



Beginners Requirements-White to Blue Belt

Requirements- (minimum)

Age- 16

Time in Previous Grade- 6-12 months

Name _____

Date Started _____

Date Completed _____

Technical Demonstration

Miscellaneous Skills

Ukemi- Back Break Fall and Side Break fall
Stand in Base
Duck Walk
Arch/ Bridge
Shrimp
Sprawl
Pummeling

Defend against Mount
Maintain Mount
Arm Defense
Choke Defense

Nage Waza

Osoto Gari
Osoto Gake
Ogoshi
Koshi Guruma
Ouchi Gari
Kouchi Gari
Morote Gari
Tani Otoshi

Ippon Seoi Nage
Uchi Mata
Te Guruma
Single Leg
Tomoe Nage
Sumi Gaeshi
Kata Guruma
Ura Naga

Katame Waza

Tateshiho Gatame (Mount)
Yokoshiho Gatame (Side Mount)
Kesa Gatame (Head and Arm)
Kamishiho Gatame (North and South)
Guard
Rear Mount with Hooks

Shime Waza

Hadaka Jime (Rear Naked Choke)
Gyaku-Juji Jime (Cross Collar Choke)
Sankaku Jime (Triangle Choke)
Guillotine
Okuri eri Jime (Sliding Lapel Choke)
Kata Gatame (Head and Arm Choke)

Kansetsu Waza

Juji Gatame (Straight Armbar from Guard and Mount)
Ude Garami (Bent Armbar from Mount and Side Mount)
Ude Garami (Reverse Bent Armbar from Guard and Side Mount)

Escapes, Reversals, and Turnovers

Mount Trap and Roll (collapse the arm)
Mount and Side Mount Shrimp Escape
Head and Arm Escape bridge and Roll
½ Nelson and ¾ Nelson
Scissor Sweep
Missed Armbar Sweep
Shoulder Sweep
Rear Mount Escape (back to floor)
Pass the Guard (stack)