

Green/White Belt Requirements

(12-15) years old

Self Defense

- Head lock defense from the back
- Head lock defense on the ground
- Face Slap Defense with throw

Throws/Takedowns

- The leg Throw (Osoto-Gari)
- The Hip Throw (Ippon Seoi-Nage)
- The double leg takedown (Morote-Gari)
- Single leg takedown

Mount

- Two ways to transition to the mount
- Two ways to keep the mount

Guard

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

Half Guard Pass

- One way to pass the half guard

Guard Sweeps

- Scissor sweep
- Heel hook sweep
- Balloon sweep
- Butterfly sweep
- Tripod sweep
- Chop sweep

Side Control

- Two ways to maintain side control
- North South control

Knee on Belly

- Knee on belly control

Escapes

- One way to escape side control
- One way to escape the mount
- One way to escape the back

Back

- Back Pack
- Back Control

Submissions

- Two from the Guard
- Two from the Mount
- Two from the Back
- One from Side Control
- One from knee on belly