

Jiu-Jitsu Belt Requirements

Purple Belt Requirements

Self Defense

- Guillotine defense
- Head lock defense from behind
- Side Head lock defense with punch.
- Side head lock defense on the ground
- Chest push defense
- Punch defense with hip throw / Slap in the face defense with Tani o toshi.

Throws and Takedowns

- Leg Throws (Osoto-Gari & Couchi Gari)
- Hip Throws (Koshi-Guruma, O-Goshi & Ippon Seoi Nage, Morote seoi Nage, Tai o Toshi)
- Two Double Leg (Morote-Gari)
- Two Single leg Takedown
- Two Counter Attacks

Mount

- Three ways to mount
- Three ways to keep the mount
- Four submissions
- One double / triple attack

Guard / Passing

- Six different ways to pass and get the side control

Guard defense/ offense

- 6 submissions

Guard/ Sweeps

- Open Guard
- Spider Guard
- Butterfly Guard

- De-La-Riva Guard
- X Guard.
(Eight Sweeps)

Half Guard / Quarter Guard

- Two ways to pass
- Two way to mount
- Two half Guard sweep
- Two quarter guard sweep/ reversal.

Side Control / North South

- Three ways to side control
- Five submissions

Knee on Belly

- Knee on Belly control
- Four submissions from Knee on Belly

Escapes

- Three ways to Escape the side mount
- Three ways to Escape the mount
- Three ways to Escape the back
- Two way to scape the knee on belly

Back

- Back Control
Four submissions