

White Belt Curriculum

Top Position

	Closed Guard		Spider Guard		Half Guard	Side Mount		Mount	Back		
MAINTAIN	Bicep Control		Knee/Ankle Control		Head/Shoulder/Hip	Head/Hip		Low/High	Hooks		
ATTACK						Key Lock	Kimora	Armlock	Arm bar	Cross Choke	Rear Naked
TRANSITION	Posture	Stand Up	Break	Over/Under Pass	Around/Thru	Thru Pass to Mount	360° Transition				

Bottom Position

	Closed Guard		Spider Guard	Half Guard	Side Mount		Mount	Back
DEFEND	Grips/tie-ups		Grips/Hips	Hip Mobility	Knees to Elbows		Protect the Neck	Protect the Neck
ESCAPE	Technical Stand Up		Roll Up	To Guard	To Guard	To Knees	Escape to Guard	Escape to Guard or Side
SWEEP	Scissor		Double Ankle Sweep	Pummel to Knees			Trap and Bridge	
SUBMIT	Cross Choke	Armbar	Triangle					

Auxillary Moves & Movements

Stand Up	Bottom	Top	Defenses	Take Downs
Pummel	Side Fall	Forward Roll	Triangle	Double Leg
Sprawl	Roll Up	Sit Out	Armbar	Osoto Gari
Falling	Roll In/Out		Guillotine	
	Back Roll		Rear Naked Choke	
	Shrimping		Wrists Grab	