WHITE TO BLUE BELT SYLLABUS

Prepared by David Christopher and Justin Christopher

(MOVEMENT AND STAND UP)

MOVEMENT

1. Hip escape variations:

   (a) 2 feet
   (b) Inside foot
   (c) Outside foot

2. Bridge
3. Bridge and roll
4. Bridge and thread
5. 360 rocking guard
6. Standing in base
7. Rising hip escape
8. 360 shoulder mobility drill (ground)
9. Forward roll
10. Backward roll
11. 4 point base
12. Shuffle:

    (a) Forward
    (b) Back
    (c) Left
    (d) Right
    (e) Pivot

13. Back, Side and Front Break fall

STAND UP

1. Achieve the clinch
2. Pummelling
3. Takedown:

   (a) Body fold
   (b) Leg hook

4. Hip throw
5. Guard pull
6. Double leg
7. Single leg
8. Wrist grab
9. Bear hug:

   (a) arms pinned front/rear
   (b) under arms front/rear

10. Headlock:

    (a) With posture
    (b) With punches
    (c) Without punches
    (d) Being pulled down

11. Guillotine:

    (a) Defence standing
    (b) Choke standing

12. Sprawl

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(GUARD AND SIDE CONTROL)

GUARD (TOP)

1. Basic leg on shoulder pass
2. Standing knee through pass
3. Guillotine defence
4. Armbar defence
5. Double under pass

GUARD (BOTTOM)

1. Basic armbar
2. Basic triangle choke
3. Cross collar choke
4. Scissor sweep
5. Hook sweep
6. Sit over sweep
7. Take the back
8. Punch block series 1 – 5
9. Double ankle sweep
10. Front sweep
11. Leg hook standing sweep
12. Kimura
13. Guillotine

SIDE CONTROL (TOP)

1. Hand placement (position)
2. Transition to knee ride
3. Transition to mount

   (a) Step over
   (b) Knee across

4. Paper cutter choke
5. Far side armbar
6. Nearside armbar
7. Kimura
8. Americana
9. Transitions to north south

SIDE CONTROL (BOTTOM)

1. Guard recovery
2. Escape to knees
3. Punch defence
4. Headlock escapes

   (a) Shoulder Pull
   (b) Frame
   (c) Leg Hook To Back

5. Kesa Gatame escape

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WHITE TO BLUE BELT SYLLABUS

(MOUNT AND BACK)

MOUNT (TOP)

1. Maintenance
2. Armbar
3. Choke
4. Americana
5. Triple threat attacks
6. Transition to the back

BACK (ATTACK)

1. Rear naked choke
2. Double lapel choke
3. Armbar
4. Transition to mount

MOUNT (BOTTOM)

1. Bridge and roll
2. Elbow knee
3. Punch defence

BACK (ESCAPES)

1. Double under
2. Seat belt
3. Double over
4. Face down sprawled out
5. Two arm defence:

   (a) Rickson
   (b) Relson

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