

Jiu-Jitsu Belt Requirements

Grey Belt Requirements (4-6)

Throws and Takedowns

- The Leg Trow
- The Rug throw

Mount

- Super man Control

Guard

- Butterfly Guard
- Spider Guard

Side Control

- Shark Bite
- Snake Bite

Escapes

- Shrimp Escape
- Crocodile Bite Escape

Back

- Back Pack
- Crazy Horse