

White/Yellow Belt test

VERBAL

1. **Count 1-10 in Japanese** *Sir/Ma'am, (itchy, knee, san, chi, go, rowku, seechi, hachi, ku, ju)*
2. **Count 1-10 in Portuguese** *Sir/Ma'am, (oohm, doy, trace, quatro, sinko, seys, setch, oytow, novee, days)*
3. **Why do you bow?** *Sir/Ma'am, I bow to show respect!*
4. **When do you bow?** *Sir/Ma'am, I bow anytime I enter or leave the dojo, before I compete with another student, and before and after class.*
5. **When an Instructor speaks what do you do?** *Sir/Ma'am, when an instructor speaks I will stand at attention, eyes focused on the instructor, ready to learn!*
6. **What should your attention stance look like?** *Sir/Ma'am in my attention stance, my feet are together, with my arms at my side, and my eyes focused forward with a big smile!*
7. **How do you respond when an instructor, parent, or teacher asks or tells you to do something?** *Sir/Ma'am, when an instructor, parent, or teacher asks or tells me to do something, I will respond with "Yes Sir, Yes Ma'am!"*
8. **What is the definition of respect?** *Sir/Ma'am, the definition of respect is to "Treat others as I would like to be treated"*
9. **What is the "Friendly Handshake" used for?** *Sir/Ma'am, the friendly handshake is used to introduce myself to others who I do not know!*
10. **Demonstrate the "Friendly Handshake".** *"Hello, my name is... it is nice to meet you."*
11. **What style of martial arts are you studying here?** *Sir/Ma'am, the style of martial arts that I study is Brazilian JiuJitsu and I am an awesome student at Team Chitwood.*

Technical

1. Tie your Belt- Must be tied using Team Chitwood method

Test Flow

1. Helmet to Clinch to Kosotogari to the mount
2. Mount top when partner pushes: Swim, Swim, Spider, Spider
3. Testing partner does Trap an Arm, Bridge and Roll (Gator Bite)
4. Guard bottom: Frame to JiuJitsu Stand-Up