



# ADULTS WHITE BELT NO STRIPE

## DOJO RULES

- Bow upon entering and leaving the Dojo (If late, ask permission to your Sensei before walk into the Dojo)
- Remove and take care of all jewelry
- Line up and bow to your Sensei at beginning and at the end of the class
- Keep your uniform straighten (avoid walking around with top off and no belt)
- Etiquette: Rei = The greeting (Bow); Ritsurei = Standing; Zarei = Kneeling; Hajime = Start the fight
- Tap out on your partner (avoid tapping out on the mats), verbal tap out: Matte = Stop the fight
- Tie the belt correctly
- No undershirt is worn, except by women (required)
- Uniform (and its occupant!) should be kept clean; nails should be clipped short at all times
- School Rules: No eye gouging; No fish-hooking grabbing/striking the neck with the hands; No finger and toe locks; No neck locks; No heel hooks and No slamming

## WHITE BELT - NO STRIPE

### GROUND LOCOMOTION

- WH01- Shrimp in the same position (only hips) forward and backward
- WH02- Shrimp in motion (hips and shoulder) WH03- Bridge (hips)
- WH04- Bridge (shoulder)
- WH05- Getting on the knees (forward and backward)
- WH06- Triangle drill (hips)
- WH07- Hips twist drill (for technical mount)
- WH08- Wall spinning (or with partner)
- WH09- Guard fencing (with partner moving in both directions)
- WH10- Standing up safely

### BREAKFALL TECHNIQUES

- WH11- Front position
- WH12- Back position
- WH13- Side position (both sides)
- WH14- Front fall
- WH15- Back fall
- WH16- Side fall
- WH17- Front roll
- WH18- Back roll
- WH19- Side roll
- WH20- Kata of rolls

### GROUND TECHNIQUES - BASIC SEQUENCE I

- WH21- Cross choke from the closed guard
- WH22- Defense of cross choke
- WH23- Pendulum sweep
- WH24- Armbar from the mount
- WH25- Defense from the armbar (WH04)

### GROUND TECHNIQUES - BASIC SEQUENCE II

- WH26- Escape from the mount (WH03)
- WH27- Pass the guard (arm crossed) passing to the side control and/or going to the mount
- WH28- 1st Immobilization (neck + leg & hand + hand)
- WH29- Keylock from the 1st Immobilization WH30- Technical mount (WH07)
- Wh31- Keylock from the mount