

Jiu-Jitsu Belt Requirements

Blue Belt Requirements

Self Defense

- Guillotine defense
- Head lock defense
- Head lock defense on the ground
- Chest push defense
- Punch defense / Slap defense

Throws and Takedowns

- Leg Throws (Osoto-Gari & Couchi Gari)
- Hip Throws (Koshi-Guruma, O-Goshi & Ippon Seoi Nage)
- Two Double Leg (Morote-Gari)
- Single leg Takedown

Mount

- Two ways to mount
- Two ways to keep the mount
- Three submissions
- One double attack

Guard / Passing

- Four ways to pass and get the side control

Guard defense/ offense

- Four submissions

Guard/ Sweeps

- Open Guard
- Spider Guard
- Butterfly Guard
- De-La-Riva Guard
(Five Sweeps)

Half Guard

- One way to pass
- One way to mount
- Half Guard reversal
- One half guard sweep

Side Control

- Two ways to side control
- North South control
- Three submissions

Knee on Belly

- Knee on Belly control
- Three submissions from Knee on Belly

Escapes

- Two ways to Escape the side mount
- Two ways to Escape the mount
- Two ways to Escape the back
- One way to scape the knee on belly

Back

- Back Control
- Three submissions on the back

