

WHITE BELT SYLLABUS

ADULT - 4 STRIPES

TRANSITIONS

- 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

STANDING TECHNIQUES

- 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)

SEQUENCES

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)

WH131

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

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)

WH133

- Guard jump 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)

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)