

Jiu-Jitsu Belt Requirements

Brown Belt Requirements

Self Defense

- Guillotine defense
- Head lock defense from behind
- Head lock defense from behind pulling back
- Side Head lock defense with punch. Hip throw/ Tani o toshi
- Side head lock defense on the ground / two ways.
- Chest push defense with hip throw
- Punch defense with hip throw / Slap in the face defense with Tani o toshi.
- Collar grip defense one/two hands

Throws and Takedowns

- Leg Throws (Osoto-Gari & Couchi Gari, Tomoe nage)
- Hip Throws (Koshi-Guruma, O-Goshi & Ippon Seoi Nage, Morote seoi Nage, Tai o Toshi, Uchi Mata, Sasae tsuri komi goshi)
- Two Double Leg (Morote-Gari)
- Two Single leg Takedown
- Three Counter Attacks / Variations

Mount

- Three ways to mount
- Three ways to keep the mount
- 6 submissions
- One double / triple attack

Guard / Passing

- Eight different ways to pass and get the side control

Guard defense/ offense

- 6 submissions

Guard/ Sweeps

- Open Guard
 - Spider Guard
 - Butterfly Guard
 - De-La-Riva Guard
 - X Guard.
 - Bolo Guard
- Ten Sweeps with five variations

Half Guard / Quarter Guard / Deep half

- Two ways to pass
- Two way to mount
- Two half Guard sweep
- Two quarter guard sweep/ reversal.
- Two deep half sweeps

Side Control / North South

- Four ways to side control
- Six submissions

Knee on Belly

- Knee on Belly control
- Four submissions from Knee on Belly

Escapes

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

Back

- Back Control
Six submissions