

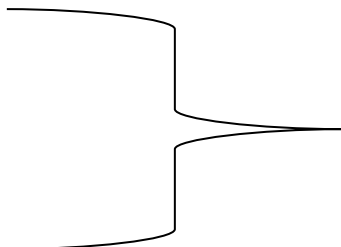
Novice Training Guide

White Belt

Description: The white belt experience is about developing an overview and understanding of the Jiu Jitsu game. The white belt learns the fundamental techniques and positions required to enable progression into a competent Jiu Jitsu athlete.

Fundamentals

Top Positions
Guard
Passing the Guard
Back Control
Stand-up
Leg Attacks
Essential Defence



Learn about the positions, moving to them, keeping them, preventing and escaping them. Use the Specific Techniques as a guide to develop your skills in each position.

Each technique will have offensive and defensive aspects. Learn the attacks and the defences.

Specifics

Top Position

Arm Bar(AB)
Cross Lapel Choke
Americana
Kimura
Head Arm Choke
Knee Bar

Guard

Triangle Choke(TC)
Guillotine
Omoplata
Head and Arm
Kimura
Cross Lapel Choke
Sit-up Sweep
Scissor Sweep
Flower Sweep
Front and Back Sweep

Back Control

Rear naked choke(RNC)
Double lapel

Passing the Guard

Straight Foot/Ankle Lock
Basic Pass
Stand-up Pass

Stand-up

Dominant grips
Pummelling
Body Lock
Body takedown
Head arm takedown
Single Leg
Double leg

Essential Defence

Escape Arm Bars
Escape Back Control/RNC
Escape/Prevent Mount
Triangle escape
Headlock escapes
Guillotine defences
Lapel choke defence
Americana/Kimura Defence
Takedown/Throw Defence

Testing and Grading

In order to progress each athlete needs to demonstrate incremental development across the range of fundamental skills, show commitment to training and maturity amongst the training community.

In order to be considered for grading, an athlete should,

- Train consistently over a six month period.
- Practice and develop skills across the entire range.
- Although not essential, competition experience is advantageous.

Your coach will assess you over a period of time which culminates in a grading being held. A grading will usually consist of free training in "Randori" style, technical demonstrations and Free Training/Grappling.

Footnote:

This document has been published in June 2009. Jiu Jitsu is a developing style. This guide is intended to provide an outline for essential skills that the Jiu Jitsu athlete needs to know at Novice Level. The guide is contemporary at the time of publication and will be updated.