

# ELECTRIC JIU JITSU

## CHECKMAT HUNTINGTON BEACH

### GREY WHITE BELT TEST STUDY SHEET

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#### THE CREED

I SHALL RESPECT MY COACHES, MY PARENTS AND EVERYONE ELSE.  
I SHALL NEVER MISUSE JIU JITSU.  
I WILL BE A CHAMPION AND ALWAYS STAND FOR FREEDOM AND JUSTICE.  
I AM TRAINING TO ENDURE THE HARDSHIPS, AND NEVER COMPLAIN WHEN I AM TIRED.  
I WILL BUILD A BETTER WORLD BY PRACTICING, GRATITUDE, EMPATHY AND FORGIVENESS.

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#### TECHNIQUES

##### REQUERIMENTS

TYING THE BELT

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CREED

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MOBILITY/STRENGHT DRILLS

##### SELF-DEFENSE

01 - RNC

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02 - HEAD LOCK

##### GUARD PASS

03 - KNEE SLICE

##### DEFENSES

04 - ARM LOCK MOUNT

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05 - MOUNT - UPA

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##### TAKEDOWNS

06 - KOSHI-GURUMA

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07 - O-GOSHI

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08 - DOUBLE LEG

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09 - SINGLE LEG

##### GUARD RETENTION

10 - SIDE CONTROL

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11 - MOUNT

##### CLOSE GUARD ATTACKS

12 - ARM LOCK

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13 - KIMURA

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##### TURTLE

14 - BACK TAKE / RNC

##### KNEE ON BELLY

15 - ARM LOCK 1

##### CLOSE GUARD SWEEPS

16 - HIP SWEEP

##### OPEN GUARD SWEEPS

17 - SPIDER GUARD

##### STANDING SWEEPS

18 - DOUBLE ANKLES

##### MOUNT ATTACKS

19 - ARM LOCK

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20 - AMERICANA

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