

# Team Rhino White to Green Curriculum



## The White Drill- Guard to Mount (No-Gi) White Stripe

(Attacker Pushes Student)

Fall Down with Double Break Fall

Attacker charges in with punches

Knee Shield, Shoulder Walk from Guard

Bring Attacker into Guard from Knee Shield (Drop in with T-Rex)

Six Clinches from Guard Bottom with Punches

Attacker Stands up from Guard

Double Ankle Grab Sweep from Guard (The Rug)

To Mount with Table and Grapevines (Skydive)

Straight Mount posture with slaps, punches and elbows (grab throat)

Opponent turns over while mounted (Steam Roller)

Hooks to Back Mount

Break Down opponent from Back mount to slaps and elbows for Rear Naked Choke

To Opponents Arm Behind the Back Hold (Cuff)/ Back Mount Disengagement (Opponent Face Down)

## Green Drill -Open Guard to Side Control (No-Gi) White Stripe

(Attacker Trips Student-Outer Reaping Throw)

Fall Down with Single Break Fall,

Gain Guard from Side Control Opponent Standing (Knee Shield to Hook)

Standing in Base -On Back, Feet on Hip, Push Back, Ready Position, Stand Up in Base with Low Bottom Leg Kick and Arm Shield

Circling Movement from Open Guard (Rocking Chair) with Kicks and Hook (Let it all Hang Out)

High Round Kick (Chop the Tree) from Open Guard to opponent's thigh (with stand-up variation)

Guard Pass Recovery (from opponent's leg drag or push)

Standing Hook Sweep from Guard (Geronimo)-Grab Ankle

Leg Drag to Side Control (Knee Drape)

To Side Control (Head and Arm Control)

Side Control Americana (Rhino Horn)

Side Control Straight Arm Bar (The Stick)

Side Control Kimura (with the Shovel and Rhino Horn) with Leg over- head

North/South Kimura

### **Blue Drill- Guard (No Gi) White Stripe**

Side Control Defense (Hand and Leg Positions) & Punch Block

Regain Guard from Side Control Bottom

Punch Protection from Guard (T-Rex and Knee Shields)

Stand in Base from Guard (The Frame)

Reverse-Neck Grab Back to Guard (foot on hip)

Arm Bar from Guard (Opponent Low Posture) /Arm Bar from Guard (Opponent High Posture)

OmoPlata from Arm Bar

Triangle from Omoplata

Opponent Stands- Grab Leg

Arm Bar from Triangle

### **Purple Drill- Mount Bottom/Side Control (No Gi) White Stripe**

Opponent Mounts

Stopping Punches Hug to Arm Wrap from Mount Bottom

Upa (Bridge and Roll) from Arm Wrap

Upa (Collar Grab and Variations)

Proper Posture in Guard (Look to the Sky)

Punches from Guard (on opponent) (Ground and Pound)

Break Open Guard on Knees & Standing Up

Basic Guard Pass on Knees and Standing Up -Leg over Shoulder

Side Control Top

Establish Side Control - Arm Over Head

Basic Transition to opposite side in Side Control Top (North/South)

Sit Out Towards Head from Side Control Top (Kesa Gatame)

Side Control to Mount (arm in)

Americana from Mount

## **Brown Drill- Mount Top (No-Gi) Stripe or Test**

Four Defense Strategies - Fight/Flight/Posture(Peacock)/Subservient

Opponent Peacocks

Self-Defense Stance-Hands Up (Shield)

Punch Protection from Standing (Cover Blocks and T-Rex)

Punches Jab/Cross

Thai Kick (Inner & Outer Leg)/Side Kick to Knee

Clinch Entry (The Tank)-Straight Posture

T-Position Hip Throw to

Standing Arm Bar/ To Arm Behind the Back Hold (Cuff)

Knee Mount to Grapevine to Knee Slide

Mount- (Skydive)

Maintaining the Mount Swimming/Hand Pulls/Airplane the Head/Clothesline

Arm Bar from Mount (with Success Angles)

Regain Side Control from Arm Bar (Elbow of Death)

Side Control Mount (Arm Out)

## **Green Belt Test- Instructor Recommendation**



# Team Rhino Green to Blue Belt Curriculum



## Black Drill- Back Mount (Gi) White Stripe

Round House Punch Block (Standing T-Rex)  
T-Position Leg Trip to Mount / T-Position Throw from Behind to Mount  
Mount Top-Wrap Opponents arm around Neck (Bow Tie)  
Take Back from Mount (Seat Belt)  
Rear Collar Choke from Back Mount  
To Rear Naked Choke with Fist Push (Seat Belt Variation)  
Regain Mount from Back Mount  
Disengage from Mount (Knee Mount and Move Away)

## Red Drill- Mount Bottom/Guard (Gi) White Stripe

Opponent Mounts  
Elbow Escape to Guard –Hip and Arm/Elbow Escape to Guard –Leg Hooks  
To Collar Choke from Guard  
To Sit Up Sweep from Guard (Windmill Variation)  
To Guillotine from Guard  
To Kimura from Guard  
Scissor Sweep from Guard/ Hook Sweep from Guard  
To Mount  
Mounted Double Collar Choke  
Helio Gracie Choke from Mount

## The Master Drill- Back Mounted (Gi) White Stripe

In Opponent's Back Mount  
Choke Protection from Back Mount  
Cross Ankle Foot Lock while Back Mounted  
Back Escape (Finger Point to Knee Grab)  
To Side Control  
Opponent Turns on Side towards You  
To Side Control Spin to Back Using Elbow  
Side Control Seat Belt (Opponent's Back is Turned) and Take Back  
Wing Choke from Back Mount (Arm Behind Head)  
Arm bar from Back Mount  
Regain Seat Belt  
Disengage from Back Mount (Leg Hook and Throw)

## **“The Grand Master” Drill- Standing Self-Defense (Gi) White Stripe**

Shoulder Push

One Handed Lapel Grab (Bent Arm)

Two Handed Choke Defense (Duck Under)

Rear Choke Pull Back

Cross Wrist Grab

Same Side Wrist Grab

Two Handed Wrist Grab

Front Bear Hug (Arms Free)

To Head Lock with Punches

Guillotine Choke from Standing to “the spin” to 1/2 Arm Bar to Full Arm Bar

25 Classes of Grappling from Green to Blue Belt Only

## **Blue Belt Test (150 Classes -25 Classes of Grappling)**

