



ADULTS WHITE BELT

1 STRIPE

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- WH32- Guard control (same side lapel and sleeve: feet on the hips or external & internal hook or 1 knee out)
- WH33- Armbar from the guard (foot on the hip and/or climbing)
- WH34- Scissors sweep (with variation)
- WH35- Getting the back mount from the guard
- WH36- Naked chokes A, B and C (mata-leao)
- WH37- Gi chokes D, E and F WH38- Elevator sweep (one internal hook)
- WH39- Cross choke from the mount
- WH40- Bow & arrow choke from the mount
- WH41- Pass the guard (elbows)
- WH42- Pass the guard (under one leg)
- WH43- Immobilizations sequence: 1st (side control A) + 2nd (head lock) +3rd (north-south) + 4th (side control B)
- WH44- Armlock on the 2nd Immobilization
- WH45- Armlock on the 3rd Immobilization
- WH46- Armlock on the 4th Immobilization (WH07)
- WH47- Triangle from the closed and open guard
- WH48- Morote Gari (with and without hook)
- WH49- O-soto-gari
- WH50- Sukui-nague
- 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 the Mata-leao - standing
- WH56- Defense from the head lock (counter to guillotine choke)
- WH57- Defense from the head lock (WH61)
- WH58- Defense from front grab over the arms (cocci bone pressure)
- WH59- Defense from back grab over the arms (sukui-nague)