

# WHITE BELT SYLLABUS

## ADULT - 1 STRIPE

### GROUND TECHNIQUES

- WH32- Guard control (grips & hooks)
- WH33- Armbar from the guard (foot on the hip and climbing)
- WH34- Scissors sweep (with variation)
- WH35- Getting the back mount from the guard
- WH36- Naked chokes A, B and C (*mata-leao*)
- WH37- Lapel chokes D, E and F
- WH38- Elevator sweep
- WH39- Cross choke on the mount
- WH40- Parallel choke on the mount
- WH41- Basic guard pass (elbows opening)
- WH42- Guard pass (under one leg)
- WH43- Side control side control (immobilizations 1, 2, 3 & 4)
- WH44- Armlock on the 2nd Immobilization
- WH45- Armlock on the 3rd Immobilization
- WH46- Armlock on the 4th Immobilization (WH07)
- WH47- Triangle from closed and open guard

### TAKE DOWNS

- WH48- Morote-gari (with and without hook)
- WH49- O-soto-gari
- WH50- Sukui-nague

### SELF DEFENSE

- WH51- Single wrist grab - straight (O-soto-gari +hand on the neck)
- WH52- Single wrist grab - cross
- WH53- Single shoulder grab (wrist lock both directions)
- WH54- Double shoulder grab (inside: O-soto-gari and/or outside: Mata-leao)
- WH55- Defense from Mata-leao - standing
- WH56- Defense from head lock (counter to guillotine choke)
- WH57- Defense from head lock (WH61)
- WH58- Defense from front grab over the arms (cocci bone pressure)
- WH59- Defense from back grab over the arms (sukui-nague)