

Kids White - Gray Belt Test

- II Jab & Cross
- II Scoop Kick
- II Break Fall
- II Site Down / Stand Up Base
- II Good Posture in Guard
- II Creed

- III Side Kick
- III Pull Guard
- III Proper Side Control
- III Two-Handed Front Choke Duck Under Defense
- III Single-Handed Collar Grab Submission

- G Inside Guard Pass
- G Tie Belt
- G Single Leg Takedown (2 on 1 pick up the leg)
- G Picaboo Double Under Hook Takedown
- G Upa Mount Escape

Kids Gray to Gray-Black Belt Test

- II Fighting & Wrestling Stance
- II Footwork / Diagonal Bracing
- II Hook
- II Jab, Cross, Hook, Cross
- II Rear Kick

III Scissor Sweep (Guard & Chopping)
III 6-step Armbar from Guard
III Out the Backdoor (Side Control Escape)
III Side Control to Mount (push knees down)
III Shrimp to Guard from Side Control

GB Jab, Cross, Shovel Hook, Cross
GB Push Kick
GB Switch Kick
GB Mounted Armbar
GB Pledge of Allegiance
GB Armbar Defense from Guard

Kids Gray-Black to White-Yellow Belt Test

II Double Leg Turn the Corner
II Shovel Hook
II Standing Guillotine
II Rear Mount with Hooks
II RNC (rear-naked choke)
III Standing RNC
III Cut Kick
III Know Positions: Guard, Side-Control, Mount, & Rear Mount
III Combo 1
III Uppercuts L/R
W/Y O/U Knee Tap
W/Y Pummeling
W/Y Whizzer Single Leg Sprawl

W/Y Knee Ride

W/Y Half-Guard Lockdown

W/Y Kimura Sweep