

Ground Fighting Drill

Attacker

Right **Punch**

Stand up and charge your opponent with a **Right Punch**.

Sprawl Out to counter takedown.

While on bottom, trap your partners arm and leg to do a **Mounted Position Roll**. You will end up in their guard.

Escape the guard by scooting back, turning to the left side with left knee up. Reach your left hand through their legs and place hand flat on the floor, lean back to break their leg lock. Move around the side while pressing their knee toward their head. Lean your head back and **Pass Their Guard**. Move to **Top Mount Position**.

Defender

Block and **Secure the Punch** with left arm. Grab attacker around the waist with the right arm. Step inside and **Hip Throw**. Hold on to their right arm. Step around their head and slowly fall back into an **Elbow Lock** while they are on their back. Step away.

Duck punch and **Shoot-In Takedown**.

From your knees, grab their right arm with your left hand at their elbow. Reach across with your right arm and grab the outside of their right knee and bend it inward as you pull down on their elbow to **Counter The Sprawl** and collapse them onto their back.

Move to **Side Top Mount Facing Down**.

Hammer Lock from Side Top Mount Facing Down.

Elbow Lock from Side Top Mount Facing Down.

Reverse Hammer Lock from Side Mount Facing Down

Move to **Top Mount Position** by placing your leg over your opponent.

Turn to your side and with your left hand, push their right knee away and slide your left knee out and around. Do the same with the other leg to **Escape The Mount** into the guard.

Once in the Guard Position, do a **Guard Position Scissors Roll** ending in Top Mount Position.

Grab their right arm and pull it across their neck and use it to **Turn Your Partner Over** so that they are facing down and you are on their back. **Figure 4 Choke From Behind**.