

## **BJJ White Belt 1<sup>st</sup> Stripe Requirements**

### **Throws**

Seoi Otoshi	Drop Knee Shoulder Throw
Osoto Gari	Large Outer Reap
Morote Gari	Double Leg Takedown or 2 Handed Reap

### **Hold Downs**

Kesa Gatame	Scarf Hold
Kazure Kesa Gatame	Modified Scarf Hold
Tate Shiho Gatame	Top Locking Four Corner Hold
Mune Gatame	Chest Hold

### **Escapes**

1 Escape or Guard Recovery from each Pin

### **Chokes**

Hadake Jime	Naked Choke
San Kaku Jime	Triangle Choke (from Guard)

### **Joint Locks**

Juji Gatame	Cross Body Arm Lock (From Guard & Mount)
Ude Garami	Entangled Arm Lock (from Guard & Side)

### **Misc Mat Work:**

Scissor Sweep  
Knee Push Scissor Sweep  
Hip Bump  
Elbow in Thigh Guard Pass