



## ***GT JIU-JITSU WHITE BELT SYLLABUS (8<sup>th</sup> KYU)***

### **1. Basic Power Position & Movements:**

- 8 directions and circular/angular movements.
- Slips, dips, drops and pulls.

### **2. Basic Strikes (Atemi Waza):**

- Punches, palm heel strike, hammer fist, shuto.
- Front leg kick (teep), rear leg kick, side kick, swing kick.
- Elbow and knee strikes.

### **3. Basic Blocks:**

- Parries, cover, forearm, elbow/arm/shoulder.

### **4. Break Falls (Ukemi):**

- Front, side, rear, front rolling, rear rolling, fore flap.

### **5. Kumi Kata/Kuzushi:**

- Gi and no gi grips and controls.
- Breaking grips and holds.

### **6. Ippon Seoi Nage**

### **7. Ground Pinning and Controls (Ne-Waza):**

- Kesa Gatame, side control, knee control, full or front mount, rear control and guard control.
- Kneeling shoulder arm lock, cross arm lock, entangled wrist lock.

**\*After exhibiting competency of the above techniques, you will be eligible for yellow belt (7<sup>th</sup> Kyu).**