

WHITE BELT SYLLABUS

ADULT - 2 STRIPES

TAKE DOWNS

- WH60- De-ashi-harai
- WH61- Tani-o-toshi
- WH62- Koshi-guruma

GROUND TECHNIQUES

- WH63- Knee on the belly
- WH64- All fours position reversal A (single leg)
- WH65- All fours position reversal B (elbow)
- WH66- Getting the back from all fours position (spinning)
- WH67- Escape from the 1st Immobilization (A- all fours and B- recovering the guard)
- WH68- Escape from the 2nd Immobilization (leg over the head)
- WH69- Escape from the 3rd Immobilization (WH64)
- WH70- Escape from the 4th Immobilization (trap both legs)
- WH71- Guard pass (standing pressing legs down)
- WH72- Guard pass (under two legs)
- WH73- Guard pass (around the knees)
- WH74- Guard pass (one knee up)
- WH75- Shoulder sweep
- WH76- Sweep (exploding open guard)
- WH77- Sweep (standing: both ankles)
- WH78- Sweep (standing: one ankle)
- WH79- Escape from the mount (hands on the hips + bridge)
- WH80- Escape from the mount (recovering guard or getting the back)
- WH81- Ezequiel choke on the mount
- WH82- Armbar on the 1st Immobilization (same side)
- WH83- Armbar on the back mount
- WH84- Armbar on the turtle position
- WH85- Kimura from the guard
- WH86- Armbar on the 3rd Immobilization
- WH87- Choke from the guard (hand around the head on the elbow)
- WH88- All fours position top reversal (both hands on the elbow)