

Jiu-Jitsu Belt Requirements

Green/ Black Belt Requirements (12-15)

Self Defense

- Bear Hug over the Arms from the front
- Head lock defense on the ground
- Punch defense with Hip throw & Tani Otoshi

Throws and Takedowns

- The leg Throw (Ouchi-Gari)
- The Hip Throws (Tai-o-Toshi / 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
- Half Guard reversal

Sweeps

- Scissors sweep
- Hell hook sweep
- Balloon sweep
- Butterfly sweep
- Tripod sweep
- Arm Muscle 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
- Two from the Side
- One from Knee on Belly

