

NAME \_\_\_\_\_

+1 SOTY Point



1/30/2012 Preparation Assignment

- 1) When you are mounted, in order to run the Elbow Escape, one leg should be:
  - a) Flat with your toes up
  - b) Flat with your toes to the side
  
- 2) When you are in top mount and your partner bumps you, what parts of your body can you use as kickstands?
  - a) Legs
  - b) Hands
  - c) Head
  - d) All of the Above
  
- 3) The Elbow Escape and the Upa work best when you:  
\_\_\_\_\_.
  
- 4) When applying the Elbow Escape from bottom mount, you should be on your \_\_\_\_\_.
  
- 5) When is NAGA? \_\_\_\_\_