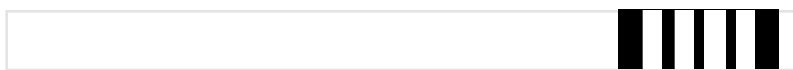




Gracie Jiu-Jitsu

White Belt



Demonstration of Techniques and Exercises

- **Hip Movement**
 - Floor Position
 - Standing Position
- **Bridge**
- **Rolls**
 - Forward
 - Backward
- **Standing Up into Base**
- **Teeter-Totter rock**
(rocking on back in all directions to stay with opponent)
- **Four-Point Base**

Student will need to show **knowledge** of techniques against an **unresisting** opponent.

Student will need to show **effectiveness** of techniques against a **resisting** opponent.

Standing Techniques

Standing

- **Defense**
 - Punch Block
 - Kick Block
- **Offense**
 - Hip Throw
 - Leg Throw
 - Throw from Behind by
 - Lifting Up
 - Sitting Down

Floor Techniques

Mount

- **Defense**
 - Upa (bottom)
 - Elbow Escape (bottom)
- **Offense**
 - 2 Armlocks
 - Choke

Guard

- **Defense**
 - 3 Sweeps (bottom)
 - Guillotine choke (top)
- **Offense**
 - Triangle (bottom)
 - Choke (bottom)
 - Straight Arm Lock (bottom)
 - Bent Arm Lock (bottom)
 - Guillotine Choke (bottom)
 - 2 Ways to Pass guard (top) -
1 Knee on Floor

Cross Side

- **Defense**
 - Put in Guard (bottom)
 - Turn on Knees (bottom)
- **Offense**
 - 2 Options to Mount (top)
 - 2 Arm Locks (top)

Opponent On Back

- **Defense**
 - Escape (back on floor)

On Opponent's Back

- **Offense**
 - Chokes
 - with collar
 - without collar