

Burton Richardson's BJJ FOR THE STREET
WHITE BELT 2nd STRIPE TEST

The entire test should take 7 minutes. In the rolling rounds, please go slowly and work for precision. **IF YOU RELY ON SPEED AND EXPLOSIVENESS YOU WILL NOT PASS!**

TECHNICAL PRECISION

1- Explain and demonstrate in 30 seconds or less the basic guillotine from the guard.

2- Explain and demonstrate in 30 seconds or less the Kimura from North/South side.

FIGHTING PROFICIENCY

Clinch- Work to secure the body lock or neck clinch. Get to quick takedown position or snap down without finishing. The round is 20 seconds

Ground-

Each round is 20 seconds in the inferior position, then 20 seconds in the superior position. Train slowly and calmly with light resistance. If you use power and explosiveness **you will not pass!**

Bottom - work to get to a safe position, then attempt to **transition to stand up**. If you make a transition, go back to original position and start again. Partner on top throws open hand strikes and safely simulate head butts without contact.

Top - throw open hand strikes and safely simulate head butts without contact. **Transition to stand up**. Partner on bottom tries to hold you in place.

1- No-Gi, Guard Bottom, partner has training knife, start with the 2 on 1 grip and work from there. Guard Top, partner on bottom has training knife, start with the 2 on 1 grip on the pistol and work from there. ***Light resistance!***

2- No-Gi. **Isolated Round** - Knee Mount- light open hand strikes, safely simulate head butts without contact. Work to improve position and stand up or submit. If you change positions, go back to knee mount. ***Light resistance!***

3- Gi - **Super Round** – ISOLATED Ground and Pound with transitions to stand up.

Positions are: Closed guard, half-guard, side control facing the head, mount, back.

Start 20 seconds on bottom, then 20 seconds on top.