

Brown Belt Requirements

Self Defense

- Guillotine defense
- Head lock defense from behind
- Head lock defense from behind pulling back
- Side Head lock defense with punch, hip throw/Tani o toshi
- Side head lock defense on the ground, two ways
- Chest push defense with hip throw
- Punch defense with hip throw/slap in the face defense with Tani o toshi.
- Collar grip defense one/two hands

Throws/Takedowns

- Leg Throws (Osoto-Gari & Couchi Gari, Tomoe nage)
- Hip Throws (Koshi-Guruma, OGoshi & Ippon Seoi Nage, Morote seoi Nage, Tai o Toshi, Uchi Mata, Sasae tsuri komi goshi)
- Double Leg takedown (Morote-Gari)
- Two Single leg Takedowns
- Three Counter Attacks/Variations

Mount

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

Guard Passing

- Eight ways to pass and get to side control

Guard Offense (submissions)

- Six submissions from bottom guard

Guard Offense (sweeps)

- One sweep from Spider Guard
 - One sweep from Butterfly Guard
 - One sweep from De-La-Riva Guard
 - One sweep from X-Guard
 - One Sweep from Bolo Guard
- (10 sweeps with 5 variations total)

Half Guard/Quarter Guard/Deep Half

- Two ways to pass to side control
- Two ways to pass to mount
- Two half guard sweeps
- Two quarter guard sweeps/reversals
- Two deep half sweeps

Side Control/North South

- Four ways to maintain side control
- Six submissions

Knee on Belly

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

Escapes

- Four ways to escape the side mount
- Four ways to escape the mount
- Four ways to escape the back
- Two ways to escape the knee on belly

Back Control

- Back Control
- Six submissions on the back