

Burton Richardson's BJJ FOR THE STREET
WHITE BELT 1ST STRIPE TEST

The entire test should take less than 7 minutes. In the rolling rounds, please go slowly and work for precision. IF YOU RELY ON SPEED AND EXPLOSIVENESS YOU WILL NOT PASS!

TECHNICAL PRECISION

1- Explain and demonstrate in 30 seconds or less the rear sleeper choke and explain why chokes are so important for self-defense.

2- Explain and demonstrate in 30 seconds or less the rocking chair and explain why it is so important for street self-defense.

FIGHTING PROFICIENCY

Clinch- Work to secure the body lock. Get to quick trip takedown position without finishing. 20 seconds

Ground-

Each round is 20 seconds in the inferior position, then 20 seconds in the superior position. Train slowly and calmly with light resistance. If you use power and explosiveness **you will not pass!**

Bottom - work to get to and maintain the safe position. No transitions or submissions.

Top - throw open hand strikes and safely simulate head butts without contact. Partner on bottom tries to avoid strikes. No transitions or submissions.

1- No-Gi, Guard Bottom, *partner has pistol*, start with grip on the pistol and work from there. Guard Top, *partner on bottom has pistol*, start with grip on the pistol and work from there. **Light resistance!**

2- No-Gi, **Isolated Round** - Mount- **light open hand strikes**, no head butts. Work to improve position from bottom. Strike and maintain position from top. **Light resistance!**

3- Gi - **Super Round** – ISOLATED Ground and Pound.

Positions are: Open guard (rocking chair with bicycle kicks), closed guard, side control flat, mount, back (back fighter works for choke.)

Start 20 seconds on bottom, then 20 seconds on top.