

WHITE BELT SYLLABUS

ADULT - NO STRIPE

GROUND LOCOMOTION

- WH01- Hip escape
- WH02- Hip escape (in motion)
- WH03- Bridge (hip elevation)
- WH04- Bridge (shoulder rotation)
- WH05- Hip escape to all fours position
- WH06- Triangle drill
- WH07- Technical mount drill
- WH08- Guard spinning
- WH09- Guard fencing
- WH10- Standing up position

BREAKFALLS

- WH11- Front position
- WH12- Back position
- WH13- Side position
- WH14- Front fall
- WH15- Back fall
- WH16- Side fall
- WH17- Front roll
- WH18- Back roll
- WH19- Side roll
- WH20- Kata of rolls
 - 2 Side rolls (opposite direction)
 - 2 Front rolls (same direction)
 - 2 Back rolls (same direction)
 - 2 Side falls (one each side)
 - 1 Front fall (seating)
 - Standing up position (Kiai)

GROUND TECHNIQUES - BASIC SEQUENCE 1

- WH21- Cross choke from the guard
- WH22- Defense of the cross choke
- WH23- Pendulum sweep
- WH24- Armbar from the mount
- WH25- Defense of the armbar from the mount (WH04)

GROUND TECHNIQUES - BASIC SEQUENCE 2

- WH26- Escape from the mount (WH03)
- WH27- Guard pass (arm control) to immobilization or mount
- WH28- 1st immobilization
- WH29- Keylock on the 1st immobilization
- WH30- Technical mount (WH07)
- WH31- Keylock on the mount

