



Guardian Gym White Belt Curriculum



		White Belt			
		Jiu Jitsu is "words"			
		With regular attendance, 18 to 24 months at White			
Stripes		I	II	III	IIII
Closed Guard					
	Position Knowledge	X	X	X	X
	Control (top and bottom)		X	X	X
	Escape			X	X
	1 Submission		X	X	X
	3 Submissions				X
	Defense			X	X
	Transition			X	X
Open Guard					
	Position Knowledge	X	X	X	X
	Control (top and bottom)		X	X	X
	Escape			X	X
	1 Submission		X	X	X
	3 Submissions				X
	Defense			X	X
	Transition			X	X
Half Guard					
	Position Knowledge	X	X	X	X
	Control (top and bottom)		X	X	X
	Escape		X	X	X
	1 Submission			X	X
	3 Submissions				X
	Defense				X
	Transition			X	X
Side Control (+knee on belly)					
	Position Knowledge	X	X	X	X
	Control (top and bottom)		X	X	X
	Escape			X	X
	1 Submission		X	X	X
	3 Submissions				X
	Defense			X	X
	Transition			X	X

Mount					
	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

Back					
	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

Standup					
	Position Knowledge	X	X	X	X
	Control (top and bottom)		X	X	X
	1 Takedown		X	X	X
	3 Takedowns				X
	Defense			X	X
	Transition			X	X

Legs					
	Position Knowledge		X	X	X
	Control (top and bottom)			X	X
	Escape				
	1 Submission				X
	3 Submissions				
	Defense				
	Transition				

Self Defense					
	Field of View Principle	X	X	X	X
	Environmental Awareness		X	X	X
	Tech-Stand up w/ Attacker			X	X
	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	X	X	X	X
	Community Ambassador		X	X	X
	Cleaning		optional	optional	optional
	Volunteer		optional	optional	optional
	Competing (Optional*)			optional	optional

Jiu Jitsu Movements					
	Breakfall	X	X	X	X
	Technical Standup	X	X	X	X
	Butt Scooting	X	X	X	X
	Rollin from Knees	X	X	X	X
	Hip Escapes	X	X	X	X
	Rolling from Standing		X	X	X
	Reverse Hip Escape		X	X	X
	Wrestling Movement Drills		X	X	X