

Lesson 1 ガード (クロズドガード 3) Guard (Closed guard 3)	1 Double attack (cross choke and straight AL) 2 Double attack (straight AL and omoplata) 3 Roll over sweep 4 Triangle choke from wrapped arm 5 Belly down armlock	Lesson 16 ガード (X ガード) Guard (X-guard)	1 Tripod sweep and x-guard set-up 2 Stand up sweep 3 Roll over sweep 4 Double ankle sweep 5 Over head sweep
Lesson 2 サイドコントロール 3 Side control 3	1 Guillotine choke 2 Wrist lock (palm-down and palm-up) 3 Knee on belly (vs under-hook, choke and mount-take) 4 Side-back control and back-take 5 Straight armlock (near side)	Lesson 17 パスガード (vs バタフライガード) Guard pass (vs Butterfly guard)	1 Cross knee through pass 2 Smash pass 3 Diving pass 4 Smash pass (folding variation) 5 Folding pass (mount and side-back)
Lesson 3 パスガード 3 Guard pass 3	1 Combat base set-up, Knee through pass (parallel, wipe) 2 Cross knee through pass (cross grip) 3 Cross body collar choke 4 Leg drag pass 5 X pass	Lesson 18 ガード (スパイダーガード 2) Guard (Spider guard 2)	1 Inverted kick sweep 2 Deep lasso sweep 3 Defense vs leg-swing and bull-fighter pass 4 Triangle choke vs combat base 5 Triangle and omoplata from lasso
Lesson 4 ガード (トップ) Guard (Top)	1 Push break with sleeve vs closed guard 2 Knee split with push choke vs closed guard 3 Defense flow vs cross-choke and straight AL 4 Defense flow vs sit-up swp, guillotine and kimura AL 5 Defense vs Omoplata (step-over, front roll)	Lesson 19 ガード (バタフライ / シットイングガード 2) Guard (Butterfly/Sitting guard 2)	1 Straight armlock and reverse armlock 2 Collar drag and turn-over 3 Ankle pick sweep 4 Single leg X-guard 5 Butterfly guard to X-guard
Lesson 5 サイドコントロールエスケープ 3 Side control escape 3	1 Cross guard (armlock and triangle) 2 Guard recovery vs twisting base 3 Elbow push escape 4 Defense vs americana and spinning escape 5 Defense vs kimura armlock	Lesson 20 スタンディング 4 Standing 4	1 Cross hook sweep 2 Arm drag, leg trip 3 Double-under clinch, leg hook TD 4 Whizzer defense vs double-under clinch 5 Over-under clinch, leg trip
Lesson 6 タートルポジション (トップ) 2 Turtle position (Top 2)	1 Sprawl with cross-face, Quarter nelson 2 Back take (double under grip) 3 Turn over (cross under grip) 4 Shoulder lock with leg trap 5 Crucifix (collar choke and armlock)	Lesson 21 ガード (ディフェンス 2) Guard (Defense 2)	1 Knee shield vs knee through pass 2 Shoulder lock vs stacking pass 3 Shoulder drag, guard recovery vs double leg pin 4 Foot wipe, reverse loop choke vs O/U pass 5 Shoulder drag, turn over vs O/U pass
Lesson 7 タートルポジション (ボトム) 2 Turtle position (Bottom 2)	1 Side clinch take down 2 Whizzer through, Counter vs front roll 3 Back take counters (vs double-under, over-under) 4 Arm-pin roll (near side) 5 Defense vs clock choke (arm-pin roll, switch to back)	Lesson 22 パスガード (ショルダードライブパス) Guard pass (Shoulder drive pass)	1 Side switch 2 Leg split switch 3 Dual side attack vs foot wipe 4 Leg pin pass vs cross guard 5 Leg drag (shoulder drive variation)
Lesson 8 パスガード (ブルファイターパス) Guard pass (Bull fighter pass)	1 Hip thrust 2 Spinning side switch 3 High posture vs double grip 4 Push break and armlock vs spider guard 5 Kick break, Leg swing pass vs spider guard	Lesson 23 ガード (ハーフガード 3) Guard (Half guard 3)	1 Cross choke and front loop choke 2 Under hook sweep 3 Lock down control 4 Hook sweep and back take 5 Reverse half guard sweeps
Lesson 9 ガードポジション 3 Guard position 3	1 Waiter sweep 2 Binding sweep (handle bar) 3 Binding sweep (roll over) 4 Double leg sweep from single leg guard 5 Knee thrust sweep from single leg guard	Lesson 24 マウントポジションエスケープ 3 Mount position escape 3	1 Roll escape vs cross collar grip 2 Defense vs americana armlock 3 Defense vs cross choke 4 Roll escape vs neck-hug 5 Spiral escape vs TAC
Lesson 10 マウントポジションエスケープ 2 Mount position escape 2	1 Elbow escape vs cross-foot 2 Hip thrust escape 3 Legs scissors escape 4 Arm through escape 5 Straight armlock defense (spinning and sit-up)	Lesson 25 マウントポジション 4 Mount position 4	1 Elbow escape counters 2 Belly down armlock 3 Cross choke vs roll escape 4 Double attack from S mount 5 Grip break vs cross over grip
Lesson 11 ガード (ハーフガード 2) Guard (Half guard 2)	1 Knee shield and back take 2 Ankle pick sweep 3 Ankle pick roll over sweep 4 Back take from deep half guard 5 Roll over sweep from deep half guard	Lesson 26 バックコントロールエスケープ 2 Back control escape 2	1 Back slide escape vs double-under, over-under 2 Rear naked choke escape 3 Arm loop escape (under-hook side) 4 Collar choke escape (under-hook side) 5 Bow and arrow choke escape
Lesson 12 マウントポジション 3 Mount position 3	1 Control (low mount and high mount) 2 Sleeve choke (Ezekiel) 3 Arm triangle choke 4 Americana AL (loop variation), arm triangle transition 5 Straight AL from S mount	Lesson 27 バックコントロール 2 Back control 2	1 Back control retention and re-mount 2 Choke transition (over-hook, mount, under-hook) 3 Bow and arrow choke from double under 4 Straight arm lock vs arm loop escape 5 Reverse triangle choke
Lesson 13 スタンディング 3 Standing 3	1 Sprawl defense vs double leg TD 2 Single leg TD (collar pull) 3 Single leg TD (variations) 4 Foot release, whizzer defense vs single leg TD 5 Inner sigh throw, Ankle pick TD	Lesson 28 パスガード (vs デラヒーバ、SL ガード) Guard pass (vs Delariva and SL guard)	1 Heel grab and deep hook removal 2 Stacking guard pass 3 Leg drag pass 4 Cross knee or reverse half pass vs SL guard 5 Back step or reverse half pass vs SL guard
Lesson 14 パスガード (ハーフガードパス 2) Guard pass (Half guard pass 2)	1 Control, sitting pass (lapel grip) 2 Arm-triangle pass, cross knee switch, lapel choke 3 Bravo choke 4 Reverse half guard pass 5 Cross-body under-hook pass	Lesson 29 サイドコントロール 4 Side control 4	1 Armlocks from north south 2 Double armlock 3 Kimura armlock from arm-pin control 4 Kimura armlock from RCB 5 Straight armlock from kimura armlock
Lesson 15 パスガード (レグウェーブ、オーバーアンダー) Guard pass (Leg weave and Over-under)	1 Leg weave pass vs knee shield 2 Leg pin pass 3 Foot release and twisting base switch 4 Ankle grab variation 5 Knee on belly transition	Lesson 30 サイドコントロールエスケープ 4 Side control escape 4	1 Hook sweep (far side and near side) vs RCB 2 Cross-over escape vs side back 3 Spiral escape vs north south 4 Back roll escape vs north south 5 Defense vs forearm and reverse cross choke