head or Attempt FHL
Inside Tie Fake Single
E-Con - Push Elbow In
E-Con - Iowa Elbow Pass


Sweep Single
Defend Shot - Re-Shot
Collar Tie - Circle Left -n- Head Tap
Open Fake Shot
Wrist Control - Baseball Grip -n- Head Tap
Open Fake Tie
Underhook - Fake FHL
Open Post Up
Fake Russian Pull
Inside Tie Hang On Head or Attempt FHL
Inside Tie Fake Hi-C
E-Con - Push Elbow In
E-Con - Iowa Elbow Pass


Low Single
Defend Shot - Re-Shot
Collar Tie - Lift Elbow - Mis Hi-C
Open Fake Shot
Post Up - Mis Hi-C
Open Fake Tie
Underhook - Mis Hi-C
Snap Off
Russian Pull - Mis Hi-C
Inside Tie Hang On Head - Mis Hi-C
Inside Tie Fake Hi-C
E-Con - Fake Hi-C
E-Con - Iowa Elbow Pass