

NAME: _____

1 Point Towards SOTY



January 9th, 2012 Preparation Assignment

1) The Guillotine Choke is a type of:

- a) Blood Choke
- b) Throat Choke
- c) Both

2) When attacking with the guillotine from the Closed Guard, you should:

- a) Extend your Legs
- b) Keep your legs open
- c) Pull your legs in

3) True or False:

At NAGA, you can submit your opponent with a Standing Guillotine

TRUE

FALSE

4) What is the term we use for tightening up your Guillotine?
