**Requirements before taking White Belt 4th Stripe Test – Round time: 2 minute**

**DRILLING ROUNDS**

**Rear Collar Choke**

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **Gi** | | | | | | | | | | | **10** |
| **Gi** | | | | | | | | | | | **20** |
| **Gi** | | | | | | | | | | | **30** |
| **Gi** | | | | | | | | | | | **40** |
| **Gi** | | | | | | | | | | | **50** |
| **Gi** | | | | | | | | | | | **60** |

**Front Collar Choke**

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **Gi** | | | | | | | | | | | **10** |
| **Gi** | | | | | | | | | | | **20** |
| **Gi** | | | | | | | | | | | **30** |
| **Gi** | | | | | | | | | | | **40** |
| **Gi** | | | | | | | | | | | **50** |
| **Gi** | | | | | | | | | | | **60** |

**Single Under Guard Pass**

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

**Climbing Armbar from Guard**

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

## POWER GENERATION

### Half Guard - Top

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

### Turtle - Top

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

## FIGHTING PROFICIENCY ROUNDS

### Clinch round – Body Lock, Neck Clinch, Throat Grab, or Double Leg Position

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

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

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

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

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

**Half Guard - Top**

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

**Half Guard - Bottom**

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

**Super Round - Guard, North/South, Knee mount, Mount, Back**

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