

Blue Belt Requirements

Self Defense

- Guillotine defense
- Head lock defense
- Head lock defense on the ground
- Chest push defense
- Punch defense / Slap defense

Throws/Takedowns

- Leg Throws (Osoto-Gari, Ouchi-Gari & Couchi Gari)
- Hip Throws (Koshi-Guruma, O-Goshi & Ippon Seoi Nage)
- Double Leg Takedown (Morote-Gari)
- Single leg Takedown

Mount

- Two ways to transition to mount from side control
- Two ways to keep the mount
- Three submissions
- The double attack submission

Guard Passing

- Four ways to pass and get to side control

Guard Offense (submissions)

- Four submissions from bottom guard

Guard Offense (sweeps)

- One sweep from Spider Guard
- One sweep from Butterfly Guard
- One sweep from De-La-Riva Guard
- Two sweeps from Open Guard
(5 sweeps total)

Half Guard

- One way to pass to side control
- One way to pass to mount
- Half Guard reversal
- One half guard sweep

Side Control

- Two ways to maintain side control
- North South control
- Three submissions

Knee on Belly

- Knee on Belly control
- Three submissions from Knee on Belly

Escapes

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

Back Control

- Back Control
- Three submissions on the back