

# **Brown Belt Test**

## Standup:

- Self Defense
- Punch Block
- Kick Block
- Defensive Base

## Turtle:

- Defense (2)

## Mount Position (bottom):

- Upa escape
- Elbow escape

## Guard (bottom):

- 3 closed guard sweeps
- 3 half guard sweeps
- 3 butterfly sweeps
- 3 sit-down sweeps
- 3 inverted sweeps
- 3 De La Riva sweeps
- 3 rubber sweeps
- 3 spider sweeps

### Guard Passing:

- 10 guard passes

### Cross Side (bottom):

- Escape (put in guard)
- Escape (turn on knees)

### Behind Positions (back)

- 2 escapes

### Submissions:

- Triangle
- Arm lock (straight-arm)
- Arm lock (bent-arm)
- Omo Plata
- Gogo Plata
- Shoulder Lock
- Wrist Lock

### Immobilization:

- 3 positions of immobilization

### Referee Techniques:

- Point
- Vantage
- Submission
- Knockout

### Takedowns (10):

- Osoto Gari
- Osoto Gurama
- Uchi Gari
- Kouchii Gari
- Deishi Bariai
- Sasai
- Osoto Kakei
- Double leg
- Single Leg
- Ankle pick

### Hip Throws (2):

- Ogoshi
- Ukigoshii

### Shoulder Throws (4):

- Seoinage
- Ippon Seoinage
- Morote Seoinage
- Kouchi Gurama

### Combination Throws (3):

- Harai Goshi
- Oguruma

- Uchimata

Sacrifices (2):

- Tomoe Nage
- Sumi Gaesh

Throws from behind (2):

- Lifting up
- Sitting down

Extras:

- 3 foot locks
- 3 leg bars
- 3 heel hooks

\* must know