

BJJ White Belt 1st 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

BJJ Semester 1 – January - April

Throws Advanced Ranks Add

Hiza Garuma Knee Wheel Yoko Garuma (Sleeve Push)

Sasae Tsuru Komi Ashi Lift Pull Foot Prop

Kuchiki Taoshi Dead Tree Drop

Chokes Advanced Ranks Add

Okuri Eri Jime Sliding Lapel Choke ½ Stock Choke (Kataha Jime Rolling)

San Kaku Jime Triangle Choke San Kaku from Failed JuJi (guard)

Hadake Jime (2 arm trap from SRM)

Joint Locks Advanced Ranks Add

Ashi Gatame – Foot/Ankle Lock Elbow Wedge/Bicep Crush

Ashi Ude Garami/Oma Plata Knee Wedge/Calf Crush

Ude Garami (From Btm vs. Side Control)

Guard Passes Advanced Ranks Add

Single Leg Hug Pass Over Under w/Arm Trap

Double Leg Hug Pass Sit Through/Surfboard Pass vs Sitting Opponent

Over/Under (Half Stack)

Guard Sweeps & Misc Mat Work Advanced Ranks Add

Pendulum Sweep San Kaku Turnover (Front)

Kick Sweep San Kaku Turnover (Rear)

Oma Plata Sweep/Roll San Kaku from SRM

Self-Defense

1. Defense vs rear standing choke.

3. Defense vs rear bear hug under the arms

2. Defense vs rear bear hug over the arms

4. Defense vs full-nelson

BJJ Semester 2 – May – August

Throws

Tsuri Komi Goshi Lift Pull Hip Throw Hikki Komi Gaeshi – Back Fall Reversal
Kata Garuma – Shoulder Wheel (Drop Knee)
Sode Tsuri Komi Goshi Sleeve-Lifting Hip Throw

Advanced Ranks Add

Chokes

Nami JuJi Jime – Normal Cross Choke (Butterfly Kick Out) Triangle from Top Mount
Ryote Jime - 2 Hand Choke Loop Choke from Guard
Sode Garuma Jime – Sleeve Wheel Choke (Ezekiel Choke)

Advanced Ranks Add

Joint Locks

Hiza Gatame Knee Arm Lock Ashi Juji Gatame (Cross Body Leg Lock-Standing)
Dbl JuJi From Guard Wrist Lock vs Lapel Grip

Advanced Ranks Add

Guard Passes & Sweeps

Spider Guard Sweep 1 (Sweep to Side & Angle) Leg Stomp Pass vs Spider Guard (Standing)
Single Leg Drag Pass Spider Guard to Triangle (they put knee up)
Tripod Sweep from Spider Guard Arm Lasso/Pendulum Sweep

Advanced Ranks Add

Misc. Mat Work

Spinning Juji from Side vs. Turtle (Bull Rider) Jack Knife Vs Turtle - Armbar
Spinning Choke from Side vs. Turtle (Bull Rider) “Superman” Lift to JuJi Gatame

Advanced Ranks Add

Self-Defense

1. Defense vs same side wrist grab
2. Defense vs cross wrist grab
3. Defense vs double wrist grab
4. Defense vs front 2-hand choke

BJJ Semester 3 – September - December

Throws

		<u>Blue & Above Add</u>
Tomoe Nage	Circle Throw	Yoko Tomoe Nage
Tani Otoshi	Valley Drop (as a counter)	Tani Otoshi (From a Cross Grip)
Sukui Nage	Scooping Throw (as an attack & vs side headlock)	

Chokes

		<u>Blue & Above Add</u>
San Kaku Jime – Triangle Choke	Mukozune Jime - Shin Choke (aka Gogo Plata)	
Skirt Choke (Under Arm)	Ashi Eri Jime - Leg & Lapel Choke (rolling)	
Okuri Eri Jime - Sliding Lapel Choke (Rear & Clock)	Jigoku Jime - Hell Strangle (rolling)	

Joint Locks

		<u>Blue & Above Add</u>
Ude Garami Upper, Lower, Kesa	Ashi Garami to Knee Lock & Heel Hook	
JuJi Gatame – Regular & Leg Dive	Kote Hineri - Wrist Twist	
JuJi Gatame – Mount	Ude Garami - Flow Drill. Compression.	

Guard Passes

		<u>Blue & Above Add</u>
Bull Fighter	Thread the Needle	
Single Leg Hug	Half Stack – to Pass, Choke	
Key Lock, Ude Garami, Pocket Trap Passes (1/2 guard)	Wrist Lock Pass vs Half Guard	

Misc. Mat Work

		<u>Blue & Above Add</u>
Bicep Crush/Wedge vs Blocked JuJi Gatame	DeLa Riva to Balloon Sweep (Tomoe Nage)	
Belt Trap to Tate Shiho vs Blocked JuJi Gatame	DeLa Riva Push Down to Back Take	

Self-Defense

- 1. Defense vs 2-hand choke from mount**
- 2. Defense vs forearm to throat from mount**
- 3. Defense vs 1 arm behind head from mount**
- 4. Defense vs both hands pinned from mount**

BJJ Semester 4 – Jan - April

Throws

KoUchi Gari Small Inner Reap

Deashi Harai Advanced Foot Sweep (sticky foot)

Kibisu Gaeshi Heel Pick Reversal

Blue & Above Add

Ouchi Gari

KoUchi to Ouchi Gari

Chokes

Tsukikomi Jime Thrust Choke

Sode Garuma Jime Sleeve Wheel Choke

San Kaku Jime Triangle Choke

Blue & Above Add

Crossbow/Bow & Arrow Choke

Baseball Bat/Gator Roll

San Kaku from Rear Mount

Joint Locks

Ude Garami from Kesa Gatame

Ude Garami from Ushiro Kesa Gatame

Ude Gatame – Arm or Shoulder Arm Lock

Blue and Above Add

1 Arm Ude Garami from side

Ude Garami Roll from Knee on Belly

Ashi JuJi Gatame – Cross Body Leg Lock

Guard Passes

Separation/Step Back Pass

Stacks Guard Pass

Stack & Flip

Blue & Above Add

Separation/Level Change/Thread the Needle

Leg Hug Pass vs ½ Guard

Leg Encircle Pass vs Spider Guard

Guard Sweeps & Misc Mat Work

Crunch to Old School Sweep vs ½ Guard

Waiter Sweep

Pendulum/Flower Sweep

Blue and Above Add

Bow & Arrow Choke vs Turtle & From Rear

Arm Lasso Sweep – Using Armpit

Arm Lasso Sweep - Using Shin

Arm Lasso Sweep – Using Hook Sweep

Self-Defense

1. Defense vs Morote Gari/tackle

2. Defense vs standing charge

3. Defense vs jab to head/face

4. Defense vs cross to head/face

BJJ Semester 5 – May - August

Throws

Kosoto Gake - Small Outer Hook

Koshi Garuma - Hip Wheel

Tai Otoshi - Body Drop

Advanced Ranks Add

Tai Otoshi - Using Elbow Fold In

Ude Gaeshi – Arm Reversal

Chokes

Nami Juji Jime - Normal Cross Choke

Kata Juji Jime – Half Cross Choke

Kata Jime - Shoulder Choke

Advanced Ranks Add

Nami Juji Jime (Hip Swing/Wrinkle)

Katate Jime - 1 Arm Choke (Pocket)

San Kaku from Tate Shiho Gatame

Joint Locks

JuJi Gatame – Cross Body Arm Lock (from full mount)

Ashi Ude Garami – Leg Entangled Arm Lock (aka Omaplata)

Ashi JuJi Gatame – Cross Body Leg Lock (from Knee on Belly)

Advanced Ranks Add

JuJi Gatame Turnover (Vs Turtle)

Bicep Crush w/Leg (vs Guard Pass)

Guard Passes

Wrist Trap to Hip & Stand

Swinging Leg Guard Pass Vs Full Guard

Advanced Ranks Add

Leg Encircle Pass vs Spider Guard

Sau Paulo Pass

Guard Sweeps & Misc Mat Work

Dble Ankle Sweep from High Open Guard

Misery Guard Sweep (on knees)

Sit Up/Leg Hug Sweep

Advanced Ranks Add

Bump & Roll

Helicopter

Omaplata Sweep

Self-Defense

1. Punch/Block Series with opponent in your guard. Level 1, 2, & 3 plus upkicking.

BJJ Semester 6 – September - December

Throws

Advanced Ranks Add

Uchi Mata - Inner Thigh Reap

Sukashi – Evasion)Vs Uchi Mata)

Harai Goshi - Hip Sweep

Uchi Mata Roll to Pin or Leg Lock

Maki Komi - Wrap-Around Throw

Chokes

Advanced Ranks Add

Gyakyu Juji Jime - Reverse Cross Choke

Baseball Bat/Gator Roll

Kataha Jime – Single Wing Choke

½ Stock Choke (Kataha Jime Rolling)

Skirt Choke (Behind Head)

Joint Locks

Advanced Ranks Add

Waki Gatame - Armpit arm lock

Waki Gatame vs Turtle on Stomach

Kote Gaeshi - Reverse Wrist Twist

Ashi Gatame – Foot Lock

Bull Rider JuJi Gatame

Ashi Garami – Leg Entanglement to Heel Hook

Guard Passes

Advanced Ranks Add

Ude Garami Arm Trap Pass vs ½ Guard

Rear Step Back Pass vs ½ Guard

Katate Jime Pass vs ½ Guard

Bull Fighter Pass

Guard Sweeps & Misc Mat Work

Advanced Ranks Add

Waiter Sweep

Misery Guard Leg Split/Back Take

Hook Flip

DLR Balloon Sweep

Arm Drag/Back Take

DLR Sleeve Trap/Lapel Pull

Self-Defense

Basic Striking – Jab, Cross, Hook, Uppercut, Elbow/Forearm Strikes, Front & Side Snap Kicks, Low Roundhouse Kicks