

Blue Belt Requirements

On average, 10 to 14 months of training with a minimum of 100 to 120 classes plus passing the following test. Belt promotions are always at the discretion of the head instructor. Factors such as above-average class attendance, natural ability, or competing could possibly shorten the time to blue belt, while a poor attitude, bad temper, or a lack of common morality outside the school could lengthen it.

Throws and Takedowns

- One leg throw
- Two hip throws
- Two double legs
- One single leg

Self-Defense

- One way to defend the guillotine standing up
- One way to defend the guillotine on the ground
- One way to defend the headlock standing
- One way to defend the headlock on the ground

Passing the Guard

- Three different ways to pass the guard and get side control

Half-Guard

- One sweep from the half-guard
- One half-guard pass

Sweeps from the Guard

- Three different ways to sweep your opponent

Escapes

- Two ways to escape the mount
- One way to escape the side-mount
- One way to escape the rear-mount
- One way to escape the knee-on-belly

Submissions

- Three from the mount
- One double attack
- Three from the side-mount
- Two from the back
- Two from knee in the belly
- Three from the guard