



柔 Gracie Jiu Jitsu 術

White Belt Stripe 4 Requirements

*Must attend at least two classes, two rolling sessions during test week in order to test.

STANCES & MOVEMENTS:

- ☐ Attention Stance ☐ Bowing ☐ Listening Stance ☐ Ready Stance ☐ Fighting Stance ☐ Front Roll ☐ Side Fall
- ☐ Rear Breakfall ☐ Stand up in Base ☐ Shrimping ☐ Bridge Movement ☐ Teeter Totter

PUNCHING DRILL:

- ☐ Footwork: Step & Slide ☐ Front Punch (Jab) ☐ Reverse Punch (Rear Hand Cross) ☐ Hook Punch
- ☐ Catch Block ☐ Body Cover Block ☐ High Cover Block

STRIKES:

- ☐ Finger Jab Strike ☐ Hammer Fist ☐ Palm Heel Strike ☐ Assisted / Unassisted Knee Strike
- ☐ Front Kick ☐ Side Kick ☐ Round Kick

CLINCHING / TAKEDOWNS:

- ☐ Front Clinch ☐ Side Clinch ☐ Back Clinch ☐ Hip Throw ☐ Sitting Arm Bar
- ☐ Body Fold Takedown ☐ Leg Pick Takedown ☐ Bear Hug Takedown ☐ Rear Drop Takedown

SELF DEFENSE SURPRISE ATTACKS:

- ☐ Standing Choke Escape ☐ Wrist Grab Escape ☐ High Tackle Defense ☐ Lapel Grab Counter
- ☐ Haymaker Punch Defense ☐ One Hand Push (Pull to Elbow Lock) ☐ Rear Choke Counter
- ☐ Rear Waist Grab Defense – Knee Bar & Standing Kimura ☐ Standing Headlock (w/ Punch)

GROUND TECHNIQUES: MOUNT

- ☐ Escape the Mount (Trap & Roll) to Standing ☐ Escape the Mount (Elbow Escape)
- ☐ Ground Drill #1 (Trap & Roll / Pressure Point Pass / Mount) ☐ Ground Drill #2 (Elbow Escape / Scissor Sweep)
- ☐ Cross Collar Choke ☐ Paint Brush Armlock ☐ Straight Arm Lock ☐ Kimura ☐ Sleeve Choke ☐ Crossbody Arm Bar

GROUND TECHNIQUES: SIDE MOUNT

- ☐ Paint Brush Armlock ☐ Headlock Escape #1 ☐ Headlock Escape #2

GROUND TECHNIQUES: GUARD

- ☐ Pressure Point Pass ☐ Leg Hook Pass ☐ Knee Over Power Pass ☐ Standing Guard Pass
- ☐ Closed Guard to Standing ☐ Scissor Sweep ☐ Leg Lifting Sweep ☐ Timing Sweep ☐ Punch Block Stages 1 / 2 / 3 / 4
- ☐ Cross Collar Choke ☐ Kimura ☐ Front Choke ☐ Arm Bar ☐ Triangle leg Choke

GROUND TECHNIQUES: BACK MOUNT

- ☐ Back Escape (with Hooks and No Hooks) ☐ Rear Naked Choke
- ☐ Ground Drill #3 (Twisting Arm Control / Take the Back / Escape the Back Mount with Hooks)

