

Jiu-Jitsu Belt Requirements

Yellow/ White Belt Requirements (6-9 years old)

Throws and Takedowns

- The leg Throw (Osoto-Gari)
- The Hip Throw (Koshi-Guruma)

Mount

- One way to mount

Guard

- Spider Guard
- Butterfly Guard
- Bull Guard pass
- Cross Knee Pass

Sweeps

- Scissors sweep
- Hell hook sweep

Side Control

- Two way to side control

Escapes

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

Back

- Back Pack
- Back Control
- Seat Belt