

Jiu-Jitsu Belt Requirements

Orange/ Black Belt Requirements (9-13)

Self Defense

- Guillotine defense
- Head lock defense
- Chest push defense

Throws and Takedowns

- The leg Throw (Osoto-Gari)
- The Hip Throw (Koshi-Guruma)
- 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
- Arm Muscle Sweep

Side Control

- Two ways to side control
- North South control

Escapes

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

Back

- Back Pack
- Back Control

Submissions

- Two from the Guard
- Two from the Mount
- Two from the Back
- One from the Side