



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 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