

Green Belt Requirements (14-15)

Throws and Takedowns

- One Leg Throw (Osoto-gari)
- Two Hip Throw (Koshi-guruma / O-Goshi)
- Double Leg (Morote-gari)
- Single Leg

Mount

- Two ways to keep the mount
- Three submissions

Self Defense

- Guillotine Defense
- Head Lock Defense

Passing the Guard

- Two ways to pass the guard
- Two ways to side control / One submission
- North South position Control

Half Guard

- One half Guard pass
- One Half Guard reversal

Sweeps

- Scissors sweep
- Heel hook sweep
- Tripo sweep

Escapes

- One way to scape the side Mount
- Two ways to scape from the mount
- One way to scape the Rear Mount

Back

- Back Control
- Two submissions