Guard Controls
17. Posture Prevention
   i. Hand Control (3 Variations)
   ii. Get-up Prevention
   iii. Emergency Punch Block
18. Double Underhook Pass Prevention
   i. Shoulder Walk
   ii. Underhook Counter
   iii. High-low Recovery
   iv. Back Roll

Guard Passes
19. Knee Split Pass
   i. Double Underhook
   ii. Front Side
   iii. Inside Knee Drop
   iv. Back Side
   v. Two-hand Shot
20. Standing Pass
   i. Punch Break
   ii. Push Break
   iii. Double Ankle Counter
   iv. Bull Fighter Pass

Guard Submission Counters
21. Triangle Choke
   i. Safe Hands
   ii. Setup Slip
22. Straight Armlock
   i. Anchor and Stack
   ii. L-Drop
23. Kimura
   i. Safe Positioning
   ii. Hip Hug
   iii. Anchor Hold
Guard Submissions
24. Wrist Control Sequence
   i. Straight Armlock
   ii. Belly Down Transfer
   iii. Triangle Jump
25. Triple Threat
   i. Cross Choke (2 Variations)
   ii. Armlock Transition
   iii. Triangle Transition
   iv. Triple Threat

Guard Sweeps
26. Scissor Sweep
   i. Standard
   ii. Base Chop (2 Variations)
27. Cross Sweep
   i. Cross Sweep
   ii. Cross Hook Combo
   iii. Same Side Wrist Control

Sport Guards
28. Butterfly Guard
   i. Strong Side Sweep
   ii. Weak Side Sweep
   iii. Take the Back
29. Spider Guard
   i. Control
   ii. Standard Push Sweep
   iii. Wrapping Variation
   iv. Triangle Transitions (2 Finishes)

Half Guard Bottom
30. Guard Recovery
   i. Lockdown Control
   ii. Half Butterfly Recovery
   iii. Top Knee Recovery
31. Take the Back
   i. Direct Shot
   ii. Blade Entry
   iii. Punch Block
32. Elevator Sweep
   i. Standard Variation
   ii. Back Mount Transition
   iii. Forced Elevator
Half Guard Top

33. Tripod Pass
   i. Quick Shot
   ii. Hook Backup
   iii. Lockdown Release

34. Sitting Pass
   i. Standard Variation
   ii. Bottom Knee Block
   iii. Tripod Transition
   iv. Lockdown Release

35. Three-Quarter Guard Pass
   i. High Step
   ii. Tripod Pass
   iii. Heavy Hips