Requirements before taking White Belt 2nd Stripe Test – Round time: 2 minute

DRILLING ROUNDS

Takedown – Snap Down

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

Over the leg, Knee Slice Pass

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

Guillotine from Guard

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

Kimura – Various Positions

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

POWER GENERATION

Guard bottom controlling opponent's posture

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

Knee Mount top

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

FIGHTING PROFICIENCY ROUNDS

Clinch round – Body Lock and Neck Clinch

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

Weapon Round – Guard - Bottom, Partner has a Knife – Start With Grip

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

Weapon Round – Guard - Top, Partner has a Knife – Start With Grip

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

Knee Mount - Top

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

Knee Mount - Bottom

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

Super Round - Guard, Half-guard, Side control (facing the head), Mount, Back

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