



柔 Gracie Jiu Jitsu 術

White Belt Stripe 2 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
- ☐ Knee Strike
- ☐ Front Kick
- ☐ Side Kick

△ CLINCHING / TAKEDOWNS:

- ☐ Front Clinch
- ☐ Side Clinch
- ☐ Back Clinch
- ☐ Hip Throw
- ☐ Sitting Arm Bar
- ☐ Leg Pick Takedown

△ SELF DEFENSE SURPRISE ATTACKS:

- ☐ Standing Choke Escape
- ☐ Wrist Grab Escape
- ☐ High Tackle Defense
- ☐ Lapel Grab Counter

△ 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 TECHNIQUES: GUARD

- ☐ Pressure Point Pass
- ☐ Leg Hook Pass
- ☐ Closed Guard to Standing
- ☐ Scissor Sweep

