

# Jiu-Jitsu Belt Requirements

## Grey/ Black Belt Requirements (4-7)

### Throws and Takedowns

- The leg Throw
- The Hug Throw

### Mount

- Super man Control

### Guard

- Spider Guard
- Butterfly Guard
- Bull Guard Pass

### Side Control

- Shark Bite
- Snake Bite

### Escapes

- Shrimp Escape
- Upa Scape

### Back

- Crazy Horse
- Back Pack
- Seat Belt Flip

### Sweep

- Scissors Sweep