White Belt No Stripe – Round time: 1 minute

DRILLING ROUNDS, BOTTOM AND TOP

Rear Sleeper Choke

Gi											**10**
Gi											**20**
Gi											**30**
NoGi											**40**
NoGi											**50**
NoGi											**60**

Rocking Chair

Gi											**10**
Gi											**20**
Gi											**30**
NoGi											**40**
NoGi											**50**
NoGi											**60**

Toreanda Pass

Gi											**10**
Gi											**20**
Gi											**30**
NoGi											**40**
NoGi											**50**
NoGi											**60**

Upa Mount Escape

Gi											**10**
Gi											**20**
Gi											**30**
NoGi											**40**
NoGi											**50**
NoGi											**60**

POWER GENERATION

Rocking Chair Bottom

Gi											**10**
Gi											**20**
Gi											**30**
NoGi											**40**
NoGi											**50**
NoGi											**60**

Mount - Top

Gi											**10**
Gi											**20**
Gi											**30**
NoGi											**40**
NoGi											**50**
NoGi											**60**

FIGHTING PROFICIENCY ROUNDS

Clinch round – Body Lock

Gi											**10**
Gi											**20**
Gi											**30**
NoGi											**40**
NoGi											**50**
NoGi											**60**

Weapon Round – Guard - Bottom, Partner has a Pistol

Gi											**10**
Gi											**20**
Gi											**30**
NoGi											**40**
NoGi											**50**
NoGi											**60**

Weapon Round – Guard - Top, Partner has a Pistol

Gi											**10**
Gi											**20**
Gi											**30**
NoGi											**40**
NoGi											**50**
NoGi											**60**

Mount - Top

Gi											**10**
Gi											**20**
Gi											**30**
NoGi											**40**
NoGi											**50**
NoGi											**60**

Mount - Bottom

Gi											**10**
Gi											**20**
Gi											**30**
NoGi											**40**
NoGi											**50**
NoGi											**60**

Super Round - Rocking chair, Closed guard, Side control, Knee mount, Back

Gi											**10**
Gi											**20**
Gi											**30**
NoGi											**40**
NoGi											**50**
NoGi											**60**