

# WHITE BELT SYLLABUS

## ADULT - 3 STRIPES

### GROUND TECHNIQUES

- WH89- Basic sweep from open guard
- WH90- Sweep from open guard with external hook (knee down)
- WH91- Sweep from open guard with external hook (knee up)
- WH92- Sweep from open guard standing (single leg with hook)
- WH93- Sweep from half-guard (ankle)
- WH94- Sweep from half-guard (3rd arm grip)
- WH95- Sweep from armbar block from the guard (WH23)
- WH96- Omoplata from closed guard (foot on the hip)
- WH97- Guard pass (on the scissors sweep)
- WH98- Guard pass (Failure triangle)
- WH99- Half-guard pass (hook on the thigh to side control or mount)
- WH100- Guard pass (standing and kneeling opening)
- WH101- Defense of the armbar from the guard
- WH102- Defense of the triangle (block + leg over the head)
- WH103- Defense of the guard pass (WH41) with (WH05)
- WH104- Defense of the guard pass (WH72) with (WH18) and (WH65)
- WH105- Defense of the cross choke from the mount
- WH106- Defense from parallel choke on the mount
- WH107- Escape from the knee on the belly (pulling ankle)
- WH108- Defense of the omoplata (rolling)
- WH109- Escape from the back grab (all fours)
- WH110- Escape from the back grab (flat)
- WH111- Guillotine from the closed guard attempting (WH75)
- WH112- Transition: Knee on the belly to armbar
- WH113- Armbar on the escape of the 2nd immobilization
- WH114- Straight foot lock from the guard
- WH115- Defense of the straight foot lock