

Jiu-Jitsu Belt Requirements

Green/ White Requirements (12-15)

Self Defense

- Head lock defense from the back
- Head lock defense on the ground
- Face Slap Defense with throw

Throws and Takedowns

- The leg Throw (Osoto-Gari)
- The Hip Throw (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
- Chop 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

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