

BLUE BELT REQUIREMENTS



Solo	
1	Hip Escape
2	Front Roll
3	Back Roll
4	Stand Up In Base
5	Tie Belt

Stand Up	
1	Double Leg
2	Pull to Guard
3	Body Fold

Self Defense	
1	Haymaker Defense Ogoshi
2	Front Bear Hug Ogoshi
3	Rear Head Lock Forward
4	Rear Head Lock Backward
5	Safe Distance & Clinch
6	Outside Hook
7	Guillotine
8	Guillotine Defense
9	Side Head Lock Defense
10	Punch Block
11	Kick Block
12	Closing the Distance
13	Elevator Hook Sweep

Guard Top	
1	Safe Posture
2	Open Guard Standing
3	Open Guard on Knees
4	Knee Over Pass
5	Knee Slide Pass
6	Bucket Pass
7	Bull Pass
8	Half Guard Pass to Mount

Guard Bottom	
1	Scissor Sweep
2	Sit Up Sweep
3	Kimura
4	Cross Choke
5	Climbing Armbar
6	Double Ankle Trip
7	Tripod Sweep Hook
8	Triangle Choke
9	Half Guard Recovery
10	Half Guard to Back

Side Control Top	
1	Side Control 1, 2 & 3
2	Transition to Mount Slide knee
3	Transition to Mount Step Over
4	Far Side Armbar
5	Kimura

Side Control Bottom	
1	Head Lock Escape to Back
2	Escape to Single Leg
3	Escape to Closed Guard

Mount Top	
1	Control
2	Americana
3	Armbar
4	Cross Choke
5	Take the Back

Mount Bottom	
1	Elbow Escape
2	Upa Escape

Knee On Belly Top	
1	Stabilize
2	Near Side Armbar
3	Choke

Knee On Belly Bottom	
1	Escape with Hand on Belt

Back Control & Attack	
1	Maintain Control
2	Take back from turtle
3	Mata Leao
4	Collar Choke (Zipper)

Back Defense	
1	Recover guard from Turtle
2	Escape back