



Miller Martial Arts

Future Champions White to Gray Belt

Guard Sweeps

When Opponent is Grounded

- Scissor Sweep
- Simple Sweep
- Pendelum/Flower Sweep
- Hip Bump Sweep

When Opponent Stands

- Double Ankle Sweep
- Tripod Sweep

Guard Submissions

- Armbar/Armbar Stack Escape
- Kimura/Kimura Escape
- Guillotine/Guillotine Escape
- X Choke/X Choke Defense
- Triangle Choke/Triangle Choke Defense

Guard Opener

Grounded

- Cat Opener
- Old School Opener
- Track Star Opener

Standing

- Open guard using Sleeves and Lapel
- Open guard by pinning both of their wrists to their body

Guard Passes

Grounded

- Knee Slice
- Old School
- Double Under

Standing

- Bull Fighter
- Leg Drag

Half Guard Escapes

Re-Guard

- Shrimp to Guard

Sweeps

- Shrimp to Single Butterfly Guard Sweep
- Underhook Sweep

Half Guard Passes

- Knee Cut/slice/slide
- Over Under Knee Cut
- Reverse Sit-Back Step
- Old School/ Back Step

Side Mount & Knee on Belly

Escapes and Re-Guards

- Shrimp to Guard
- Underhook Escape

Head Lock Escapes

- Escape to the Back
- Hulk Roll

Side Mount&KOB Submissions

- Key Lock
- Key Lock>Near Side Arm bar
- Kimura
- X Choke KOB

Side Mount Positional Advancements

- Move to Knee on Belly
- Move to Mount
- Move to North South
- Back take from Turtle via a scramble from these positions

Mount Submissions

- Key Lock
- Arm bar
 - Diamond
 - S Mount
- X Choke

Mount Escapes

- Shrimp to Guard
- Upa/Trap Bridge and Roll
- Bump Escape

Mount Advancements

- Back Take via
 - Gift Wrap
 - Key Lock

Back Mount Submissions and Escapes

- Rear Naked Choke
- Short Choke
- Basic Collar Choke
- Bow and Arrow Choke
- Stack and Spin
- Japanese

Takedowns

- Single Leg
 - Run the Pipe
 - Steering Wheel
 - Tree Top
- Double Leg
- Osoto Gari
- Body Lock and Chair Sit
- Down Block
- Pummeling
- Double Whizzer Hips Out
- Sprawl

Standing

- Grip Making&Breaking
 - Single Wrist Grab
 - Lapel Break
 - Collar and Sleeve
- Break Falls
 - Back
 - Side
- Technical Stand-up
- Punch Blocks