

Blue Belt Requirements

Basic Movements

Forward Hip Escape

Backward Hip Escape

Sprawl

Stand in Base

Forward Break Fall

Backwards Break Fall

Side Break Fall

Sit-Out

Forward Roll

Backwards Roll

Throws/Takedowns

1 concept

Guard Pull

Double Leg

Hip-Toss

Osoto-Gari

Any 2 from Knees

Side Mount

2 Control Concepts

2 Transitions to Mount

1 Transition to Back

1 Neck Attack

2 Joint Attacks

Mount

2 Control Concepts

3 Mount Variations

1 Transition to Back

2 Neck Attacks

1 Joint Attack

Back Mount

1 Control Concept

2 Back Mount Variations

3 Neck Attacks

North/South

1 Control Concept

1 Neck Attack

1 Joint Attack

Closed Guard

1 Control Concept

2 Sweeps

1 Back Take

2 Joint Attacks

2 Neck Attacks

Half-Guard

1 Control Concept

2 Sweeps

1 Submission

1 Back Mount

Open-Guard

1 Control Concept

3 Sweeps

Guard Passing

1 Concept

1 Method for opening closed guard by standing

2 Standing Passes

2 Kneeling Passes

1 Straight Foot Lock Entry

Escapes/Defenses

1 Concept

2 Reversals from Side- Mount

2 "Re-Guard" from Side Mount

1 Escape to Turtle from Side Mount Escape

- 2 Escapes from Back Mount
- 1 Reversal from Mount
- 2 “Re-Guards” from Mount
- 1 Straight Foot-Lock Defense
- 2 Triangle-Choke Escapes
- 2 Straight Arm-Lock Defenses
- 1 Guillotine Defense

Scrambling

- 2 Concepts Related to Scrambling

Self-Defense

- Single Wrist Grab
- Double Wrist Grab Defense
- Double Front Choke Defense
- Headlock from Standing Defense
- Headlock from Ground Defense
- Front Bear Hug Under Arms Defense
- Rear Bear Hug Under Arms Defense
- Front Bear Hug Over Arms Defense
- Rear Bear Hug Over Arms Defense