			1	,		1	1	1	1	1	1	
LOMA Groui	nd Escapes	1										notoo
	Notes	Date										notes
Technique	Notes											
Mount escape 1	tran and bridge	reps time										
Would escape 1	trap and bridge	reps			1							
Mount escape 2	bump and shrimp	time										
Would escape 2	рипр апа зпппр	reps										
Scarf Pin escape 1	bridge	time										
	bridge	reps										
Scarf Pin escape 2	elbow mat	time										
	elbow mat	reps										
Scarf Pin escape 3	momentum sweep	time										
ecan i in eccape e	momorkam eweep	reps										
Rear mount escape 1	ear to elbow	time										
		reps										
Armbar escape 1	pull in elbow	time										
	,	reps										
Armbar escape 2	run and tunnel	time										
		reps										
Armbar escape 3	back roll	time										
		reps										
Side mount escape 1	elbow knee	time										
		reps										
Side mount escape 2	reverse shrimp	time										
		reps										
Guard pass 1	elbows out	time										
		reps										
Guard pass 2	hook the heel	time										
		reps										
Triangle escape	step over head	time										
		reps										
Kimura escape	elbow push	time										

		reps						
Oma Plata escape	grab and roll	time						