

Jiu-Jitsu Belt Requirements

Yellow/ Black Belt Requirements (6-10)

Throws and Takedowns

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

Escapes

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

Mount

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

Back

- Back Pack
- Back Control

Guard

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

Submissions

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

Sweeps

- Scissors sweep
- Hell hook sweep
- Balloon sweep
- Butterfly sweep

Side Control

- Two ways to side control