

PURPLE BELT REQUIREMENTS



Stand up	
1	Ouchi Gari
2	Osoto Gari
3	Single Leg
4	Grip Fight

Guard Top	
1	Log Splitter Guard Open
2	Butterfly Guard Pass
3	Over Under Pass
4	Spider Guard Pass
5	Open Guard vs. Crossed Collar Grip
6	Z-Guard Weave Pass
7	Half Guard Switch Pass to Mount
8	De La Riva Pass
9	Triangle Escape
10	Armbar Escape

Guard Bottom	
1	Inverted Armbar
2	Flower Sweep
3	Butterfly Hook Sweep
4	X-Guard Sweep
5	Spider Scissor Sweep
6	Spider To Omoplata
7	Half Guard Hook Lift
8	Coyote Sweep
9	De La Riva Sweep

Side Control Top	
1	Katagatame (Head & Arm Choke)
2	Inverted Armbar
3	Kimura
4	Transition To Mount Grabbing Foot

Side Control Bottom	
1	Elbow Push Sit Up Escape
2	Top Knee Shield Escape
3	Running Escape

Mount Top	
1	Armbar vs. Pushing Bridge
2	Ezequiel
3	Power Cross Choke
4	Gift Wrap Armbar

Mount Bottom	
1	Foot Shuffle Escape
2	Technical Mount Escape
3	Bump To Elbow Escape

Turtle Top	
1	Clock Choke
2	Hip on Floor Back Take

Turtle Bottom	
1	Turtle Sit Out
2	Shredder Escape

Back Defense	
1	Back Escape With Head Under Arm
2	Barbosa Escape
3	Back Escape To Deep Half Guard

Back	
1	Bow and Arrow Choke
2	Armbar From Back
3	Seatbelt Control Drill
4	Zipper Choke Trapping arm

Knee On Belly Top	
1	Baseball Choke
2	Far Side Armbar
3	Kimura

Knee On Belly Bottom	
1	Escape Scoop Under
2	Escape To Single Leg

Ankle Lock	
1	Straight Ankle Lock Attack
2	Straight Lock Defense