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## **Blue to Purple Curriculum Techniques**

- 1. Double Ankle Grab Sweep
- 2. Both Hands on Ankle Sweep to Armlock
- 3. Push Sweep From Scissors
- 4. Handstand Sweep
- 5. Arm Inside Sweep
- 6. Arm Inside Sweep to Armbar
- 7. Sweep from Seated Guard
- 8. Overhead Sweep
- 9. Leg Pinching Sweep
- 10. Scissor Sweep Standing from Guard
- 11. Hook Sweep from Guard
- 12. Kick over Sweep (Balloon)
- 13. Sweep from Guard (Spider Guard)
- 14. Star Sweep
- 15. Sweep from Guard (Holding the Knee)
- 16. Sweep from Guard (Stand in Base Holding the Belt)
- 17. Sweep from Guard (Stand in Base Holding the Collar)
- 18. Sweep from Guard (Hand on Knee)
- 19. Half Guard to Half Mount (Leg Straight)
- 20. Half Guard to Half Mount (Leg Bent)
- 21. Half Guard to Side Mount (Holding Belt)
- 22. Sweep to Mount & Choke
- 23. Shoulder Grab (Bent Arm)
- 24. Shoulder Grab (Straight Arm)
- 25. Lapel Grab with Both Hands
- 26. Defense Against Front Thrusting Kick
- 27. Standing Guillotine Defense
- 28. Both Hands Grab from Behind
- 29. Standing Head Lock Defense (Taken to Ground)
- 30. Two Hands Against Wall Defense
- 31. Under Arm Collar Choke from Guard
- 32. Mount to Back
- 33. Achilles Ankle Lock (Passing Guard)
- 34. Omo Plata
- 35. Kimura from Cross Body
- 36. Choke from Cross Body
- 37. Cross Body to Knee on the Stomach
- 38. Escape Knee on Stomach (Going to Knees)
- 39. Armlock from Knee on Stomach
- 40. Triangle Choke to Armbar
- 41. Ankle Lock when Passing Guard (Stacking)
- 42. Knee Bar from Guard
- 43. North South Foot Lock
- 44. Ankle Lock from Open Guard

- 45. Knife Stab Defense
- 46. Overhead Knife Stab Defense
- 47. Knee Bar from Cross Body
- 48. Neck Crank from Cross Body
- 49. Choke from Knee on Stomach
- 50. Straight Armlock from Cross Body
- 51. Guard to Back
- 52. Foot Lock from Back Mount (Feet Crossed)
- 53. Helicopter Armbar
- 54. Half Guard to Cross Body
- 55. Escape from North South (Knees Under Armpits)
- 56. Pass Half Guard to Mount
- 57. Head & Arm Choke from Guard
- 58. Choke from Half Mount
- 59. Knee Bar from Passing Guard
- 60. Choke from Guard (Holding your Elbow)
- 61. Double Armlock
- 62. Arm Trapped Armlock (Hand on Lapel)
- 63. Squeeze the Bread (Both Hands)
- 64. Shoulder Lock from Guard
- 65. Escape Knee on Stomach (Making Hook)
- 66. Escape Knee on Stomach (Using Knees)
- 67. Escape Knee on Stomach (Holding Belt)
- 68. Choke from Knee on Stomach (Crossing Hands)
- 69. Pass Guard & Defend Recompose
- 70. Counter to Kimura
- 71. Helio Gracie Choke from Mount
- 72. Escape from Mount (Two Hands on Belt)
- 73. Cross Body to Mount (Foot Between Legs)
- 74. Cross Body to Mount (Holding your Foot)
- 75. Cross Body to Mount (Holding Opponents Leg)
- 76. Defense Against UPA (Locking Legs)
- 77. Mount by Pushing Opponents Legs
- 78. Lapel Choke (Mount Going to North South)
- 79. Defense Against Lapel Choke (Mount Going to North South)
- 80. Squeeze the Bread from Mount (Nutcracker)
- 81. Lapel Choke from Cross Body
- 82. Counter Elbow Escape
- 83. North South Escape to Choke
- 84. North South Escape (Foot in Belt)
- 85. North South to Back
- 86. North South Escape to Armlock
- 87. North South Position Fishing to Half Guard
- 88. Choke from Guard (Using Gi)