



# Escapes & Reversals Series

*By Daryl Weber*

<b>Beginners</b>	<b>Advanced</b>	<b>Expert</b>
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## Stand up Series

1. Hip Heist Drill
  - a. Solo
  - b. With Partner
2. Find your dominate leg
3. Stand Up Finish From Feet
4. Base Position
5. Hand Control Drill
6. Back Presser Drill
7. Entire Stand Up
8. Wheel Standup (Ankle Defense)
9. Windshield Wiper Standup
10. Knee Slide Drill
11. Slip Arm Stand Up
  - a. Cut Under From Feet
12. Tripod Knee Slide Standup
13. Breaking Locked Hands From Feet
14. Standing Switch
15. Shelf Leg when Opponent Follows
  - a. Limp Arm Cradle
16. Granby From Standup
17. Crab Ride Defense from Stand Up

## Leg Def

1. Preventative
  - a. Ankle Whip
  - b. Pinch-n-Attack/ Pinch and block – hip heist away
  - c. Mule Kick
2. After Legs in
  - a. Swim Move Drill
  - b. Far Leg Swim
  - c. Hip Bounce Drill (Solo)
  - d. Hip Bounce
  - e. Power Half Defense
    - i. Head Hunt
    - ii. Drive Across Body
    - iii. Swim
    - iv. Climb the Rope
  - f. Toe Hold
  - g. Clearing Double Legs
3. Strategies
  - a. Up n roll (find edge of mat)
  - b. Up-to-stalemate (stand-up)

## Sitout Series

1. Proper Sit out
2. Sit out from Belly & Side
3. Seal off and Kick Out
4. Head Gazonnee Series
5. Arm Gazonnee
6. Sit Out Stand Up

## Switch Series

1. Solo Drill
2. Switch
3. Re-Switch
4. Step Over

### **Hand Fight (From Butt)**

- Double Unders
  - Push – Seal & Push - Seal
- 2 – Single Bars
  - Roll – Push – Seal & Roll – Push – Seal
- Cross Wrist
  - Scrape & Seal
- 2-on-1
  - Scrape - Roll – Push – Seal
- Claw & Tight waist
  - Peel – Push – Zip & Peel – Push – Zip

### **Tight Waist Defense**

- Tight Waist (Initially Brace – Look in, shift hands and hip)
  - Tripod & Elbow off
  - Tripod & Granby
- Tight Waist (Side Chop) Defense
  - Wrist Away and Back to Base
  - Kip Across (If Chopped to side)

### **Turk Defense**

- Clear Hand Turk
- Clear Shoulder
- Army Crawl Forward & Clear Turk

### **Wrist Control Defense**

- 2 – Single Bars
  - Roll – Post & Roll – Post => Build Base
- 2-on-1
  - Scrape – Roll – Post & Hand Control => Build Base

### **Spiral Ride Defense**

- Spiral
  - Change over to Sitout
  - Change over to Stand up

### **Claw Defense**

- Wing Roll
- Wing Down & Hand Fight

### **Cradle Defense**

- Nearside Cradle Catch Hand & Head Up
- Crossface Cradle Look in and Catch
- Break Lock
- Houdini
- Nearside Cradle => Sit Thru

### **Cross Wrist Defense**

- Side Scrape => Keep Hand control
- Slip arm => Sit => Arm Gazonne

### **Merkle Defense**

- Arm Spin Action