Requirements before taking White Belt 3rd Stripe Test – Round time: 2 minute

DRILLING ROUNDS

Triangle from Guard

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

Side Control Headlock Escape to the Back

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

Double Under Guard Pass

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

Guillotine Defense from Guard - Top

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

POWER GENERATION

Side Control - Top

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

Guard - Bottom

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

FIGHTING PROFICIENCY ROUNDS

Clinch round – Body Lock, Neck Clinch, or Throat Grab

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

Weapon Round – Guard - Bottom, Partner has a Pistol – Start without grip

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

Weapon Round – Guard - Top, Partner has a Pistol – Start without grip

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

Side Control - Top

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

Side Control - Bottom

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

Super Round - Closed Guard, Half-guard, Knee mount, Mount, Back

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