



## Green Belt Requirements

### Throws and Takedowns

**One Leg Throw (Osoto-gari)**

**Two Hip Throw (Koshi-guruma / O-Goshi)**

**Double Leg (Morote-gari)**

**Single Leg**

### Self Defense

**Guillotine Defense**

**Head Lock Defense**

### Mount

**Two ways to keep the mount**

**Three submissions**

### 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**