

Guardian Gym White Belt Curriculum



		Jiu Jitsu is "words"				
	Ctwinss	With regular attendance, 18 to 24 months at White				
	Stripes		II	III	IIII	
Closed Guard						
Pos	ition Knowledge	X	Х	X	X	
Con	trol (top and bottom)		Х	X	X	
Esc	ape			X	X	
1 St	ubmission		Х	Х	X	
3 St	ubmissions				X	
Defe	ense			Х	Х	
Trar	nsition			Х	Х	
Open Guard		V				
	ition Knowledge	Х	X	X	X	
	trol (top and bottom)		X	X	X	
Esc				X	X	
	ubmission		X	X	X	
	ubmissions				X	
	ense			X	X	
Trar	nsition			X	X	
Half Guard						
	ition Knowledge	Х	X	х	X	
	trol (top and bottom)		X	X	X	
Esc			X	х	X	
	ubmission			x	X	
	ubmissions				X	
	ense				X	
	nsition			x	X	
Side Control (+knee on	-					
Pos	ition Knowledge	Х	X	Х	X	
Con	trol (top and bottom)		Х	X	Х	
Esc	ape			X	Х	
1 St	ubmission		X	X	X	
3 St	ubmissions				X	
Defe	ense			X	X	
Trar	nsition			X	X	

Mount					
	Position Knowledge	Х	X	X	X
	Control (top and bottom)		X	X	X
	Escape			X	Х
	1 Submission		X	X	Х
	3 Submissions			X	Х
	Defense			X	Х
	Transition				Х
Back					
Dack	Position Knowledge	X	X	X	X
	Control (top and bottom)	, , , , , , , , , , , , , , , , , , ,	X	X	X
	Escape			X	X
	1 Submission		X	X	X
	3 Submissions			X	X
	Defense			X	X
	Transition			^	X
	Transition				
Standup					
	Position Knowledge	X	X	X	X
	Control (top and bottom)		X	X	X
	1 Takedown		X	X	X
	3 Takedowns				Х
	Defense			X	X
	Transition			X	X
Legs					
	Position Knowledge		X	X	X
	Control (top and bottom)			X	Х
	Escape				
	1 Submission				Х
	3 Submissions				
	Defense				
	Transition				
Self Defense					
	Field of View Principle	X	x	X	x
	Environmental Awareness		Х	X	Х
	Tech-Stand up w/ Attacker			X	Х
	Strikes From Guard Counter			X	X
	Strikes from Mount Escape			X	X
	Attack From Behind Escape				X
	Bully Choke Escape				X

Guardian Citizenship					
	Mat Rat Manifesto	Х	Х	Х	Х
	Community Ambassador		X	X	X
	Cleaning		optional	optional	optional
	Volunteer		optional	optional	optional
	Competing (Optional*)			optional	optional
Jiu Jitsu Moveme	nts				
	Breakfall	Х	Х	Х	Х
	Technical Standup	X	X	X	Х
	Butt Scooting	X	X	X	X
	Rollin from Knees	Χ	X	X	X
	Hip Escapes	Х	X	X	X
	Rolling from Standing		X	X	X
	Reverse Hip Escape		X	X	X
	Wrestling Movement Drills		X	X	X