

Yellow Belt Requirements (7-9)

Throws and Takedowns

- Leg Throw (Osoto-Gari)
- Hip Throw (Koshi-Guruma)
- Double Leg (Morote-Gari)

Mount

- One way to mount
- One way to keep the mount

Passing the Guard

- Toreando Guard pass
- Two ways to side control

Half Guard

- One Half-guard pass

Sweeps

- Scissors Sweep
- Heel hook sweep

Escapes

- One way to Escape the side mount
- One way to Escape the Mount

Back

- Back Pack
- Back Control