

# Jiu-Jitsu Belt Requirements

## **Green Belt** Requirements (12-15)

### **Self Defense**

- Bear Hug over the Arms from Behind
- Slap defense with Tani Otoshi (Takedown)
- Chest push defense

### **Throws and Takedowns**

- The leg Throw (Osoto-Gari)
- The Hip Throws (Ippon-Seoi-Nage)
- Double Leg (Morote-Gari)
- Single leg Takedown

### **Mount**

- Two ways to mount
- Two ways to keep the mount

### **Guard**

- Spider Guard
- Bull Guard pass
- Stack pass
- Butterfly Guard
- Cross Knee pass

### **Half Guard Pass**

- One way to pass

### **Sweeps**

- Scissors sweep

- Hell hook sweep
- Balloon sweep
- Butterfly sweep
- Tripod sweep

### **Side Control**

- Two ways to side control
- North South control

### **Knee on Belly**

- Knee on Belly control

### **Escapes**

- One way to Escape the side mount
- One way to Escape the mount
- One way to Escape the back

### **Back**

- Back Pack
- Back Control

### **Submissions**

- Three from the Guard
- Two from the Mount
- Two from the Back
- One from the Side
- One from Knee on Belly

