

Burton Richardson's BJJ FOR THE STREET  
WHITE BELT 3rd 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**

Explain and demonstrate in 30 seconds or less the triangle from the guard.

Explain and demonstrate in 30 seconds or less the side control bottom headlock escape to the back.

**FIGHTING PROFICIENCY**

Clinch- Work to secure the body lock, neck clinch, or throat grab. Get to takedown position without finishing. 20 seconds

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** or safely apply a **submission**. 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. Work for **Transitions** to improve your position and safely apply **submissions**.

1- No-Gi, Guard Bottom, partner has pistol start *without* grip on the pistol and work from there. Guard Top, partner on bottom has pistol, start *without* grip on the pistol and work from there. *(This is very difficult! But I would rather you know the truth than to alter the drill to make it easier on you and give you a false sense.) Light resistance!*

2- No-Gi. **Isolated Round** - Side Control- 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 Side Control. *Light resistance!*

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

**Positions are: Closed guard, half-guard, knee mount, mount, back.**

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