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7X WORLD JIU-JITSU CHAMPION

ROBSON MOURA **FUSION**™

CHAPTER LIST

DVD ONE:

VOLUME 1:

THE FULL GUARD

1. Breaking the Base
2. High Guard
3. High Guard Dual Trap Armbar
4. High Guard Leg Control Armbar
5. High Guard Sweep
6. High Guard Sweep to Armbar
7. Wrist Trap to Omoplata 1
8. Wrist Trap to Omoplata 2
9. Wrist Trap to Triangle
10. Wrist Trap to Armbar
11. Elbow Trap to Armbar 1
12. Elbow Trap to Armbar 2
13. Collar Grip to Triangle
14. Leg Choke
15. Armbar Switch

VOLUME 2:

THE ROBSON CROSS GUARD

1. Basic Setup
2. Cross Guard Comparison
3. Straight Armbar
4. Omoplata
5. Triangle Choke
6. Omoplata Counter
7. Triangle Counter
8. Straight Armbar Counter
9. Cross Guard to Back
10. Cross Guard Sweep
11. Standing Cross Armbar
12. Standing Sweep 1
13. Standing Sweep 2
14. Cross Guard to Takedown
15. Sweep Defense to Armbar
16. Cross Guard to X-Guard

DVD TWO:

VOLUME 3:

100 KILOS (SIDE CONTROL)

1. Position Control 1
2. Position Control 2
3. Arm Ride
4. Arm Ride Choke 1
5. Arm Ride Choke 2
6. Arm Ride Choke 3
7. Arm Ride to Armbar 1
8. Arm Ride to Armbar 2
9. Arm Ride to Armbar 3
10. Arm Ride to Triangle
11. Arm Trap to Choke
12. Arm Trap to Armbar
13. Body Lock Kimura
14. Escape Counter Choke
15. Lapel Trap to Choke 1
16. Lapel Trap to Choke 2
17. Little Hands Choke
18. Forward Control Switch
19. Forward Control to Back

VOLUME 4:

ATTACKING THE BACK (TURTLE)

1. Double Lapel Control
2. Outside Elbow Attack
3. Inside Elbow Attack
4. Knee on Back
5. Double Lapel Clock Choke
6. Double Lapel Crucifix
7. Single Lapel to Back
8. Single Lapel Turnover
9. Single Lapel Choke
10. Leg Control Choke
11. Belt Control Choke
12. Shoulder Control Choke
13. Head Control Choke
14. Reverse Omoplata
15. Sleeve Control to Choke

DVD THREE:

VOLUME 5:

BUTTERFLY/SITTING GUARD

1. Full Guard Transition
2. Position Control 1
3. Position Control 2
4. Inside Arm Sweep 1
5. Inside Arm Sweep 2
6. Switch Sweep
7. Leg Up Sweep 1
8. Leg Up Sweep 2
9. Standing Sweep
10. Arm Pit Sweep
11. Leg Control Sweep
12. Arm Control Sweep 1
13. Arm Control Sweep 2
14. Dual Leg Control Sweep
15. Lapel Sweep 1
16. Lapel Sweep 2
17. Lapel Sweep 3
18. Butterfly Leg Lock

VOLUME 6:

PASSING THE GUARD

1. Position Control
2. Sit Back Pass
3. Single Lapel Pass
4. Double Lapel Pass 1
5. Single Leg Pass
6. Double Leg to Armbar
7. Double Leg to Back
8. Standing Cross Pass
9. Butterfly Pass Control
10. Butterfly Pass
11. Jumping Pass
12. 2 on 1 Pass
13. 2 on 1 Variation
14. 2 on 1 to Armbar

**Enter The Next Evolution
in Modern Brazilian Jiu-Jitsu**