WHITE BELT • FIRST STRIPE QULIFICATIONS

1. **Techniques**- be able to smoothly transition between each position.

- ❑ **Guard Position: Protect Yourself from a Larger Opponent**
  - ☐ Swim
- ❑ **Backpack Position** (get the hooks in!)
- ❑ **Standing Start**
  - ☐ Double Leg Takedown
- ❑ **Side Control Position**
  - ☐ Transition to Mount Position
- ❑ **Mount Position**
  - ☐ Side to side control
  - ☐ High swim (tire your opponent out, conserve your energy)
  - ☐ Low swim (tire your opponent out, conserve your energy)
- ❑ **Technical Mount**

2. **Strength**

- ❑ 10 push-ups
- ❑ 20 sit-ups
- ❑ 30 Squats

3. **Coordination**

- ❑ Front roll
- ❑ Back roll
- ❑ Shrimp

4. **Attitude**

- ❑ Towards Coach (Respectful and Ready to learn?)
- ❑ Towards Teammates (Learn from, Teach them, Respect them)
- ❑ Towards Teachers & Parents (Jiu-Jitsu is a Way of Life)

FIRST STRIPE TEST

1. Techniques

- ❑ **Mount**- Feet tucked and wide arm span (2 pts.)_____
  - ☐ Side to side control- Head control and post (2 pts.)_____
  - ☐ High swim- One arm at a time and back to the mat (2 pts.) _____
  - ☐ Low swim- Inward swim motion (1 pt.)_____
- ❑ **b. Technical Mount**- weight on back knee & hand, light front foot & hand (4 pts.)_____
- ❑ **c. Backpack**- both feet inside and uncrossed, seatbelt grip with bottom hand grasping (2 pts.)_____
- ❑ **d. Standing**
  - ☐ Double Leg Takedown- head on the outside, hands grasping behind the knees (2 pts.)_____
- ❑ **e. Side Control**- correct hand and foot position (2 pts.)_____
  - ☐ Mount transition- knee slides over (1 pt.)_____
- ❑ **f. Guard**- legs locked, head and arm wrapped (2 pts.)_____
  - ☐ Swim- inside swim (1 pt.)_____

2. Strength

- ☐ **10 push-ups** (1 pt.)_____
- ☐ **20 sit-ups** (1 pt.)_____
- ☐ **30 Squats** (1 pt.)_____

3. Coordination

- ☐ **Front roll** (2 pts.)_____
- ☐ **Back roll** (2 pts.)_____
- ☐ **Shrimp** (2 pts.)_____

Total: _____/30