

White/Green Test Series

Student Creed

1. I WILL DEVELOP MYSELF IN A POSITIVE MANNER AND AVOID ANYTHING THAT WILL REDUCE MY MENTAL GROWTH AND PHYSICAL HEALTH
2. I WILL DEVELOP SELF-DISCIPLINE AND RESPECT IN ORDER TO BRING OUT THE BEST IN MYSELF AND OTHERS.
3. I WILL USE WHAT I LEARN IN CLASS CONSTRUCTIVELY AND DEFENSIVELY, TO HELP MYSELF AND MY FELLOW MAN AND NEVER BE ABUSIVE OR OFFENSIVE.

Technical

1. Tie your Belt: Must use the Team Chitwood method

Test Flow

1. Ouchigari (Major Inside Sweep) to Half Guard
2. Smash Pass to Mount from Half Guard top
3. Partner does Trap an Arm, Bridge and Roll (Gator Bite)
4. Hip Pop to Mount from Guard Bottom