

# Pedro Sauer

## Gracie Jiu Jitsu

### Blue Belt to Purple Belt

### Game Plan by Position

	35. Kimura from cross body
	36. Choke from cross body
	37. Cross body to knee on stomach
	47. Knee bar from cross body
<b>Cross Body</b>	48. Neck crank from cross body
	50. Straight armlock from cross body (both knees up)
	73. Cross body to mount (foot between legs)
	74. Cross body to mount (holding your foot)
	75. Cross body to mount (holding opponent's leg)
	77. Mount by pushing opponent's legs
	81. Lapel choke from cross body

**Knee on Stomach**

	37. Cross body to knee on stomach
	38. Escape knee on stomach (going to knees)
	39. Armlock from knee on stomach
	49. Choke from knee on stomach
	65. Escape knee on stomach by making hook
	66. Escape knee on stomach (using knees)
	67. Escape knee on stomach (holding belt)
	68. Choke from knee on stomach (crossing hands)

	19. Half guard to Half mount (leg straight)
	20. Half guard to Half mount (leg bent)
<b>Half Guard/Half Mount</b>	21. Half guard to Half mount (holding belt)
	54. Half guard to Cross body
	56. Half guard to mount
	58. Choke from half mount

	23. Shoulder Grab (bent arm)
	24. Shoulder Grab (straight arm)
	25. Lapel Grab with both hands
	26. Defense against front thrust kick
<b>Standing Self Defense</b>	27. Standing Guillotine Defense
	28. Both hands grab from behind
	29. Standing head lock defense (taken to ground)
	45. Knife stab defense
	46. Overhead knife stab defense

	33. Achilles ankle lock (passing guard)
	41. Ankle lock when passing guard (stacking)
<b>Passing Guard</b>	44. Ankle lock from open guard
	59. Knee bar from passing guard
	69. Pass guard & defend recompense

<b>Back</b>	52. Foot lock from back mount (feet crossed)
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	43. North/South foot lock
	55. Escape north/south (knees under armpits)
	83. North/South escape to choke
<b>North/South</b>	84. North/South escape (foot lock)
	85. North/South escape to back
	86. North/South escape to armlock
	87. North/South position fishing to half guard

	32. Mount to back
	58. Choke from half mount
	71. Helio Gracie choke from mount
	72. Escape from mount (locking legs)
<b>Mount</b>	76. Defense against UPA (locking legs)
	78. Lapel choke (mount going to north south)
	79. Defense against lapel choke
	80. Squeeze the bread from mount (nutcracker)
	82. Counter elbow escape

	3. Push sweep from scissors
	5. Arm inside sweep
	6. Arm inside sweep to armbar
	7. Sweep from seated guard
	13. Sweep from guard (spider guard)
	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)
<b>Guard (Seated)</b>	18. Sweep from guard (hand on knee)
	22. Sweep to mount and choke
	31. Under arm collar choke from guard
	34. Omo Plata
	40. Triangle choke to armbar
	51. Guard to back
	57. Head and arm choke from guard
	60. Choke from guard (holding your elbow)
	62. Arm trapped armlock (hand on lapel)
	63. Squeeze the bread (both hands)
	64. Shoulder lock from guard
	88. Choke from guard (using gi)

**Guard (opponent standing)**

1. Double ankle sweep
2. Double ankle sweep to armbar
4. Handstand sweep
8. Overhead sweep
9. Leg pinching sweep
10. Scissor sweep standing from guard
11. Hook sweep from guard
12. Kick over sweep (balloon)
14. Star Sweep
42. Knee bar from guard
53. Helicopter armbar
61. Double armlock