

Burton Richardson's BJJ FOR THE STREET
WHITE BELT 4th 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 rear collar choke.
- 2- Explain and demonstrate in 30 seconds or less the front collar choke from the guard.

FIGHTING PROFICIENCY

Clinch- Work to secure the body lock, neck clinch, throat grab, or double leg. Get to takedown position without finishing. 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!**

Top Fighter throws open hand strikes and safely simulate head butts without contact. Attempt to make a transition or safely apply a submission.

Bottom Fighter works to get to safe position, make transition to better position or safely apply a submission. If either fighter makes a transition or finishes a submission, go back to original position and start again.

1- No-Gi, Guard Bottom, partner has knife start *without* grip on the knife and work from there. Guard Top, partner on bottom has knife, start *without* grip on the knife 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** – Half Guard- 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, transitions, and submissions.

Positions are: Closed guard, north/south, knee mount, mount, back.

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