

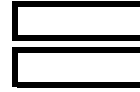


Brazilian Jiu-Jitsu

WHITE BELT TO 1-STRIPE WHITE BELT

FALLS

Simple Sit Down (aka Rear Break Fall)
Kneeling Side Fall (aka Side Break Fall)

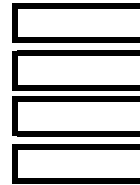


Page

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(9)

POSITIONS

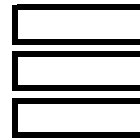
Closed Guard
Side Control
Mount
Back Control



(22)
(25)
(23)
(26)

TRANSITIONS & Drills

Mount Movement Exercise
Basic Rolling Drill
Guardwork Drill



(27)
(35)
(44/37)

ESCAPES

Bridging Escape from Mount
Hip Escape from Side Control (aka Shrimping)



(34)
(36)

PASSES

Single Leg Guard Pass
Tabletop Guard Pass (aka Marco Guard Pass)



(33)
(200)

SWEEPS

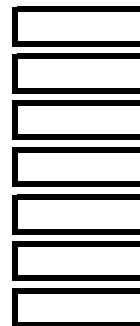
Scissor Sweep
Sitting Rollover Sweep (aka Bump Sweep)



(43)
(45)

SUBMISSIONS

Armbar from Mount
Armbar from Guard
Americana from Side Control
Americana from Mount
Kimura from Guard
Mata Leon Choke (AKA Rear Naked Choke)
Cross Lapel Choke from Guard



(47)
(40)
(58)
(46)
(39)
(265)
(50)



Brazilian Jiu-Jitsu

1-STRIPE WHITE BELT TO 2-STRIPE WHITE BELT

<u>POSITIONS</u>		<u>Page</u>
Butterfly Guard	<input type="checkbox"/>	(144)
<u>ESCAPES & COUNTERS</u>		
Elbow Escape from Mount	<input type="checkbox"/>	(38)
Armbar Defense from Guard	<input type="checkbox"/>	(122)
Armbar Defense from Mount	<input type="checkbox"/>	(98)
Back Control Escape #1	<input type="checkbox"/>	(270)
Back Control Escape #2	<input type="checkbox"/>	(271)
Guillotine Counter	<input type="checkbox"/>	(100)
Kimura from Guard Counter	<input type="checkbox"/>	(96)
<u>PASSES</u>		
Double Leg Guard Pass	<input type="checkbox"/>	(192)
<u>SWEEPS</u>		
Hooking Sweep	<input type="checkbox"/>	(194)
Double Hooking Sweep (aka Butterfly Rollover Sweep)	<input type="checkbox"/>	(145)
<u>SUBMISSIONS</u>		
Kimura from Side Control	<input type="checkbox"/>	(59)
Basic Armbar from Side Control	<input type="checkbox"/>	(57)
Guillotine from Open Guard	<input type="checkbox"/>	(41)
Cross Lapel Choke from Mount	<input type="checkbox"/>	(53)

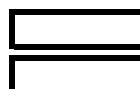


Brazilian Jiu-Jitsu

2-STRIPE WHITE BELT TO 3-STRIPE WHITE BELT

FALLS

Forward Roll
Backward Roll

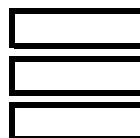


Page

(10)
(8)

POSITIONS

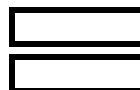
Knee-on-Belly
Half Guard
Side Mount



(24)
(110)
(234)

TRANSITIONS

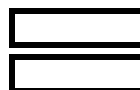
Knee-on-Belly Movement Drill
Half Guard to Back



(32)
(119)

ESCAPES & DEFENSES

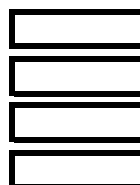
Knee-on-Belly Escape
Triangle Defense



(229)
(101)

PASSES

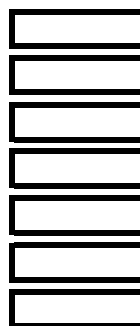
Butterfly Guard Pass
Single Butterfly Hook Pass
Basic Half Guard Pass
Switch Sides Half Guard Pass



(158)
(159)
(112)
(212)

SUBMISSIONS

Near Armbar from Knee-on-Belly
Far Armbar from Knee-on-Belly
Triangle to Armbar
Triangle Choke from Closed Guard
Arm Triangle from Mount
Bow and Arrow Choke from Back Control
Lapel Half-Nelson Choke from Side Mount



(92)
(93)
(102)
(42)
(55)
(267)
(217)



Brazilian Jiu-Jitsu

3-STRIPE WHITE BELT TO 4-STRIPE WHITE BELT

POSITIONS

		<u>Page</u>
Turtle Control		(334)
Kesa-Gatame		(310)
North/South		(274)



TRANSITIONS

Arm Drag to Back Control		(152)
Turtle to Back Control		(335)

ESCAPES

North/South Escape		(284)
Turtle Escape		(336)
Escape from Kesa-Gatame		(316)
Rolling Kesa-Gatame Escape		(317)

PASSES

Double Knee Standing Pass (aka Steering Wheel Open Guard Pass)		(209)
Closed Guard Pass #2		(44)

SWEEPS

Leg Grab Rollover Sweep		(201)
Flower Sweep		(143)
Butterfly Rollover Sweep		(145)

SUBMISSIONS

Near Armbar from Kesa-Gatame		(312)
Americana from Kesa-Gatame		(311)
Triangle from Kesa-Gatame		(313)
Clock Choke from Turtle		(344)
Single Lapel Choke from Turtle		(337)



Brazilian Jiu-Jitsu

4-STRIPE WHITE BELT TO BLUE BELT

TAKEDOWNS

		<u>Page</u>
Bear Hug Takedown	<input type="checkbox"/>	(248)
Single Leg Takedown	<input type="checkbox"/>	(68)
Double Leg Takedown	<input type="checkbox"/>	(70)
Single Leg Takedown from Knees	<input type="checkbox"/>	(67)
Double Leg Takedown from Knees	<input type="checkbox"/>	(69)

TRANSITIONS

Head to Head Sit-Through	<input type="checkbox"/>	(19)
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ESCAPES & COUNTERS

Sprawl	<input type="checkbox"/>	(84)
Side Control Escape to Knees	<input type="checkbox"/>	(225)

PASSES

Knee Inside or Collar Pressure Guard Pass	<input type="checkbox"/>	(184)
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SWEEPS

Open Guard Hook Sweep (aka Tripod Sweep)	<input type="checkbox"/>	(204)
Open Guard Reap Sweep	<input type="checkbox"/>	(205)
Front Sweep	<input type="checkbox"/>	(245)
Back Sweep	<input type="checkbox"/>	(199)
Omolata Sweep	<input type="checkbox"/>	(347)

SUBMISSIONS

Omolata	<input type="checkbox"/>	(95)
Armbar to Omoplata	<input type="checkbox"/>	(40/95)
Triangle to Omoplata	<input type="checkbox"/>	(42/95)
Ezekiel Choke	<input type="checkbox"/>	(116)
Bread Cutter Choke from Side Control	<input type="checkbox"/>	(346)