



core
jiu-jitsu

Complete Martial Arts Training

CORE BJJ WHITE BELT STRIPE I REQUIREMENTS

Ettiquette:

1. Tying the Belt
2. Proper Line Up Procedure
3. Why do we never walk in front of others in the dojo?

Standing and Self-Defense:

1. Rear Breakfall and Technical Stand Up
2. Standing Bear Hug (Body Lock) Escape
3. Clinch off Haymaker (Safety Position)

Takedowns:

1. Tight waist takedown from body lock
2. Double leg takedown from the knees

Guard Passes:

1. Opening the guard on the ground (knee + elbow)
2. Torreando guard pass
3. Quick stack to side control

Guard Bottom:

1. Posture break & clinch guard
2. Helio Gracie Cross choke
3. Guillotine choke
4. Kimura

Side control bottom:

1. Hip escape to guard
2. Proper hand position

Side Control Top:

1. Americana arm lock
2. Knee slide mount

Mount Top:

1. High and low mount
2. Mount Maintenance vs Sideway & Straight Chest Push
3. Americana

Mount Bottom:

1. Upa vs hand on floor
2. Upa Vs Hands on body

Back:

1. 101 back take from turtle
2. Rear naked choke