



# ADULTS WHITE BELT

## 3 STRIPES

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- WH89- Sweep from butterfly guard (opposite leg)
- WH90- Sweep from open guard with external hook (knee down)
- WH91- Sweep from open guard with external hook (knee up)
- WH92- Sweep from standing open guard (sitting to single leg with hook)
- WH93- Sweep from half-guard (ankle)
- WH94- Sweep from half-guard (3rd arm grip)
- WH95- Sweep from block on the armbar from the guard (WH23)
- WH96- Omoplata from closed guard (hip aid)
- WH97- Pass the guard (on the scissors sweep)
- WH98- Pass the guard (Failure triangle)
- WH99- Pass the half-guard (hook on the thigh to both ways)
- WH100- Pass the guard (standing and kneeling opening)
- WH101- Defense from the armbar from the guard
- WH102- Defense from the triangle (block + leg over the head)
- WH103- Defense from the pass the guard (WH41) with (WH05)
- WH104- Defense from the pass the guard (WH72) with (WH18) and (WH65)
- WH105- Defense of the cross choke from the mount (block + bridge)
- WH106- Defense from bow & arrow choke from the mount (block + bridge)
- WH107- Escape from the knee on the belly (pulling ankle)
- WH108- Defense from omoplata (rolling)
- WH109- Escape from the back mount (turtle)
- WH110- Escape from the back mount (flat)
- WH111- Guillotine from the closed guard attempting (WH75)
- WH112- Transition: Kneee 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