

# Jiu-Jitsu Belt Requirements

## Grey Belt Requirements (4-7)

### **Throws and Takedowns**

- The leg Throw
- The Hug Throw

### **Mount**

- Super man Control

### **Guard**

- Spider Guard
- Bull Guard Pass

### **Side Control**

- Shark Bite
- Snake Bite

### **Escapes**

- Shrimp Escape
- Upa Scape

### **Back**

- Crazy Horse
- Back Pack