

SOMBO REQUIREMENTS FOR ADVANCEMENT

Below are the belt requirements. Some techniques can count in more than one category. Break falls are basic forward, backward, and to each side. Leg takedowns would include double and single legs, footsweeps, fire mans, osoto-gari, etc... Leg and arm locks should include straight locks (armbars, kneebars, straight ankle locks), but may also include locks that are illegal in sport Sombo (heel hooks, foot locks, etc...). The requirements do not require specific techniques, but allow athletes to use a variety of techniques that work for them to meet belt requirements. Combinations will be where one technique is used as the set up for another technique. Let me know if you have any other questions.

Lance

USA STORM SOMBO BELT PROMOTION REQUIREMENTS

Techniques	Yellow	Orange	Green	Blue	Purple	Brown	Black
Arm Locks				2	4	6	8
Breakfalls	4	4	4	4	4	4	4
Clinch Throws	1	1	1	1	2	4	6
Combinations				1	2	3	5
Counters to Locks		2	4	4	4	6	8
Counters to Takedowns			2	4	6	8	10
Escapes	1	2	4	4	4	4	4
Ground Holds	2	2	3	4	4	4	4
Hip Throws	1	1	1	1	1	1	1
Leg Locks	3	5	7	10	12	14	20
Leg Takedowns	2	3	4	5	6	8	10
Sacrifice Throws					1	1	1
Shoulder Throws				1	1	2	2
Takedowns Into Locks						2	4
NUMBER OF HOURS	50	100	200	250	500	750	1000