

Blue Belt Test

Standup:

- Blocks
- 2 hip throws
- 2 leg throws
- Throw from behind (lifting up)
- Throw from behind (sitting down)
- Base against throws

Mount Position:

- 2 escapes (from bottom mount)
- 4 submissions (2 chokes, 2 arm bars)

Guard Position:

- 3 sweeps
- 2 half guard sweeps
- 5 submission attacks (* triangle, arm-in guillotine, arm-out, guillotine)
- 5 submission defenses
- Guillotine
- 3 guard passes

Cross Side (side control)

- 2 escapes
- 2 options to mount
- 3 arm locks

- 3 chokes

Behind Positions (back)

- 1 choke with collar
- 1 choke without collar
- Armbar from back
- Defense from back

Fighting

All techniques will be observed.

* must know