

Focus on learning two moves each position ^{2 moves}

2 Takedowns

2 Guard passes

2 Techniques from guard

2 Subs from side control

2 Subs from mount

2 Subs from back

2 Escapes from side control

2 Escapes from mount

2 Escapes from back

If you are having difficulty picking two moves email me and I will be happy to help
BjjBrick@gmail.com put "two moves from each position" in the subject line.
BjjBrick.com