



ADULTS WHITE BELT

4 STRIPES

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WH116- Transition: Armbar to triangle from (WH24)
WH117- Transition: Omoplata to triangle from (WH89)
WH118- Transition: Armbar to omoplata from (WH24)
WH119- Transition: Back mount choke to armbar from (WH37-E)
WH120- Transition: Block of the armbar on the mount to triangle
WH121- Wrist lock WH122- Sprawl (WH66)
WH123- Jumping to the closed guard to armbar
WH124- Pass the guard (taking off the ground)
WH125- Firefighter sweep
WH126- Sweep (WH78)
WH127- Triangle (guard approach)
WH128- Armbar (guard approach)
WH129- Omoplata (guard approach)

WH130 O-soto-gari (WH49)
1st Immobilization (WH43)
Guard recovery (WH67-B)
Sweep (WH34)
Escape from the mount (WH26)
Pass the guard (WH41)
Technical mount (WH30)
Key lock (WH31)

WH133 Jumping to the closed guard to armbar (WH123)
Defense of the armbar (WH101)
1st Immobilization (WH43)
Escape from the side control (WH67-A)
Getting the back mount (WH66)
Armbar on the back mount (WH83)

WH131 Koshi-guruma (WH62)
2nd Immobilization (WH43)
Escape (WH68)
Guard recovery (WH67-B)
Sweep (WH75)
Escape from the mount (WH26)
Pass the guard (WH42)
Knee on the belly/armbar (WH112)
Defense from the armbar (WH25)
Triangle (WH116)

WH134 Koshi-guruma (WH62)
Tani-o-toshi (WH61)
Technical mount (WH30)
Armbar from the mount (WH24)
Defense of the armbar (WH25)
Omoplata (WH96)
Defense of the omoplata (WH108)
Knee on the belly (WH63)
Escape from the knee on the belly (WH107)
Sweep (WH78)
Standing up safely (WH10)
Armbar (WH128)

WH132 Morote-Gari (WH48)
Sweep from the butterfly guard (WH89)
Escape from the mount (WH67-B)
Pass the guard (WH72)
Defense of the pass the guard (WH104)
Escape from the side control (WH67-A)
Getting the back mount (WH66)
Mata-leao (WH36-C)