

# Jiu-Jitsu Belt Requirements

## Yellow Belt Requirements (6-9 years old)

### Throws and Takedowns

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

### Mount

- One way to mount
- One way to keep the mount

### Guard

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

### Sweeps

- Scissors sweep
- Hell hook sweep
- Balloon 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
- Seat Belt Flip
- Turtle Roll Over (Rolling the Turtle)