

# Jiu-Jitsu Belt Requirements

## **Orange/ White Belt** Requirements (9-13)

### **Self Defense**

- Push chest defense
- Head lock defense

### **Throws and Takedowns**

- The leg Throw (Osoto-Gari)
- The Hip Throw (Koshi-Guruma)
- Double Leg (Morote-Gari)

### **Mount**

- Two ways to mount
- Two ways to keep the mount

### **Guard**

- Spider Guard
- Butterfly Guard
- Bull Guard pass
- Cross knee pass
- Stack pass

### **Half Guard Pass**

- One way to pass

### **Sweeps**

- Scissors sweep
- Hell hook sweep
- Balloon sweep
- Butterfly sweep
- Arm Muscle Sweep

### **Side Control**

- Two ways to side 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
- One from the Mount
- One from the Back
- One from the Side